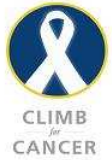


Skip directly to [content](#).



# Join Us May 15<sup>th</sup>, 2010

In support of the Juravinski Cancer Centre

Sponsor Me

## Welcome to Marianne Van der Wel's Climb for Cancer page.

Goal: \$50  
Raised: \$350  
Sponsors: 12

100%  
of goal achieved

Share this page:



Please sponsor me for the Climb for Cancer!



Marianne Van der Wel

Amount Raised: **\$350.00** [100 % of goal]  
Fundraising Goal: **\$50.00**  
Walk Date: **May 15, 2010 8:00 AM**  
Location: **Chedoke Golf Course Stairs, Hamilton**

### My Message

Overcoming cancer is like climbing a mountain! On Saturday, May 15, 2010, I will be joining with others in our community to climb higher than Mt. Everest in support of local cancer research, treatment and awareness. You can help make a difference in the fight against cancer! I will be participating in the 4th Annual Climb for Cancer taking place at the Chedoke Stairs, Hamilton on May 15, 2010. Help me to reach my goal! Online pledging is secure and it saves money by reducing administrative costs. Together we can move mountains and make a difference in the fight against cancer. Please pledge now!

OKAY! You just read the official blurb. I'm doing this as a personal challenge and it's a relatively safe way for me to climb the escarpment steps something I will NOT do on my own. I'm doing this because a friend just came down with cancer. While genetics play a role in some cancers, many cases are due to environmental factors. I'm doing this to raise awareness about PREVENTION...We all (those with a genetic pre-disposition & those without) need nutritious WHOLE food with lots of veggies & fruit, whole grains, omega fats. We need to lose the junk food as there are plenty of nutritious alternatives that taste YUMMY! Exercise too is key along with good stress management. Then add clean air and water! The bottom line is that I DO CARE!

I am personally NOT BIG ON FUNDRAISING as there is not enough money in the entire globe to fix the problems we face as a world society. I hate "bean counting" and the idea that each year we need to more. To me, less can be more and more can be less. For me, it's about doing MY BEST and I think it would be great if others also do THEIR BEST...nothing more, nothing less AND nothing else. If you wish to sponsor me an "Atta boy!" is enough! A financial contribution would be nice if YOU FEEL that is the right thing for YOU to do! PLEASE DO NOT FEEL PRESSURED for money IN ANY WAY! I have already donated my financial goal of \$50. Hence in my mind I have reached the financial goal I set out for myself. Marianne

Sponsor Me >

### Messages (25)

Leave a message ... \*

Enter your name \*

Post

Vicky Ton  
14/05/2010 16:34:10

Way to go, Marianne!! I'm so impressed - especially after looking at the picture of the steps!! They look pretty steep!! You're like the energizer bunny, still going strong!! God bless you for all the good that you do!! Lots of hugs on your accomplishment!!

Dr. Roman March  
30/04/2010 05:26:47

Hi Marianne I'm proud to sponsor you. "YOU Go Girl". I'll send a \$ contribution.  
Ann Galioto

### My Donors



29/04/2010 15:35:49

Have a successful Climb  
Wayne  
27/04/2010 11:18:41

Don't get carried away and run up those stairs Marianne. We need you.  
banda mwelase  
25/04/2010 14:46:43

You can do it - just do it. I have all the confidence in your and your ability and believe you will and can do it. Banda, SA  
Keith M  
24/04/2010 22:15:58

Ralph Waldo Emerson once said "Nothing great was ever achieved without enthusiasm". Luckily for you Marianne you have plenty of enthusiasm to spare, hence you have and will continue to achieve great things!  
Daniela Jansson  
24/04/2010 13:38:00

Hi Marianne, Here's a cheerleading chant to spur you up the stairs - "Way to go, You can show, How we all can live. . .Each person can, Make a plan, Of how we can give."  
Honey and Little  
24/04/2010 08:14:01

Hi Marianne, enjoy reading your messages, as usual :) Have fun and all the best!!!! Little says she wants to hold your hand during the climb :)  
Peter Hanson  
24/04/2010 00:20:56

Go Go drink lots of water the night b4.  
John Beaudette  
23/04/2010 12:11:33

Hi Marianne I know you can make it to the top. We're with you all the way.  
Joan Cunnington  
23/04/2010 00:35:10

Hi Marianne, I'm sorry to hear about your friend - all he more reason to make sure you get up all those stairs (don't forget to stretch afterwards)  
Bill Wilkinson  
22/04/2010 22:49:13

Remember the saying "when the going gets tough, the tough get going!" It may inspire you if and when those steps feel like they'll never end. Best wishes for a great event!  
Frances Vanderwel  
22/04/2010 19:03:51

Way to go Marianne! And I just love you messages and approach to this event.  
Arlene  
22/04/2010 12:32:53

Way to go!  
Yolanda  
22/04/2010 10:28:56

Good for you Marianne! And thank you from someone who has fought and won!  
Laura  
22/04/2010 08:36:57

Marianne you are always giving. You are an inspiration to many. Happy climbing.  
kathy gillis  
21/04/2010 23:25:52

wow, where do u get your energy,,,,can u spare me some...good luck to you on the climb, wish you all the best  
Erma Callender  
21/04/2010 22:01:55

Marianne: You are very adventurous. All the best on May 15th.  
Famia Haidary  
21/04/2010 21:21:00

Dearest Marianne, You are so wonderful and amazing. Good luck on May the 15th.  
Joan Parker  
21/04/2010 18:23:12

Marianne: You always amaze and humble me with all of your supreme efforts to help "mankind". This venture is just another example of your ability to contribute. My thoughts and prayers are with you on this climb.  
Audrey  
21/04/2010 16:55:06

Marianne, I love your "outside-the-box" thinking on global issues from poverty to human rights to health and beyond, and your ability to raise my awareness as I race through the busyness of every day, week, month and year. You are an inspiration to me, and I am sure to many others. God Bless you in your stair climb and everything it means to you. You have climbed and conquered higher mountains than this, and in my world you are a hero. You GO Girl!! ~a  
Rosemary Hanson  
21/04/2010 16:38:52

Marianne! This is so great. I really enjoyed reading your message, I related to a lot of it. I may come up to Hamilton to join you!  
Francis W.  
21/04/2010 15:37:50

Si tout le monde etait comme toi, Marianne, le monde serait meilleur pour tous. :-)  
Lon  
21/04/2010 10:07:57

Great initiative and great cause Marianne! You're awesome!  
Dennis  
20/04/2010 14:40:47

Best of luck Marianne!

[Minimize Messages](#)

For more information, visit [www.myclimbforcancer.com](http://www.myclimbforcancer.com)



Hamilton Health Sciences Foundation - Charitable  
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Juravinski Cancer Centre  
A Cancer Care Ontario regional partner