

## Step Into Action

### Running 7000 kilometers to make a difference

Canada has a proud history of tenacious men and women who raise money and awareness for worthy causes by crossing our nation from one end to the other.

Now prostate cancer has it's own champion in Dr. Rieley Senft's of Vancouver, British Columbia.



Dr. Riley Senft running towards the Toronto Downtown.

I would like to share with you a letter I recently received from Dr. Senft's team.

*"Attn: Prostate Cancer Canada Support Groups Re: Dr. Riley Senft's Step Into Action Run*

*I am writing to share a story that is certain to resonate with you and your group's membership. As you read this, Dr. Riley Senft is on a cross-Canada run educating men & women on the critical Steps to Action for early Prostate Cancer detection. Having lost a grandfather to the disease*

*and with a father who is currently battling Prostate Cancer for the second time in five years, Dr. Senft is acutely aware that based on current statistics, he and/or his brother will personally face this disease in their lifetime. Understanding that early detection is key to increasing survival rates; Dr. Senft sought a leave of absence from his*

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## Monthly Meeting

Our next monthly meeting will be held at 7:30 PM Tuesday August 9, 2011 We meet at **Venue1008 (Fireworks)** 1008 14 Street SE in Inglewood

## Tales from New York

with Dr. Ryan Flannigan

We will be delivering Dr. Flannigan's presentation from his May visit to New York City for the Inaugural International Prostate Cancer Symposium. Get a glimpse at the very latest in Urological studies as they relate to prostate cancer.



## Jason's Notes

Summer is advancing quite quickly, and much too quickly for some. Although time cannot be stopped and the seasons must change, we can look forward to our monthly meeting in September.

As mentioned in the last issue of the Digital Examiner, our September 13th meeting will be a celebration in honour of You, our members, and of everyone who allows us to do the work we do in Calgary.

If you haven't been to our monthly meetings in a while then September is a good time to drop in. This will be a great opportunity to reconnect with those you haven't seen for some time. You will also experience all the changes we have made that are keeping members coming back every month.

Nominations for the Prostate Cancer Advocate Award are starting to come in. I can tell you that it's not going to be easy for our Board of Directors to select the best candidate. If you haven't nominated someone yet then don't delay. The more nominations we receive per candidate will go a long way to having them chosen. Nomination forms are available at our August 9th monthly meeting.

One more note regarding our September meeting, please see the back page of this newsletter for event specifics and for RSVP information.

On the topic of gratitude I would like to close with the mention of amazing work by some good friends of ours. Our friends Rife Resources Ltd recently held a staff golf tournament. Each year the proceeds from this event are donated to Prostate Cancer Canada Network Calgary. This year they raised a record breaking amount of over \$9,000. Outstanding work, and very much appreciated.

  
Jason Bedard  
Executive Director



Prostate Cancer Canada Network Calgary

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## Friends of The Digital Examiner

This monthly publication is made possible by the kind generosity of donations from caring businesses and people like you.

Our monthly costs related to this newsletter include printing, postage, design, and editorial.

If you or your business are interested in becoming a friend of The Digital Examiner through donation of money or services, please contact Jason at 403-455-1916 or [jason.bedard@pccncalgary.org](mailto:jason.bedard@pccncalgary.org)



Dr. Riley Senft and his Mobile Command Centre

*residency in Anesthesiology at the University of Manitoba to spread the early detection message.*

*Having departed Cape Spear, NL on May 7, at the time of writing this letter Riley has taken steps across 6 provinces, run over 28,00km (50-60km/day) and raised more than \$185,000 in support of Prostate Cancer Research. His journey will continue through to the middle of October, when he is expected to arrive in his home town of West Vancouver, BC.*

*Along the way, I would like to invite you and your members to join Riley and help share the critical early detection message. Whether it be cheering him on from the sidelines as he runs through your community, lacing-up your runners to join him for a few km on the road, or simply sharing his cause and journey with your members; it will go a long way in helping Riley tackle this incredible challenge.*

*To learn more, visit [www.stepintoaction.ca](http://www.stepintoaction.ca) where you will find the Steps to Action, a blog journal of his daily trials and tribulations from the road and the "commit" button, which is recording Canadian's commitment to knowing the Steps to Action. Additionally we can be found on Facebook by clicking <http://goo.gl/2LKyB>."*

Dr. Senft is expected to be in Calgary during the week of September 26th. I both welcome and encourage you to join us in welcoming Dr. Senft and team to our city. 

