



# CAPS FOR CANCER RESEARCH

## November 28, 2004 - Newsletter N° 29



Cap from Brazil

The objective of C4CR is to gather 10.000 different beer caps, which will then be sold to a beer museum, with 100% of the proceeds being donated to a Cancer Research Foundation.

**Thank you to all of our friends around the world for helping us with this worthy project.**

Thanks to your help and dedication, caps continue to arrive from many parts of the world such as Accra, Ankara, Caracas, Dakar, Dublin, Helsinki, London, Madrid, Niamey, Panama, Sofia, Tirana, Tunis and Windhoek which all are country capitals... Do you know the country of each cap(ital) featured below?



### • **How to be healthy...**

- The right and medically correct way:

Eat right! Make sure you get your daily dose of fruits and veggies. Take your vitamins and bump up your vitamin C. Get plenty of exercise because exercise helps build your immune system. Walk for at least an hour a day, go for a swim, take the stairs instead of the elevator, etc. Wash your hands often. If you can't wash them, keep a bottle of antibacterial stuff around. Get lots of fresh air. Open windows whenever possible. Get plenty of rest. Try to eliminate as much stress from your life as you can.

- My way (allegedly Sinatra's way as well):

You can take the doctor's office approach. Think about it, when you go for a shot, what do they do first? Clean your arm with alcohol. Why? Because alcohol kills germs. So...  
...open a Corona (liquid veggies), put lime in it (fruit with vitamin C), drink it on the patio (fresh air), tell jokes, have more beers, laugh (eliminate stress), walk to the Post office to mail beer caps to C4CR (exercise), have a few more beers and then pass out (rest). The way I see it, if you keep your alcohol levels up, germs won't be able to get you!

### • **C4CR address reminder:**

For those of you who forgot: C4CR 6 rue de la Gare 95460 Ezanville FRANCE

**So let us drink to your good health and cheer to all the caps you'll soon send in to C4CR!**



Cap from Belgium

### **Answers:**

- Row 1: Albania, Panama, Finland, Senegal, Bulgaria, Namibia and Venezuela.  
Row 2: The United Kingdom, Niger, Ghana, Turkey, Tunisia, Spain and Ireland.