



Breast Cancer Action

VOLUME 9, ISSUE 1

MARCH 2007

SPECIAL POINTS OF INTEREST:

- Book Reading Club coming in April.
- BCA morning exercise classes now offered at the Rideau Tennis Club.
- New "Lunch and Learn" series begins in March.

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Breast Reconstruction 14

Founded in 1992.

Manulife Financial Proud Sponsor of June Event



On Sunday, June 3, 2007, help Breast Cancer Action and our title corporate sponsor, Manulife Financial, "**PAINT OTTAWA PINK!**" during the 14th annual Manulife Walk & Fun Run hosted by the Rideau Canoe Club.

Manulife Financial, a committed corporate friend to BCA, has generously continued to sponsor this community fundraising event with a 2007 sponsorship of \$25,000. "Manulife has been involved in

this successful event for a number of years and we're proud to contribute to the important work Breast Cancer Action does to support breast cancer survivors," says Linda Burdon, Regional Vice President, Ottawa Group office.

This year, the theme for the day is "**PAINT OTTAWA PINK!**" Marjorie Morrison, Executive Director of BCA, encourages all participants to wear as much pink as they possibly can so that the 2km, 5km or 10km scenic route along the water is a visual parade of colour in support of breast cancer. "We have prizes for participants who demonstrate the most style, or make the loudest statement in pink. Serious, chic,

stylish, fun or funky - we want to see it all."

Those who attend this year's event can expect to enjoy a family day filled with live entertainment, a free BBQ lunch, loads of spirit, amazing prizes...and tons of surprises! Participants who register before March 30 automatically qualify to win fantastic "early bird" incentive prizes *just for being early!* Children under 12 participate for free! Team registrations are welcome with special awards given to those who participate in this category. Pledge forms, along with an information package, will be available in early March to allow participants time to gather pledges.

Dr. Roanne Segal to Present at AGM



Breast Cancer Action is pleased to announce that Dr. Roanne Segal, MD, FRCP(C), Medical Oncologist with the Regional Cancer Center and Associate Professor of Medi-

cine, University of Ottawa, will be the keynote speaker at BCA's Annual General Meeting of May 16, 2007.

Dr. Segal's presentation topic, "**The Role of Lifestyle Choice and it's Impact on Cancer**" will begin at 7:30 p.m., followed by a brief question and answer period. Please note, the evening will be hosted by the St. Elias Antiochian Orthodox Church, 750 Ridgewood Ave-

nue in the lower level. Doors will open at 6:30 p.m. with light refreshments served, AGM begins at 7 p.m.

Everyone is welcome to attend.

Please feel free to register in advance in order to reserve your seat by calling BCA, or via e-mail at

mmorrison@bcaott.ca.

President's Message, Barbara Newport

As I write this, I am aware that Valentine's Day is coming to a close. To some it has been a moment to be romantic and sentimental, to others it has been a time to enjoy with friends, and some of us will remember special people we have known in our lives.

The journey through treatment for breast cancer affects those we love and care about us, and demands change in the relationships

we share. It shakes the foundations of our certainty about what love and commitment entail, about our roles in relationship, and in being a care receiver as well as a care giver. Our newly found vulnerabilities open us to the possibility of deepening our understanding and our appreciation of our relationships.

The nature of love for me is caught in a moment after my hair had fallen out after

chemotherapy and my partner very gently and lovingly shaved off the remaining tufts of hair. My understanding of intimacy is defined by that moment.

Take a moment to reflect on what others have contributed to your understanding of love and caring through your journey, to thank them in person or in thought, and pass on the gift to others.

"2007 is a time of continuing change for our organization; a time for feeling empowered and energized, and a time where our goals of today are supported by our vision for tomorrow."

**Marjorie Morrison,
Executive
Director**



Executive Director's Message, Marjorie Morrison

Welcome to our newly revised Breast Cancer Action newsletter. We are so pleased to offer a publication that will meet the interests and needs of breast cancer survivors, our breast health partners, and our extended circle of friends in both the private, corporate, and medical community.

