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GENERAL NEWS UPDATE JUNE 2008 NEWSLETTER



The Newsletter took a little hiatus in April and May this year, due to family health issues. Someone near and dear to me had oral cancer last year, and this year was diagnosed with colon cancer. I'm walking (or running? I haven't decided yet) in the upcoming Nepean Relay for Life with the Pleiad Starwalkers on June 12th and 13th. It's an overnighter at the Nepean Sportsplex from 7:00 pm to 7:00 am (I haven't done an overnight since my Denny's days in college!), and should be a lot of fun. I'm looking forward to the Survivor Lap and the Luminary Ceremony, which involve placing special candles in bags around the track – they carry the names of cancer survivors and loved ones lost. I think most of us have had a family member, friend or co-worker who had cancer – it seems to touch everyone somehow. Many, **many** thanks to those who contributed to my \$780.00 in pledges so far! I would like to reach \$1000.00, so I need 11 more people to

pledge me for \$20.00 each (minimum for tax receipt). Online pledging by credit card for the Nepean event is open until July 21st, and my personal link is:

<https://secureccs.ca/?inv=925121cc-21c0-4b61-b722-77c5ba0b7e6d>

Your money goes to support the Canadian Cancer Society's mission to eradicate cancer and enhance the quality of life of Canadians living with cancer. When you make a gift to the Society, your donation will help to:

- fund the most promising research projects in the country on all types of cancer
- provide information services and support programs in the community
- advocate for public policies that prevent cancer and help those living with it

WHAT ELSE IS NEW...

New therapist! Serge Houle, R.M.T. has been renting space since March at Solomon Massage, providing massage therapy services on Sundays and Mondays from 12:00 to 8:00 pm. Serge is a graduate of the Kineconcept School in Ottawa, and I can attest that he gives a great massage! Serge's goal as a therapist is to provide you with the safest and most effective treatment. He's confident in helping you attain your health goals, whether it's for rehabilitation or relaxation. Through continuing education and as a member of a professional association (Ontario Massage Therapy Association), he strives to stay on the cutting edge of Massage Therapy in order to provide the best care to his clients.

Holidays... I've decided to take multiple long "weekends" this summer instead of a 7-10 day block, which means there will be many Tuesdays that I won't be available to work.

Wet paint! I'm in the process of giving the therapy room a fresh, new, warm look with not just one, but two dynamic paint colors. If you haven't been in for awhile, come and see!