

Wellwood Walk | Run

for Colorectal Cancer Awareness

AT McMASTER • 1K | 5K



Sunday, October 14, 2007

McMaster's Homecoming Weekend

Best "EFFORT" 1K Kids Run for Cancer (9:30am)

5K Walk/Run (10:00 am)

Promoting Awareness and Prevention of
Colorectal Cancer and Supporting Wellwood



REGISTER ONLINE AT www.wellwood.on.ca

Wellwood introduces "MY Ribbon"

With the recent rise in popularity of colour ribbons reflecting a connection to various types of illness, including the cancer spectrum, local metalsmith artist (and longtime Wellwood volunteer) Kim Brothers Samuels designed the "MY Ribbon" line of jewellery for Wellwood to represent a connection to **all** cancers.

Kim has created the ribbon in hammered copper as she likes the linkage to that metal's healing properties. She does not oxidize the copper, but rather leaves it the rosy multi-hued colour that results when you heat the metal. This patina will deepen with time. (To see her other work, visit her online store at <http://kimbdesigns.etsy.com>.)

The use of hammered metal implies strength, a fitting reflection of the cancer journey. Each piece is hand-crafted, so each is unique, unisex, with cross generational appeal.

To order "MY Ribbon" call Wellwood at 905-389-5884 (shipping and handling charges will apply) or visit us at the Henderson, on the main level, opposite the gift shop. All proceeds from sales go directly to support Wellwood's programs.

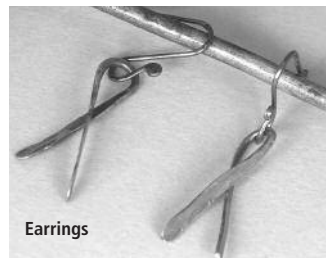
Bracelet, each link hand-formed and hammered, \$35.
(Additional charms available.)

Necklace on Chain, available in two lengths, 16" or 18", \$30.
Necklace on Leather, available in two lengths, 16" or 18", \$30.

Earrings, hammered copper and sterling silver, \$22.

Remember, "Spirit Bear" notecards and Wellwood t-shirts and mock turtlenecks are also still available for purchase from the office.

We thank you for your support.



RIDING THE TIDES OF CHANGE

Well, as if there was not enough change in the air at Wellwood with Henderson redevelopment and building plans for the construction of the new house at Chedoke, this summer, Wellwood volunteers, clients and staff had to weather another "tide" of change – this one a nasty series of floods at the main office that was linked to a back-up of the hospital's sewer systems. This led to a month of closures, with programs and services moving to community-based spaces and other locations within the hospital and Juravinski Cancer Centre. We can't thank our hospital partners enough for their quick action, as well as the JCC Resource Centre for accommodating more of us than usual, and we will never be able to sing enough praises for our friends and community partners at Sacred Heart Community Centre. They were our "ark" in the flood, and kept Wellwood afloat. Thanks to everyone for their patience and perseverance.



Wellwood receives \$5,000 through Youth Philanthropy Initiative

A team of students from Sir Allan MacNab School secured a \$5,000 grant for Wellwood through Toskan Casale Foundation's Youth Philanthropy Initiative (YPI). The mandate of the program is to educate students about philanthropy by encouraging them to compete against other students at their school in doing a presentation on a grassroots local charity. The winning presentation nets a \$5,000 grant for that charity. The Foundation awarded \$575,000 in grants this year with 121 schools from across the country participating. The three students and Jane George, Wellwood's executive director, attended the cheque presentation in Toronto, along with representatives from other participating schools and recipient charities.



TRIUMPHANT RETURN OF THE FLYING PIGS

Our marathon team has returned from the Flying Pig marathon in Cincinnati, having completed the gruelling 42 km race, and having raised more than \$30,000 towards their target of \$40,000. There is still time to help them reach their goal, which was set in honour of our executive director, Jane's, 40th birthday. The money raised, in memory of Jane's mom, Gwen George, will be directed to Wellwood's capital campaign.

HELP THEM REACH \$40,000! To sponsor by credit card, call 905-389-5884, or drop off/mail in a donation to Wellwood.

(Jane wishes to formally apologize to her friends, pictured above, who she knows will never forgive her for this photo. Nice hats, ladies!)

OFFICE HOURS:

MONDAY TO FRIDAY • 9 a.m. to 4 p.m.

MONDAY EVENINGS • 6:30 to 8:30 p.m.

THURSDAY EVENINGS • 6:30 to 8:30 p.m.



Wellwood
Resource
Centre of
Hamilton

711 Concession
Street, Hamilton,
Ontario L8V 1C3

NAME _____

ADDRESS _____

CITY _____

PROVINCE _____ POSTAL CODE _____

TELEPHONE _____

**DONATE ONLINE AT
WELLWOOD.ON.CA**

I would like to make a gift to Wellwood's OPERATING FUNDS of a:

one-time monthly

donation of:

\$25 \$50 \$100

\$250 \$ _____

I would like to contribute to Wellwood's CAPITAL CAMPAIGN a:

one-time monthly

donation of:

\$25 \$50 \$100

\$250 \$ _____

Contact Wellwood for details on naming opportunities for larger gifts.

I will use:

VISA MasterCard

AmEx

CARD NO. _____

NAME ON CARD _____

EXPIRY DATE _____

SIGNATURE _____

My cheque is enclosed

Please make cheques payable to:
Wellwood Resource Centre of
Hamilton.

My gift is in honour of:

in memory of:

Please include a note with the name and address of the individual to whom you wish Wellwood to send notification of the donation.