With that thought in mind it occurred to me that perhaps my contribution to this issue should not focus so much on where we are going this year but rather,

where we came from.

2007 is a time of continuing change for our organization; a time for feeling empowered and energized, and a time where our goals of today are supported by our vision for tomorrow. We would not be where we are today if not for the commitment and belief of all those who have helped

define the role of this organization since 1992. The journey between then and now has taken many different roads leading BCA on a path that has resulted in changes to our existing programs, as well as new initiatives and projects being introduced.

Often, when speaking with members about their diagnosis, treatment and recovery, I hear the simple word "friendship" spoken time and time again. Through stories shared with me, I hear of friendships that have developed amongst BCA members through member involvement or during attendance at various BCA community events.

It is important to remember the roads we have traveled together over the years. It gives me a sense of pride in knowing that BCA is more than a post-diagnosis support and

resource centre. We are a common place where hope lives and friendships thrive. Our centre may act as a home base for many, but our reach clearly extends well beyond our walls.

I am encouraged by the realization that in the process of change and in the pursuit of enhancing our ability to meet member needs that we continue to offer opportunities for those diagnosed with breast cancer to come together in support of one another.

I realize that the gift of friendship—whether newly forged or carefully tended—gives life a sense of balance. At the end of the day, when I turn the key in the lock, I remain grateful that BCA is able to play such an important role in so many lives.

BCA Launches NEW “Lunch & Learn” Series

“Life in Bits and Bites,” a Facilitated Lunch Discussion Group.

On Wednesday, March 28, from 12 to 2 p.m., you can join our group facilitator, Joan Jesion, as she leads a fantastic 2 hour lunch workshop available exclusively for Breast Cancer Action members! Come together at BCA to network and discuss life challenges during an interactive, inspiring luncheon. Participate as the group starts with a simple question and

moves into a lively, informal discussion. You’ll be surprised by the “aha” moments you will experience! Register early as group participation is limited to 8 women. The workshop and a light lunch is provided free of charge to the participants.

Bio: Joan Jesion is a graduate of McGill University opening her practice “Just Love Your Life Now” in 2005. Passionate about coaching individuals who want to live a naturally bal-

anced, fun-filling and relatively stress-free life, Joan offers one-on-one coaching, group coaching, workshops, lunch time discussion and coaching groups, and speaks on the areas of self-esteem, body image, balance and boundaries in working from a home office.



Joan Jesion, Life Coach

THYME & AGAIN

CREATIVE CATERING / TAKE HOME FOOD SHOP

Thyme & Again has introduced a *Pink Grapefruit Champagne Jelly* in support of Breast Cancer Action.

This fundraiser was initially intended to be for the month of February, however, the response has been so positive

that Thyme & Again has decided to incorporate this jelly as a signature item. The *Pink Grapefruit Champagne Jelly* is wonderful as a condiment for fish, especially salmon, and also delicious as a cheese condiment served with soft cheeses and

crackers.

Breast Cancer Action encourages all of our members to show their support and try this wonderful jelly.

Thyme & Again Creative Catering is located at 1255 Wellington Street.

OPRAH’S Book Reading Club Coming to BCA in April!

“The Measure of a Man” by Sidney Poitier

Do you like to read? Would you like to make new friends? Are you interested in chatting over a hot cup of coffee or tea? If you answered yes, then Breast Cancer Action’s NEW Book Reading Club is for you!

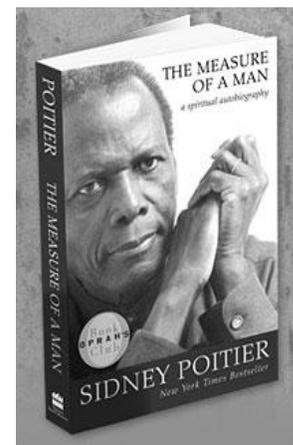
Committed to meeting the needs of our diverse member-

ship by offering new and exciting initiatives in 2007, our NEW Book Reading Club (based on the Oprah Winfrey Book Club) provides our members with an interactive avenue to come together socially, develop new friendships and foster support beyond a traditional breast cancer support group structure.