## Valuable Resources

### Mindfulness Based Stress Reduction

If you have a cancer diagnosis and are interested in learning to meditate, the Department of Psychosocial Resources of the Tom Baker Cancer Centre is offering an 8-week Mindfulness-Based Stress Reduction Program. Classes are open to cancer patients and their support persons. For more information please contact:

Linette Lawlor-Savage **403-355-3219**  
Department of Psychosocial Resources  
Tom Baker Cancer Centre, Holy Cross Site

### Stress Management & Relaxation Training Seminar

In this one-day, 6-hour seminar you will learn about stress awareness, appraisal, coping mechanisms and the use of resources to manage stressful situations in everyday life. Classes are free and open to all individuals with cancer and their support persons. For more information please call:

**403-355-3207**

### Sleeping Well with Cancer and Beyond

I-CAN Sleep: A Program For Individuals with Insomnia and CANcer. From the University of Calgary Department of Psychosocial Resources. These 8-week group programs run regularly throughout the year in the Fall, Winter and Spring/Summer. To determine your eligibility for these programs please contact:

**1-877-SLEEP40**  
or email [icansleep@ucalgary.ca](mailto:icansleep@ucalgary.ca)  
[www.icansleep.ca](http://www.icansleep.ca)

## Upcoming Events

**2nd Tuesday - August 9th - 7:30pm**

### **Our August Monthly Meeting**

Venue1008 (Fireworks) 1008 – 14 Street SE

#### **Tales from New York, with Dr. Ryan Flannigan**

We will be delivering Dr. Flannigan presentation from his May visit to New York City for the Inaugural International Prostate Cancer Symposium. Get a glimpse at the very latest in Urological studies as they relate to prostate cancer.

**2nd Tuesday - August 9th - 6:14pm**

### **PCCN Calgary Warriors**

Venue1008 (Fireworks )1008 - 14Street SE

For those men and their families dealing with advanced prostate cancer we have the Calgary Warriors. The Warriors are a caring and compassionate group, well organized and full of information. The Warriors serve the very important needs of hormone refractory and all those who have an interest in management of advanced prostate cancer. The Warriors meet on the second Tuesday of each month at 6:14 pm prior to the main PCCN Calgary meeting.

## GETCHECKED.CA



The ManVan™ is a valuable resource offered by the Prostate Cancer Centre to provide on-site free baseline PSA blood tests for men over 40. The Man Van™ makes appearances at select events, but can also be found around the community each month. For the current schedule please visit [GETCHECKED.CA](http://GETCHECKED.CA)

**Missed a Meeting?** If you have missed a meeting, don't worry. We make video recordings of the presentations each meeting and post these videos to our website, [www.pccncalgary.org](http://www.pccncalgary.org). We also have these video's on DVD in our Knowledge Library that you can sign out at the next meeting you attend.

# YOU ARE INVITED

**to an evening of gratitude and celebration**

**September 13th, 2011**

Venue1008 (Fireworks Cooperative)  
1008 14 Street SE in Inglewood

7:30pm Cocktails

8:00pm Award Presentation  
Social time to follow awards

You are invited to join us for an evening of celebration and gratitude for all the friends of Prostate Cancer Canada Network Calgary. This includes you.

This is a great opportunity to meet new people and better know your fellow members. Expect an enjoyable and entertaining evening that you will be glad you attended and disappointed if you missed.

There is no cost to attend. Simply RSVP by September 1st so that we know to expect you. Spouse, Partner, or guest are also welcome.

To RSVP phone **403-455-1916** or email [rsvp@pccncalgary.org](mailto:rsvp@pccncalgary.org)