

Spring 2008



AN OUNCE

A CANADA-WIDE MOVEMENT TO ELIMINATE THE PREVENTABLE CAUSES OF CANCER

CELEBRATE EARTH DAY — APRIL 22

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PCN'S VOYAGE

Life moves along, and Prevent Cancer Now is no different!

In February, our loyal Executive Director Angela Rickman, who has guided our ship since we started in 2006, told us that she wanted to move on to other seas. Angela has been both our anchor and our helmsperson as we sailed into largely uncharted waters in our quest to build a national Canadian movement to prevent cancer before it starts. It is with sadness, therefore, that we thank Angela and wish her well on her next voyage. She has offered to continue to assist us as a volunteer, so she'll not be far away.

To fill the breach, we have hired Judy Field, who also lives in Ottawa, to work as PCN's part-time Administrator. Judy is co-publisher of Healthwise Ottawa magazine, a local health and wellness guide that focuses on active living. She worked for the Heart and Stroke Foundation of Ontario for 13 years organizing events and fundraising campaigns in the Ottawa area, and

she is an active long-distance walker, spinner, and cyclist who is planning to climb Mt. Kilimanjaro in 2009. If you would like to help in our work or ask any questions, please feel free to call us at 613-755-0110 or [email](#) Judy.

We are also fortunate to have acquired a number of new board members at PCN since last fall. Mark Mackenzie and Fran Rubio of Ottawa, Sandra Madray of Winnipeg, Rosanna Bechtel of Halifax, Beverley Thorpe of Montreal, and Dave Renaud of Oshawa have been added to our board. Fran has taken on the job of Youth Co-Chair. Diana Daghofer of Rossland, BC is now our Co-Chair, replacing Liz Armstrong. Heartfelt thanks to Liz for bringing PCN this far in its development! Among other things, she played a crucial role in organizing last year's conference under the banner "Cancer: It's About Prevention; It's About Time." Many thanks, too, to outgoing Board members Deena Dlusy-Apel and Dolores Broten. See our Web site for details on the [PCN Board of Directors](#).

With the arrival of spring, the Cancer Prevention Challenge is in full swing. Liz has taken the Run, Walk and Roll that she and her friends created and re-invented it as the [Cancer Prevention Challenge](#), working with event coordinator Fran Rubio to open the door to many ways in which friends and members of PCN can raise funds. Our goal is to raise \$125,000 this year. The first events, a ski-a-thon at Red Mountain in Rossland and a clothing auction in Ottawa, have launched this campaign.

We have big plans for the funds raised. With Dave Renaud's encouragement, we are embarking on a new campaign to educate Canadians about the [links between garbage incineration and cancer](#). Bev Thorpe is leading a partnership between Breast Cancer Action Montreal and PCN to [campaign for safer cosmetics](#).

MARK THIS DATE!

**Prevent Cancer Now
Annual General Meeting**
Sunday, May 25, 2008
Ottawa, Ontario

Details will be emailed
to each member of PCN

Those of us on the PCN board are all hands-on volunteers, making time in our busy lives to direct PCN and fundraise. We need resources to run our projects. If you are able to help, please do! You can plan your own fundraiser, or sponsor one of our directors in an existing campaign. [Details are available here.](#)

Finally, replacing Angela as editor of *An Ounce* is **Rosanna Bechtel**, who is also Co-Chair of Breast Cancer Action Nova Scotia and chief copy editor of the online journal Ecology and Society. Many thanks, Rose.

Wishing you well, all across Canada,
– **Guy Dauncey** and **Diana Daghofer**,
Co-Chairs of Prevent Cancer Now.

April is Cancer Month

2008 Canadian Cancer Statistics Show Rising Rates of Cancer. [full article](#)



SAFE COSMETICS CAMPAIGN

Thinking of giving your Mom some cosmetics for Mother's Day? Think again. That perfume you buy may contain hormone-disrupting phthalates.

Prevent Cancer Now is partnering with **Breast Cancer Action Montreal** on a campaign for safer chemicals in cosmetics sold in Canada. [full article](#)

CAMPAIGN AGAINST INCINERATION

Prevent Cancer Now is about to embark on a campaign to raise public awareness about the dangers of incinerating garbage, including its known links to cancer. [full article](#)

THE CANCER PREVENTION CHALLENGE

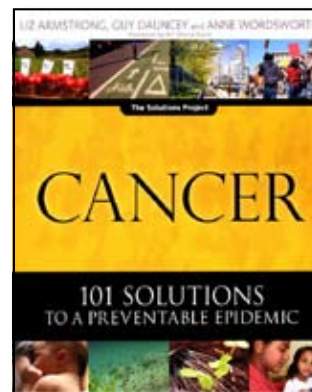
The 2008 Cancer Prevention Challenge (formerly the Run, Walk and Roll for Cancer Prevention) is the only fundraiser in Canada that focuses exclusively on primary cancer prevention. A fundraiser for cancer prevention is long past due, considering that fewer than 2% of funds raised for cancer-related initiatives each year in Canada go toward eliminating cancer-causing substances from our lives. [full article](#)

PREVENT CANCER NOW! WHAT YOU CAN DO TO REDUCE YOUR EXPOSURE TO CANCER-CAUSING AGENTS

Adapted from *Cancer – 101 Solutions to a Preventable Epidemic* by Liz Armstrong, Guy Dauncey, and Anne Wordsworth

With each issue of *An Ounce*, we will be bringing you some practical tips that you can act on immediately to reduce your exposure to carcinogens. In this issue, we focus on children and the home

environment. The list of things to do can appear daunting. Just pick one or two you can do right away, and keep this issue of *An Ounce* handy to refer to later, when you are ready to add another step. Every little bit helps! [Here's the first part.](#)



Members of PCN will notice that the issue of *An Ounce* came with a PDF attachment. Solution #5 – Switch to Safe Personal Products – is from *Cancer: 101 Solutions to a Preventable Epidemic*. **Members only** will receive an excerpt from the book with every upcoming issue of *An Ounce*. For more information on membership, please go to <http://www.preventcancer.ca/join.html>.