BCA provides participants with

a free book to keep. Participation in our first session is limited to 10 members, with club meetings hosted by BCA starting on Thursday, April 5. Interested members must register by March 30 by e-mailing mmorri-son@bcaott.ca or calling 613.736.5921.

Let’s get reading together!



BCA Exercise Program Thriving in the West-End



West end fitness participants

Are you interested in becoming more active? Breast Cancer Action offers members residing in the west end of Ottawa group fitness classes with gentle stretching, self-massage for the lymph system, fun aerobics, and strength training followed by relaxation techniques, all to great music and lead by a dynamic instructor who herself is a breast cancer survivor.

In 2005, under the direction of Pauline Cramphorn, an off-site pilot program for the Kanata and Nepean classes was introduced in response to a recognized need to provide structured exercise classes for women residing in the west end. At the time of her breast cancer diagnosis in 1989, Pauline underwent a mastectomy, chemotherapy and radiation, and suffered from fear, nausea, hair loss, depression and anger. Returning to teaching fitness classes six weeks after sur-

gery, Pauline maintains that being in class, moving to music and feeling freedom and control over her body made her feel almost normal again.

"I cannot emphasize enough the importance of fitness for me in the past 30 years but in particular, the last 17 years," shares Pauline. "I feel, personally, that it is one of the reasons that I am still here enjoying life to the fullest. It is not what we see or are told as much as the way we feel and when I'm in class with a great group of women who are also feeling and healing, I can't think of a better way to get my fitness fix. It is good to be alive..."

Now a regular part of our exercise class programming, all BCA members are welcome to attend the west end exercise classes. On Tuesday evenings, classes are held in Kanata at The Seniors Centre, 2500 Campeau Drive, in room

#111 and #112, behind the Mlacak Centre. Classes are from 6:30 p.m. to 7:30 p.m. (Remember to bring an exercise mat.) On Thursday mornings, classes take place at the Nepean Creative Arts Centre, off Stafford Road (If you drive along Richmond Road and turn down between Eastside Mario's and Kardish to the stop sign, and then turn left, the second driveway on the left is the NCAC. Go in the door next to the office; class is in Studio 2.) The Nepean Creative Arts Centre hosts a large room offering stability balls, exercise mats and hand weights. Class time begins at 10:30 a.m.

For more information contact Pauline Cramphorn at 613.592.0305 or e-mail her at pauline.cramphorn@sympatico.ca.

"Classes offer a social aspect, support and a terrific growth challenge."

"The exercise classes delivered in the west end have given me renewed vitality and the confidence and staying power to try even more exercise, such as walking. During the classes we usually have a

good "chit chat" about everyday life happenings; everything from medications, to upcoming appointments, pets, and our homes. Classes offer a social aspect, support and a

terrific growth challenge. I encourage you all to give it a try—it sure got me off the couch."

*Susan Gough,
West end exercise participant*



Strength, Stretch & Gentle Self Massage

9 a.m.—10 a.m.

Monday, Wednesday, Friday mornings
(Rideau Tennis Club, 1 Donald Street)

5:45 p.m.—6:45 p.m.

Monday and Thursday evenings
(Breast Cancer Action)

Tai Chi

10 a.m.—11 a.m.

Saturday mornings
(Breast Cancer Action)

March 3, 10, 24

June 2, 16, 30

April 14, 21, 28

May 5, 12, 26

In(side) The Pink: One Women's Account of Life Inside the Pink Ribbon World

Like the people who get it, a diagnosis of cancer and the path you travel with it is unique. This column is intended to shine a ray of light into the weird, wonderful, frightening, funny, losing and loving world that is breast cancer . . . according, only, to moi.

My columns discuss a variety of nitty-gritty topics that came up in my cancer journey offering some of my tips, laughs, ideas, attitudes and coping techniques. I don't intend to write about medical issues, there are plenty of authoritative resources for you to consult. The topics I'll tackle are the sort you won't likely find in books, but only from other women who've tried to lasso this particular bull. What I do hope is that we start a dialogue, offering a variety of perspectives in subsequent newsletters.

