

# HOPE QUARTERLY

Sharing the stories and celebrating the work of the Georgian Bay Cancer Support Centre

NOVEMBER 2023

## MESSAGE FROM BOARD CHAIR

I would like to once again, thank all our donors for supporting the important work being done at the GBCSC.

We had a very busy summer of fundraising events, concluding with the Cycle For Hope. This was the most successful Cycle ever and raised over \$130,000 to support the Centre's work.

Fall arrived with our Paint the Town Pink campaign. The Centre has been a hub of activity with the painting and decoration of 250 pink and lavender pumpkins by a dedicated group of volunteers, including



students from École secondaire Le Caron. We are very grateful to our local businesses for helping us to raise the awareness of breast cancer in our community in October.

Giving Tuesday is recognized around the globe as the "International Day" of giving. On Tuesday, November 28, we celebrate all acts of generosity, from helping a neighbour, to supporting causes that are important to all of us.

The funds raised from these events, grants, and your donations allow us to continue to provide services and support to our growing membership.

We are truly grateful for your ongoing support and generosity.

*Kathy Wolfer*

## What special moment at the Centre has inspired you during your Cancer journey?

# MEMBERSPEAK



"For me, it was coming to the Centre for the first time and realizing we had something here in our local community that offered programs and services for those of us dealing with cancer. It was close by and I didn't have to go to Barrie... it was local. That was so encouraging and positive for me."

*Laura Barks*



"The drumming circle group, which started at the old Centre facility, is a special memory for me. The drumming was a great tool to get us together for a chance to talk and express our feelings. It got rid of tensions and got some energy going. It was a good time for all of us and a nice memory for me as my wife was part of that group as well."

*Wayne Fishleigh*



"People encouraged me to come to the Centre but I wasn't ready until I started losing my hair. On my first visit to look at wigs with my daughter, I was nervous. As soon as I walked in, I was greeted with smiles and friendliness. I felt so welcomed. My nerves disappeared. I started with a wig a year ago and have slowly joined other programs as I felt ready. I'm always greeted with smiles and feel most welcomed. It's a home away from home."

*Michelle Pauze*

## A JOURNEY OF HOPE MAKES ALL THE DIFFERENCE

Bi-weekly program has become a safe place for those facing cancer and for others who have completed the journey

One of the longest running programs at the GBCSC is the Journey of Hope. This bi-weekly program, led by Lesley Tripp (herself a cancer survivor), offers a place for members to gather and learn from the experience of others who have faced cancer and become energized from a unique shared experience.

Lesley recalls the group began as a women's cancer support group at the Centre's original location years ago.

"Sandy Cornell (GBCSC founder) met with me before the Centre was established and asked if I would be involved to facilitate the peer support group because of my cancer experience and experience as a facilitator"

Today Lesley continues to provide her expertise and experience every second Wednesday during the Journey of Hope. It is open to those new to cancer and dealing with their journey but also includes those who have experienced the ups and downs and have come out on top.

She explains it is often about sharing thoughts... fears, experiences, worries, joy, and tears.

*"We talk, we listen, we laugh," adds Lesley. "As people are going through similar but different journeys, it's helpful to talk with those who understand."*

She admits it is often very emotional... lots of tears and laughs. To her, the group works so well because people can talk about anything. Nothing is off limits.

"Many things people are afraid to talk about with their families or friends. Sometimes it's really hard for those attending... it's scary. But cancer is hard and scary so everyone just tries to understand and support with that understanding."

Sometimes Lesley has to prompt discussion with a question, but more often than not, those in attendance just start talking and sharing.

"This is a peer support group so mostly I facilitate it from a place of having bad cancer and understanding what I needed and what I have seen others need to discuss."

Cancer survivor Shelly Ironside who attends regularly



**Lesley Tripp**  
Journey of Hope  
Facilitator

says the sessions are an opportunity to open up.

"The Journey of Hope is about all stages and all the emotions around cancer. Our group listens, celebrates, and mourns openly under the leadership of Lesley."

Nicole Robitaille admits her world changed when she heard the word cancer was part of her life. When she first attended the Journey of Hope, the group welcomed her and she felt part of the "family".

"We are there for each other. We laugh, cry, and share our journeys together. The unknown was scary, and this group helped me work through the fears and gave me hope for my future."

Lesley feels the Journey of Hope speaks to GBCSC members because it's a great place to connect with others facing cancer. She has a lot of memories from past Journey of Hope sessions but to her, it's all about hope.

"Hearing hope from a member who didn't previously have hope is immensely satisfying. Seeing someone come back that didn't want to be there the first time is always amazing."

## THANKS FOR YOUR SUPPORT

The GBCSC is so grateful for the many donors, sponsors, and other funders who allow us to help those in our community impacted by cancer throughout the year. To make a gift to the Centre you can...



[www.gbcancersupportcentre.ca/donate-today](http://www.gbcancersupportcentre.ca/donate-today)



**(705) 549-6444 ext. 204**



45 Edward Street, Penetanguishene, ON 



To: *Georgian Bay Cancer Support Centre*

Please note charity receipts are issued the month after a donation is made (One-Time Gift, In Memoriam Gift). Heroes of Hope Giving Team members receive a single, consolidated receipt in January.

