

STOUFFVILLE UNITED CHURCH COUPLES CLUB

P R E S E N T S

# MUSIC MANIA

35th SHOW

AT STOUFFVILLE DISTRICT SECONDARY SCHOOL

8 P.M. APRIL 27-28-29

## TO BE CONTINUED...

Tickets:

Cards Hardware, Stouffville Printing & The Tribune



## ANNUAL GENERAL MEETING

Wednesday, April 12, 1995

Angie's Eatery

5402 Main Street, Stouffville

Cocktails 6:30 p.m.  
Dinner 7:00 p.m.

Announcing the Business Achievement Award for Whitchurch/Stouffville

\$35.00 per person

Tickets available at the Chamber Office

642-4227

P.O. Box 1500, Stouffville, Ontario L4A 8A4

### Cancer Month

## Support network growing

By KATE GILDERDALE  
Correspondent

When Sally Gyton was diagnosed with breast cancer in 1990, she felt as if her whole world was falling apart.

She found the lump at Halloween and was sent for a mammogram. "I was advised just to keep an eye on it," she recalled. "But my doctor, who was wonderful, sent me to the surgeon immediately."

A biopsy confirmed that the lump was cancerous and a week later Gyton underwent a lumpectomy and node dissection. "I just thank God that I had the doctor I did; he doesn't leave anything to chance."

While she was grateful for his swift response, she found the emotional adjustment to her illness hard to deal with. "When I heard the 'c' word I just burst into tears and went numb, because my parents had both recently died of cancer and all I could see was a death sentence for myself."

Despite her fears, Gyton decided that the only effective way to cope was to learn about every facet of the disease and to take charge of her own life. Looking back, she believes that her experience with cancer not only changed her life, but actually improved it.

"It made me see things in a whole new light. I noticed things I'd never really seen before; the green grass, birds in the trees, flowers. Everyone has their down moments, but I really try to live each day as fully as I can now." A vital component in her emotional recovery has been her

involvement in setting up a local support group for cancer survivors and their families. Connecting Rainbows is now almost four years old and our mission is to improve the quality of life through support, sharing and caring.

Sharing her feelings with others who had survived cancer was cathartic for Gyton, "because I couldn't talk to my family and friends about it at first. And when I tell my story at a meeting, it helps people to realize that if I can make it, so can they," she said. "I also realized that I hadn't been doing what I really wanted to do, so I've gone back to school to study counselling in the human services at George Brown College. I'm in a three-year, part-time program, because I don't want to give up all the other things I do." Much of her time is taken up with advocacy work related to cancer and cancer survivors. "I was at the Breast Cancer Forum in Montreal in 1993 and I was proud to be a part of it," she noted.

"It was the first time doctors, researchers and scientists had all come together under one roof with survivors and we had round-table discussions with everyone participating." Gyton also sits on a number of hospital advisory committees which are geared towards supporting patients and their families, as well as caregivers and friends. Her goal is to raise awareness of breast cancer and its effect on women. "I think it's extremely important that we take charge of our lives and that's happening because of events like the forum in Montreal," she

said. "Right from the beginning I talked about my illness. I needed everybody on my side, to help me through this. My family and friends were just wonderful." Evening meetings of Connecting Rainbows are held on the first Tuesday of each month and day time meetings are held on the third Tuesday of each month. "Everything is totally confidential. We never give medical advice and we stay away from doctor bashing or naming specific individuals."

Gyton and fellow organizer Myrna Lummiss are now trained facilitators and the group offers a wealth of literature and tapes which members can take home and study. For more information, call 642-2329 or 640-2306.

When she first learned of her illness, Gyton consulted medical guides at the library, but with the strides being made by researchers, assisted by Canadian Cancer Society funds, written information can quickly become outdated. Among the many services offered by the society is a toll-free hotline which supplies the latest available medical information. The number is 1-800-263-6750. "There are a lot more opportunities out there now for people to access information, support and help," Gyton said. "They just have to know where to go."

This month, when Canadian Cancer Society canvassers visit your home, please give generously. Your donations will provide funds for continuing cancer research, patient support and education and could help to save lives.

### LOTTERY CALENDAR WINNERS

March 1995

#### \$3000 Winners

- B. Sansom
- S. Noble
- L. Chung-Moose
- L. Bage
- E. Nicolai
- D. Currie
- D. Daviau
- C. Lee
- B. Brioux
- S. Daviau
- W. & B. Doucette
- L. Jenkins
- J. Valteau
- P. Reid
- J. Segriff
- T. Armstrong
- J. Hill
- M. Christoff
- P. Bailey
- M. Doble
- S. King
- J. Lewis
- L. Heinbuch
- B. Degere
- A. Luella
- L. Marsh

#### \$5000 Winners

- S. Nasello
- G. Woodcock
- G. Hayward
- C. Moore

#### \$2500 Winner

- S. Sauve

This ad sponsored by Keith's Flowers and The Sound Shop

## ENTREPRENEURS

The Uxbridge Chamber of Commerce is going to print a directory to help you network. This directory will be reaching the hands of possible clients at Uxposition '95, through letters mailed out from the Chamber office and other venues. A fee of only \$20.00 will secure you a space in this directory. If you wish to be included please fill out the following and mail it with a cheque for \$20.00 to Uxbridge Chamber of Commerce, P.O. Box 640, Uxbridge, Ontario L9P 1N1

Business Name: \_\_\_\_\_

Type of Business (Category): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_