If you're going to have cancer, it's probably a good thing to start looking for the strange little boomerangs life throws your way. It won't make having cancer any easier, but it will keep you amused at a time when you really need it — the healing power of laughter, and all that.

Here's one example of a boomerang: My very first column is due on February 15th, 2007, the second anniversary of my finding the lump in my right breast. My maternal grandmother, Ethel Blackman, died of

breast cancer at age fifty-one, fifty years ago, having contracted the disease at exactly my age. (See? Another boomerang).

The day before I found my lump — Valentine's Day — I was the healthiest I'd been in 17 years. The following night I got into bed, rolled onto my side and cupped a hand under my breast and found a lump.

... So I ask myself: Does Pink really cut it as a suitable colour to define the world of breast cancer?

Many think it means being in good health — like a pink lung — so I find it ironic for pink to be the colour identified with breast cancer. Now I know, pink was chosen to identify the (predominately) feminine nature of breast cancer, but I wanted to dig a little deeper into the meanings of pink.

In the world of flowers, pink roses convey particular and often contradictory messages — elegance and style, gratitude and sympathy, joy and grace, frivolity and lightheartedness, romance, passion and friendship. In my experience, a bout of breast cancer has delivered all of these elements at various times.

In the Western world, pink means girly. Think baby booties, the Barbie aisle, your first trike.

As a writer, my favourite meaning for 'in the pink' comes from

an old English word, "pynca", meaning 'point' as in 'peak' or 'apex'. In writing fiction, the climax is the critical point of the story. After building a plot featuring a crescendo of conflict and innumerable road blocks for your heroine, the apex of the story arrives. The heroine must take action to resolve this situation, but in doing so knows that nothing in life will ever be the same again and something critical will be forever changed by the action taken. There is nothing quite like having cancer to bring a climax into your life. It can sharpen all your fighting instincts or it can cower you in a dark corner.

Many things will never be the same again in your life — your breast, your feelings of security, your indifference toward your health. And having treatment for breast cancer will most definitely change you forever — you may feel immensely powerful while at the same time learning to live with the fear of recurrence, you will be certain of the ones who love you and on whom you can rely, you will meet and befriend the most amazing women. And chances are, you will become someone's heroine.

Next Issue: Suiting Up: The Wonder Woman Notebook and other Useful Weapons



Susan C. Gates,
Columnist

Susan C. Gates is a former policy analyst and an Ottawa writer. She was diagnosed with Stage 2B invasive ductal breast cancer in March of 2005.

Lymphedema: Often Under Diagnosed



Louise Haley, BScPT,
BScN, Haley Rehab

“Lymphedema can occur immediately post-operatively, within a few months, or years after cancer treatment.”

Lymphedema is an abnormal accumulation of lymphatic fluid in the tissue that causes swelling most often in the arm or leg but can develop anywhere in the body. Lymphedema may occur in individuals who have undergone surgery with node dissection and radiation for the treatment of various cancers such as breast, ovarian, prostate, testicular, bladder, colon, head and neck, as well as melanoma. The affected limb or area may feel tight and heavy, and there may be pain due to associated nerve injuries, obstruction of veins, and strain on ligaments from the weight of the increased limb.

Lymphedema can occur immediately post-operatively, within a few months, or years after cancer treatment. If left un-

treated, there is a risk of loss of limb function or infection. In addition to the physical effects caused by lymphedema it can cause psychological distress for the individual, which has a profound effect on their quality of life.

As survival rates for cancer increase, lymphedema has become the most common complication affecting approximately 30 percent of individuals who have undergone node dissection with radiation. Lymphedema related to cancer treatment (secondary) is often underdiagnosed and not treated because of the lack of research and awareness among health care professionals; perhaps due to the fact that treatment therapies are physical therapies rather than drugs or surgery.

