

Marvel Mediation & Counselling

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October 1, 2014

Re: Du It For The Skipper 2014

In support of *The Cobourg Lions and Lioness Cancer and Supportive Care Clinic* located at Northumberland Hills Hospital

Dear Sir/ Madam:

My name is Paul Brown and on Sunday October 26, 2014, my father would have been 71. To honour him, I am embarking on a 69.5km Duathlon (cycle/ run) to raise funds for *The Cobourg Lions and Lioness Cancer and Supportive Care Clinic* in my father's name.

I started calling my dad "Skipper," because he was born in a small fishing community in Newfoundland. Most people either referred to him as 'Skipper' or 'Scottie.'

Skipper was initially diagnosed with colon cancer on April 30, 2004. The tumour was the size of a baseball, and they suspected that it had been there 5-10 years. The 5 year survival rate for colon cancer at that time was 5 years. He lasted 9. Cancer returned 2 more times, and eventually, he died from it.

My father received chemotherapy and radiation treatments at several medical facilities. During his last years, he requested that his treatment be overseen by the amazing staff at Northumberland Hills Hospital. While we were preparing for his funeral, he also asked that donations be made to the hospital when he died. Of course, we honoured this request.

Last year, I raised over \$2600 for *The Cobourg Lions and Lioness Cancer and Supportive Care Clinic* in my father's name. My goal for 2014 is to raise \$2500 and so far, I have raised approximately \$1800. Most of the money raised to date has been from friends and family. My hope is to gain more support from the community during these last 3 weeks.

6 hours before Skipper died, his oncologist asked if he had any questions for her. He simply said "No. I just want to thank you for everything you've done." I want to continue to thank them for all of their efforts, and their kindness. More importantly, I want to support them as they continue to give people hope.

On October 26, 2014, I will cycle 60.5km, and then finish with a 9km run. The run is the most challenging for me, and it represents the years that my father had cancer. That's why it's at the end of the event. People are welcome to join me for the run, to demonstrate the support needed to face cancer.

My father loved to be on the water, so I will start my ride where we currently dock his boat. I will end my run at the roundabout in front of the Northumberland Hills Hospital. During the event, I will also have a support vehicle to monitor my progress, and provide updates.

Any support that your organization can provide would be greatly appreciated. I am currently looking for sponsors as well as media coverage to promote the event. Should you require further information, please feel free to contact me at paul@marvelmediation.com or 905.375.2113. To check for validity, Rhonda Cunningham is my contact person at Northumberland Hills Hospital Foundation (905.372.6811).

Sincerely:



Paul Brown, HonBSc, AccFM, CP Med