

All For a Good Cause

Calgarians Like You Make a Difference

It is always people like you who make the positive difference in our society. Also, people who care about others and enjoy being involved are the ones who really get the most out of life.



Above: Our members Willem Smink, Shane Richardson, and Rob Pentney at the Canadian Cancer Society's Relay for Life survivor lap June 4th.

June demonstrated to us just how supportive Calgary is towards prostate cancer and our organization.

Every week this June there were events around Calgary in support of those affected by prostate cancer.

On June 4th the Canadian Cancer Society's held their "Relay for Life" raised awareness and money for all cancers. Also on this day was the Alberta Cancer Foundation's "The Underwear Affair" for cancers below the waist including prostate cancer.

Next on June 18th was the Calgary Motor Cycle Ride for Dad. This [continued on page 3](#)



Above: Dr. Digital at the Calgary Motorcycle Ride for Dad in support of prostate cancer on June 18th. Even amongst the toughest, Dr. Digital gets respect.

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Monthly Meeting

Our next monthly meeting will be held at 7:30 PM
Tuesday July 12, 2011

We meet at
Fireworks Cooperative
1008 14 Street SE
in Inglewood

Stress Reduction and How It Affects Your Life

We will be presenting on the subject of stress reduction as it relates to prostate cancer and treatment. Stresses are found everywhere in our lives and have a large impact on our health and happiness. You will leave with a number of materials and techniques for recognizing

Jason's Notes

Every month that passes I am increasingly in awe of the wonderful friends to our organization.

From our members who show their loyal support by attending our monthly meetings, and of course through donations and volunteering.

From those in Calgary's business community who faithfully support the work we do and go beyond all expectation in raising funds and support.

From our friends whom we fight along side towards a better tomorrow for those affected by prostate cancer.

From the many medical experts who give so graciously of their time to present at our monthly meetings.

To these fine people, businesses, and organizations we offer our most sincere thanks.

This year we are taking this our thank-you's to a new level and dedicating an evening for recognition of those we are so lucky call friends.

This September 13th in place of our regular monthly meeting we will be hosting an evening of gratitude to recognize our friends and the work they help us achieve.

Do not expect however an evening of dry speeches and shallow words. No, this evening is about the celebration of true friendship. In this evening you will find a social event not to be missed.

This brings me to an important request I have for those who have been affected by prostate cancer. Specifically for those who have been affected and have experienced the help of an individual who went out of their way to make your life better. I would ask that you nominate this person for a special award to be presented at our September event.

I have included a nomination form with this newsletter for your convenience. This form can

be dropped of at our July or August monthly meeting, or mailed to us before August 15th.

More details on our September event will be provided in next months newsletter, and on our web site over the coming months.

Before I sign off I would like to thank the Prostate Cancer Centre for having the Man Van on-site for our Show & Shine being held on July 3rd. This means a great deal to us and we really value working so closely with the Prostate Cancer Centre towards like goals.

Great people are what makes our organization so strong and the work we do so gratifying. From Prostate Cancer Canada Network Calgary, and from Myself, Thank you.


Jason Bedard
Executive Director



Prostate Cancer Canada Network Calgary

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To subscribe, comment, and provide editorial ideas
email: theDigitalExaminer@pccncalgary.org

Donations in support of our organization and
this newsletter can be made to:

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Hundreds gather on June 19th at the 2011 Safeway Fathers Day Walk Run for Prostate Cancer

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was amazing as it is every year with hundreds of motor cycles on parade through Calgary with the funds going directly to prostate cancer here in Calgary.

The following day, June 19th was the Safeway Fathers Day Walk Run in support of our national partner, Prostate Cancer Canada. This event was huge and Bonnie Ball did a great job as always ensuring this day the big success it was.

On June 25th our friends, the Alberta Mustangs Club, held their annual Show & Shine in direct support of our organization, Prostate Cancer Canada Network Calgary. The weather was very cooperative and the attendance was outstanding.

At the time of this printing we held our own Show & Shine that each year raises awareness and money for the ongoing work we do in Calgary.

Great events like these can only be made possible by the caring people who volunteer. Often there is very little time commitment required to participate and the rewarding feeling you receive really makes it all worth while.

Prostate Cancer Canada Network Calgary is very fortunate to have exceptional members like you, and we are always grateful for any time that you have to lend.

Always feel free to contact us if you would like to help. It's you who can make a real difference for those affected by prostate cancer and we really value what you bring. Thank you. *f*



Dr. Digital knows that even cars need annual checkups. June 25th at the Alberta Mustangs Show & Shine

Friends of The Digital Examiner

This monthly publication is made possible by the kind generosity of donations from caring businesses and people like you. We would like to thank the following for supporting this issue:

FRP Mailing Services Ltd. www.frpmmail.com

FRP gives us a discounted rate on the production cost for preparing our mailing

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**

Missed a Meeting? If you missed a meeting, don't worry. We video record the presentations every meeting and post these videos to our website, www.pccncalgary.org. We also have DVD's of these videos in our Knowledge Library that you can sign out at the next meeting you attend.

Upcoming Events

2nd Tuesday - July 12th - 7:30pm

Our July Monthly Meeting

Fireworks Co-operative 1008 – 14 Street SE

Stress Reduction and How It Affects Your Life

We will be presenting on the subject of stress reduction as it relates to prostate cancer and treatment. Stresses are found everywhere in our lives and have a large impact on our health and happiness. You will leave with a number of materials and techniques for recognizing and reducing stress in your life.

2nd Tuesday - July 12th - 6:14pm

PCCN Calgary Warriors

Fireworks Co-operative 1008 - 14 Street 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.

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

Our August Monthly Meeting

Fireworks Co-operative 1008 – 14 Street SE

Tales from New York, with Dr. Ryan Flannigan

We will be delivering Ryan'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.

2nd Tuesday - September 13th - 7:30pm

Our September Monthly Meeting

Fireworks Co-operative 1008 – 14 Street SE

An Evening of Gratitude

You are invited to join us for an evening of celebration and gratitude for the all friends of our organization. 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.

GETCHECKED.CA



The ManVan™ is a valuable resource offered by the Prostate Cancer Center 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

The eCALM Study

Cancer can be distressing, and Mindfulness-Based Stress Reduction (MBSR) has been shown to help reduce distress for individuals living with cancer. The Tom Baker Cancer Centre offers in-person MBSR programs, however not everyone can attend these classes for various reasons. The University of Calgary and the Department of Psychosocial Resources at the Tom Baker Cancer Centre are now offering free internet-based MBSR programs. This means that from the comfort of your computer, via the internet, you will see, hear, and interact with a professional facilitator and other people living with cancer to learn, discuss, and practice mindfulness meditation and gentle yoga stretching. Don't worry if you're not very tech savvy! We'll show you how everything works before the classes begin and will be available for help during all the classes!

You may be eligible to participate if you:

- Have been diagnosed or treated for cancer within the last year
- Have high-speed internet access
- Are interested in learning to reduce your stress
- Live in Alberta

For more information

contact us by email:

ecalm@ucalgary.ca

Or telephone toll free:

1-877-318-4213

Please visit our website for additional study information!

www.ecalm.ca

