



# Wellwood Connections

The Newsletter of  
Wellwood  
Resource Centre

www.wellwood.on.ca | wellwood@hpsc.ca | Helping People to Live Well with Cancer | Spring/Summer 2009

## Donna Reise is celebrating 60 with a "splash:"

### Embarking on a 746km Voyage of Triumph and Discovery

Donna Reise, a familiar face to clients and volunteers alike, is challenging her body to take her on the voyage of a lifetime — and raising money for Wellwood while she does it.

A longtime Wellwood volunteer and an enthusiastic member of the Knot A Breast dragon boat team, Donna will be joined by two friends and fellow team members as she paddles a 746 km marathon race in Yukon Territory this summer.



"Be sure to mention that last six kilometres!" Donna says, laughing.

Knot A Breast is a local team of athletes, comprised of women and men who have had breast cancer. The group itself is a tribute to the courage and determination of its membership, and has been called, by some, a "floating support group." It has a long history with Wellwood.

Donna was inspired by Sue McCullough and Alexis O'Connor, both Knot A Breast members. These women attempted to do this race last year, but the boat sprung a leak and the team was pulled at the halfway point. They are very determined to finish what they started last year. Three other women from Ontario and two from the Yukon are also on this year's team.

The team has to complete the race in less than four days, starting at noon on June 24. There are only two compulsory stops: the first, at about the half way point, for seven hours, and the second, a three hour stop after the rapids. The Yukon River has very few road access points and very few people living along its banks. "We have to be prepared and equipped to be self sufficient for a couple of days," explains Donna. "Hypothermia and fatigue will be our greatest challenges."

And why take on such a monumental challenge?

"I am celebrating my 60th birthday this year," Donna says. "I call it 'Celebrating 60' because there have been many times in the past 20 years where I didn't think I would reach this age, so I'm doing it with a splash."

To show your support for the team, visit [www.wellwood.on.ca](http://www.wellwood.on.ca) and click on the link "Sponsor our Paddlers" or call 905-389-5884.

*"Voyage upon life's sea, To yourself be true,  
And, whatever your lot may be, Paddle your own  
canoe"*  
— Sarah Bolton

## Create a Personal Giving Page with Canada Helps

Like Donna Reise, you too can create an online giving page asking friends and family to support Wellwood. Whether you are celebrating a personal milestone (like paddling 700 km or doing your first 5K race), or having a birthday, a wedding or a special life event, friends and family can be invited to make a donation to Wellwood in your honour (or in lieu of gifts.) Interested? Visit [www.canadahelps.org](http://www.canadahelps.org) and follow the "giving pages" links to set up your page, then simply email a link to your page to your contacts list (and please include us on that list at [wellwood@hpsc.ca](mailto:wellwood@hpsc.ca).) Need help? Call Olga at 905-389-5884.

## Rachel Murphy: A welcome addition to the staff team

The Board of Directors and staff team at Wellwood are delighted to announce that Rachel Murphy is joining the Centre as the new Manager of Volunteers.

Rachel brings many skills to Wellwood, which will complement our expansion and the growth of our volunteer base this coming year. Educated as a social worker, her career has been directed towards community work. Most recently, she has worked with youth in Hamilton, coordinating volunteers, facilitating focus and discussion groups and delivering educational presentations in the community. She has also completed Volunteer Management at Mohawk College.



As Manager of Volunteers at Wellwood, Rachel's first priority will be recruiting volunteers for our second site, as well as taking on a variety of duties as she becomes more familiar with our amazing and dedicated volunteer team.

This two year, part-time position was funded through a grant from Ontario Trillium Foundation. We are grateful to our friends at Trillium for their support.

## SO CLOSE NOW.....

Construction continues at Wellwood's new community-based, second site at Chedoke. At press time, the windows were installed and the exterior was being bricked. A grand opening is anticipated in September.

Our capital campaign is still underway and donations are welcomed, as we continue to raise the total needed for construction and related costs. Please also look to the next issue of our newsletter to see how you can help us to furnish our new home.

Wellwood is holding its **Annual General Meeting** onsite on June 25, and we hope it will be possible to include a tour. **Details on page 2.**

## RECOMMENDED WEBSITE: [www.controlcancer.ca](http://www.controlcancer.ca)

The home page of C2CC: *The Campaign to Control Cancer*. Click on the "Go Public" link to learn about the Community Conversations on Cancer Control project.

We are especially thrilled that Eamonn O'Connell, a former Wellwood volunteer and the son of co-founders Maureen O'Connor and Greg O'Connell, is now C2CC's national stakeholder relations manager.



## Honouring Wellwood's Volunteers:

### Spring Fling 2009

The following individuals received volunteer recognition pins for their years of service to Wellwood at our annual Spring Fling event, held this year on April 7. Thank you so very much to all of Wellwood's team of volunteers for the gifts of your time and talents. You are appreciated!