## UP CLOSE & PERSONAL



**WITH AMANDA PEPPIATT**

### ***What prompted you to become a member?***

Being new to cancer and being terrified with all that comes with that I realized that nobody I knew had the answers that I needed to the questions that I had and even didn't have. We couldn't find anything local but found the Centre and called and were scheduled for an interview. I was received with open arms and knew immediately that I should join.

### ***How has the Centre helped you during your cancer journey so far?***

The GBCSC has given me a home for my journey with cancer. From the moment I walked through the doors and then into the Journey of Hope Support Group, I knew that I would have support and make friends. The staff are always smiling, helpful and considerate. The volunteers are understanding and very tuned into my needs. The members are now friends.

### ***What GBCSC programs or services have made a difference to you?***

I am currently in treatment so I haven't been to as many programs as I would like.

The Journey of hope support group has pulled me up and literally held my hands through some of my scariest moments. Also, the Indigenous smudging and teachings and healings program has brought me so much comfort, healing, learning and love.

Both programs have been invaluable. I am looking forward to participating in other groups as soon as I can.

### ***In your opinion, why is the GBCSC an important place for people impacted by cancer in our community?***

When you begin the cancer journey you feel completely alone despite having family and friends

around because they don't have the answers. The staff and volunteers and members of the GBCSC provide the answers and support that a person in this position needs.

You may think you can go through this alone or with your family but you can't. You need people around you that can support you from experiences that they have had. You need a support group that will answer your calls at any time that will laugh and cry with you.

### ***Do you have a particular moment that stands out to you to date?***

My first Journey of Hope Support Group brought out all of my emotions and I knew I found immediate support and wasn't going to go through this alone.

### ***Was there anything else you wanted to mention about being a GBCSC member and your experience utilizing support services at the Centre?***

I know that I will be forever grateful for the support that I have and will receive from the Centre. I'm sure I have made lifelong friends and have every intention of helping others through their journey whenever and as soon as I can.



**Member:**

*Amanda Peppiatt*

**Home Community:**

*Collingwood*

**Member Since:**

*April 2023*

## LONGTIME SUPPORTERS HELP BRING HOPE TO OTHERS

Rob and Carolyn Barber were introduced to the GBCSC through cycling and today are major Centre advocates

Many of the GBCSC's longtime supporters are a direct result of a personal experience dealing with cancer. Some have become avid supporters through our annual fundraising events like the Georgian Bay Cycle For Hope. That was the case for Rob and Carolyn Barber.



### **Supporting services close to home**

The two strongly believe in what the Centre provides to those facing cancer. Carolyn points to how the GBCSC offers mental and emotional support, which is vital when undergoing or recovering from cancer treatments. All the programs have a direct impact on members and their families and they are close to home.

### **Corporate cycle team participates**

Rob met Cameron Douglas, an organizer of Cycle Camelot (now the Cycle For Hope), through a mutual friend many years ago. That meeting prompted Rob to take part in the first cycle fundraiser. As the event grew, Rob and his wife Carolyn entered a corporate team and have now participated for over a decade.

Each year the couple get on their bikes along with their team from their family business Den Bosch & Finchley (White Jersey Sponsor). Family and friends all come out to support the work of the GBCSC during the Cycle For Hope.

"We have used the ride day as a team building experience and we have been bringing in younger team members to learn the benefit of giving back. Because we have been doing this annually, word has gotten out and more people have joined in and we are thrilled. We hope to keep growing our team each year," adds Rob.

### **Support Home for Hope construction**

The two have gone on to support the Centre in other ways as well. Carolyn, who professionally is a respiratory therapist, recalls doing a lecture for members at the old Centre location. It was at that point the couple became avid supporters, especially by helping with the construction of a new Home for Hope.

"As the fundraising initiative began, we attended the presentation and committed to providing building materials for the roof at the new GBCSC."

"It is important that this service is community-based and locally accessible. Many patients need to leave this community and travel to access treatments, so it is nice to have the GBCSC closer to home," says Carolyn.

Rob has a lifelong connection to the area, and the couple spend a large part of each year here. It's important for them to give back to the local community.

### **Impacted by cancer**

Carolyn openly admits, like so many others, they have been impacted by cancer as well.

"The statistics state that cancer touches one in four people. Both of our families and our circle of friends have been affected by this disease."

The couple is excited to see all the recent activities at the Centre, including the development of the Garden of Hope at the GBCSC site.

"We are looking forward to seeing the Centre continue to flourish for many years to come," says Carolyn.



Georgian Bay  
Cancer Support Centre

 GeorgianBayCancerSupportCentre  @gbcancersupport

The mission of the Georgian Bay Cancer Support Centre is to provide emotional, physical, social, spiritual support, education and information as a complement to the medical system for people living with cancer, their families and caregivers.

#840027205RR0001 Georgian Bay Cancer Support Centre is a federally incorporated charity.

45 Edward Street, Penetanguishene, ON L9M 1J8 • 705-549-6444  
www.gbcancersupportcentre.ca • fundraising@gbcancersupportcentre.ca