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May 2011 Edition

WICC BC & Friends for Life Relay Team

The WICC BC & Friends for Life Relay team has been chosen for the 2011 Team Excellence Award by the CCS National Council. Great work, team!

Valentine's Lunch

Thank you for helping us make our 3rd Annual Valentine's Lunch a great success in raising \$1,753 for the Canadian Cancer Society.



Arvinder Gill, the winner of the gift basket and Mary da Costa of WICC BC.



Debbie Demar of WICC BC with Alia Morberg and Rozlyn Troll, the two winners of the 50/50 draw and Janice Domingo of WICC BC.



Pub Night

On Sunday, May 15th, the team raised over \$4,000 at a fundraiser held at the John B Pub in Coquitlam.

New Ways to Contact WICC BC

WICC BC has a new email address. You can now contact us at wiccbc@gmail.com. We also have a facebook profile. Add WICC BC as a friend to be updated on new events.

Our Mission: To mobilize the Canadian insurance industry in the fight against cancer by focusing on cancer research, support and education.

Night at the Aquarium



At our 1st annual night of the Vancouver Aquarium, held on March 16th, we raised \$23,782. Thank you to all the volunteers for their hard work in making this event an amazing success.

Photo © Vancouver Aquarium

Look for WICC at these Golf Events



- CIP Vancouver - May 25th
- IBABC Banff - June 1st & 2nd
- CUISA Whistler- June 15th
- CIP Vancouver Island - June 22nd
- FCIP - August 12th
- NICC Vancouver - September 26th



Save the date and join us for our annual golf tournament on

Wednesday, August 24th, 2011

Westwood Plateau Golf Course, Coquitlam

Full registration details will be out early June.

“Fun-Raising” through WICC BC’s 8th Annual Golf Tournament assists in funding of Cancer research to fight against cancer, providing education and support to all those affected by the disease. The fight must go on.


With your help, together, we can make a difference...

**Special thanks to
Kerri Brown & all
WICC BC
volunteers**



WICC is a volunteer organization in which nothing happens without the efforts of many people. A few people in WICC have gone above and beyond to make a big impact. One such person is Kerri Brown. Kerri has worked in the background for over five years in planning, organizing and delivering WICC BC’s annual golf tournament. Kerri drafts and sends out notices, chases down sponsors, coordinates signage and media displays, puts together raffle packages, negotiates with the course, organizes the food, gets volunteers and works on the day of the tournament.

Kerri Brown works at On Side Restoration as the Manager of their Broker and Property Management Business Segment. Kerri also is very involved in special event planning in her spare time.

The BC Pond of the Blue Goose is holding its Inaugural Boat Cruise on June 23rd boarding at 5:30 p.m. leaving from the Harbour Cruise Marina. Tickets are \$100 per person, with a portion going to WICC BC. Email Alana Schulte (aschulte@onside.ca) for information.

Contact Name	Main Responsibilities
Ami Barilla Cunningham Lindsey abarilla@ci-na.com	Events - Outside Golf
Debbie Demar Marsh Canada debbie.l.demar@marsh.com	Spring Event
Kellee Irwin ICBC kellee.irwin@icbc.com	Spring Event NICC
Sara Mehrjou Gore Mutual Insurance Co. smehrjou@goremutual.ca	Co-Chair Sponsorship
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Canadian Cancer Society
Société canadienne du cancer

Tanning Is Out: Turning Education Into Action

- Ultraviolet radiation (UV), from the sun and tanning devices, is a known carcinogen. In other words, indoor tanning can cause cancer.
- Using indoor tanning equipment before the age of 35 has been found to increase the risk of melanoma by 75 per cent
- Melanoma skin cancer is one of the most common forms of cancer for people aged 15-29 and it's mostly preventable

The truth is tanning isn't good for you. And whatever colour your skin is, you need to protect it from the sun. The Canadian Cancer Society is working with youth to raise awareness about the dangers of tanning and challenging them to take the tan-free grad pledge and not indoor tan for graduation.

Schools across the province have gotten on board, and hundreds of teens have pledged to go tan free and not use indoor tanning salons for their graduation celebrations.

Preventing Skin Cancer

No one wants to stay inside when the sun is shining. Just be smart about your sun exposure. You need to protect yourself from UV radiation outside too.

- **REDUCE** sun exposure between 11am and 4 pm and when the UV index is above 3
- **COVER** up with loose fitting clothes & seek shade
- **WEAR** a wide brimmed hat and sunglasses
- **USE SPF 15** or higher sunscreen and reapply according to the instructions
- **AVOID** indoor tanning. Some tanning beds can expose you to 5 times as much UV radiation as the sun.

Be Aware - Know Your Skin

Check your skin regularly. Most skin cancers are curable if you catch them early enough. Get someone else to check the hard-to-see places like your back. Watch for:

- birthmarks or moles that change shape, color, size or surface
- new growths on your skin like pale, pearly nodules that grow larger and crust, or red, scaly, sharply defined patches
- a sore that doesn't heal any patch of skin that bleeds, oozes, swells, itches

To learn more about the impact your donations are making please contact Karen Zygun, Director of Corporate Giving at 604-675-7341 or kzygun@bc.cancer.ca.