#### THREE-YEAR PINS

Shirley Bailey  
Tillie Franklin  
*\*posthumous*  
Loretta Miele  
Marlene Trueman  
Linda Grunow  
Cilia Matos  
Nina Salinas  
Carolann  
Fernandes  
Trish Nelson  
Simmons  
Sue Costie  
Matthew Tian  
Diana Oddi  
Izabela Kujawa

#### FIVE-YEAR PINS

Mary Lou Dingle  
Jim Hoult  
Sandra Epping  
Alejandro Jadad  
Morteza Jafarpour  
Jan Longboat  
Jack Laidlaw  
Elizabeth Harvey  
Eve Liston  
Marie Morgan  
Yvette Pilon  
Frank Florio  
Michael Scott  
Joy Shikaze  
Siria Szkurhan

#### TEN-YEAR PIN

Brenda Charles

## 2008 MEMORIAL DONATIONS

Wellwood is grateful to individuals who have made "in memorium" donations between January 1 and December 31, 2008 in support of our programs and services. As spring blooms around us, we honour the memories of the following individuals in whose name donations have been received, with grateful appreciation for their lives and legacies:

Patricia Adams  
Patricia Armstrong  
Lillian Arno  
Joe Bajus  
Chuck Beaudoin  
Margaret Bielecke  
Dora Borsellino  
James Brennan  
Adele Chetec  
Dwight Clairmont  
Rene Clement  
Joseph Clement  
Mike Convery  
Providencia Corso  
Eleanor Craney  
Jean Cremasco  
Laura Culver  
Mary Davino  
Margaret Davis  
Paul Fawcett  
Vincent Fazari  
Donald Fielding

Ron Fletcher  
Matilda Franklin  
Gwen George  
Raymond Geraghty  
Madge Gillespie  
Alphonse Girard  
Shirley Goemans  
Maria Gorjup  
Robert Howarth  
Francine Hunter  
Mickey Kempa  
Helen Kirkpatrick  
Christina Knapp  
Florence Krusto  
Betty Jean Latimer  
Rosemary MacDonald  
Harry Marcaccio  
Dr. Nora McCardell  
Dr. W.R. McMillan  
Ronald McRae  
Bill Mikelbrensis  
Ruth Milne

Bill Minuk  
Franklin Almeida  
Moniz  
Dr. George  
Nicholson  
Greg O'Connell  
Ethel Paul  
Dr. Mary Phillips  
Parents of  
Steve Rafais  
William Reniewick  
John Ronalds  
Ralph Sazio  
Ralph Sciuillo  
Concezia Sciuillo  
Josephine Simioni  
Elissa Siroonian  
Ania (Anna)  
Skrobecki  
Margaret Skully  
Shelagh Snider  
Norman Sogan

Antonio Spetrini  
Leonard Stanley  
Diane Stewart  
Gloria Stone  
Helen Stortz  
Gerard Templeton  
Garry Terpstra  
Evelyn Thompson  
Edward Thompson  
Andrea Toepell  
Emma Vertatschitsch  
John Michael Walsh  
Bill Warriner  
Kathryn Whiteford  
Lillian Wignall  
Mary Williamson  
Joanne Williston  
Graham Worthington  
Tim Wristen  
Bob Zwolak

## 2008 HONORARY DONATIONS

Wellwood is also grateful to individuals who have made donations between January 1 and December 31, 2008 in honour of the following individuals:

All those with cancer  
Kathryn Brown  
Carol Bryant  
Sandra Epping

Jane George & Wellwood Staff  
Gibb, Widdis  
Chartered Accountants

Barbara Hartnett  
Knot A Breast Team  
Kathy Lodge  
Greg O'Connell & Maureen O'Connor

Dorothy Rayner  
Donna Reise  
Robert Walker  
Wellwood Volunteers

### Notice of

## ANNUAL GENERAL MEETING

Wellwood Resource Centre of Hamilton

The thirteenth annual meeting of members of Wellwood Resource Centre will be held at our new home, which is under construction at the corner of Chedmac and Rice Avenue on the grounds of Chedoke, beginning at 7 p.m. on Thursday, June 25, 2009, for the purposes of:

- Approving the minutes of the twelfth annual general meeting;
- Receiving and approving the Report of the Directors;
- Receiving and approving the Treasurer's Report and the Financial Statement;
- Appointing the Auditors of the Corporation;
- Electing the Board of Directors for the 2009-2010 fiscal year;
- Transacting any additional matters, which may properly come before the meeting.

**Everyone is welcome!** Please join us, and have a sneak peek (and, we hope, even a tour) of our new place.

## Dreams to Memories: Giving families a moment to cherish

Wellwood recently facilitated a request from a client family for a dream vacation. The charity that provided the gift is the Fort Erie-based "Dreams to Memories," which grants final wishes to terminally ill parents with young children. Wellwood's family was able to enjoy four magical days at Great Wolf Lodge thanks to the generosity of this fine organization.

We invite you to visit [www.dreams2memories.org](http://www.dreams2memories.org) for more information.

## Sunday, October 18, 2009

Online registration available soon at [wellwood.on.ca](http://wellwood.on.ca) or look for your registration form in the mail late this summer.



## HENDERSON SITE 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.