Combined Decongestive

Therapy (CDT) is a gentle form of massage treatment, provided by a specially-trained health professional, which reduces swollen body parts to normal or near normal size. When lymphedema is diagnosed promptly and CDT is begun early, patients can enjoy productive lives with few complications and little or no lifestyle restrictions. Ask your physician about seeing a Vodder certified lymphedema therapist if you think you are at risk for developing lymphedema.

Louise Haley, BScPT, BScN is a Vodder Certified Lymphedema Physiotherapist and owner of Haley Rehab, a clinic specializing in the treatment of oncology patients at The Ottawa Hospital Civic Campus.

Breast Cancer Surgery and Lymphedema: Are You at Risk?

WORKSHOPS

Wednesday, March 14
(1—3:30 p.m.)

Thursday, May 17
(7—9:30 p.m.)

Monday, June 18
(1—3:30 p.m.)

Please call BCA to reserve your space.

Cancer Conference Coming

The Saunders-Matthey Cancer Prevention Coalition is sponsoring an upcoming conference on cancer prevention from May 24 to 27, 2007, titled **“Cancer: It’s About Prevention, It’s About Time!”**

The conference is expected to draw as many as 400 participants and speakers, and will be the stage for the

launch of a new book, *Cancer: 101 Solutions to a Preventable Epidemic*.

In addition to the conventional “lifestyle” habits—smoking, diet, alcohol consumption, exercise and “sun sense,” the conference will shed light on the deluge of man-made carcinogens in our air, water and food which contaminate our

bodies from the time of conception onward.

A significant part of the agenda will focus of detoxifying our homes, schools, work places, and the environment-at-large.

For more information, contact the Saunders-Matthey Cancer Prevention Coalition at www.stopcancer.org.

UpDATEDnews

Regional Community Advisory Committee for the Ottawa Hospital's Champlain District LHIN Regional Cancer Program

Last June, committee members were asked to approach our respective organizations in order to solicit feedback from our membership by means of a questionnaire focusing on experiences at the regional cancer centre. I would like to thank those BCA members who completed the form, sharing their personal experiences and thoughts. The results of your questionnaires were given to Greg Dorion, Clinical Director, TOHRCC, proving to be very

valuable to the architects who incorporated many of your suggestions into their architectural plans for both the new four story building at the Queen-sway Carleton Hospital and the expansion of the cancer centre at the General campus.

In January, we met with Mr. Dorion and the architects who provided us with an impressive overview of the architectural drawings. I am pleased to state that attention to the patient's positive experience while undergoing treatment was of great importance to those involved in the expansion plans. (Construction for both sites scheduled to start next year,

with completion by 2010.)

Committee members were given a tour of the newly opened Assessment Centre located on the 7th floor at the General Campus. Based on the success of the Women's Breast Health Centre at the Civic, this new facility will be for lung, colorectal and prostate cancer. The assessment centre allows the patient to learn more quickly if he or she has cancer and using a new co-ordinated approach to cancer care, treatment can begin immediately. Dr. Hartley Stern and his staff are to be congratulated on this achievement.

By Dianne Hartling

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do." – Edmund Evertt Hale

The POWER of Your Hands

Cost of program growth and development.....*significant.*

Importance of BCA programs, services and initiatives.....*immeasurable.*

Value of your time, energy and skills.....*PRICELESS.*

Your hands have the POWER to make things happen; for

yourself, for those living and coping with a breast cancer diagnosis and for your community.

Breast Cancer Action is like a garden; we can only thrive and grow to new heights, we can only remain healthy and vibrant if many hands tend to our care and well-being.

Your hands can help us plan new events, move into uncharted territories, tackle the unthinkable and build new collaborative partnerships. When our hands link together, we can accomplish so much.

Please contact BCA to inquire how you can lend a helping hand today.

Climbing Mount Kilimanjaro!

In 1970, Peggy Cumming, a BCA member and breast cancer survivor of 21 years camped at the foot of Mount Kilimanjaro.

36 years later, Peggy will begin a journey with a group called, "Up Kili for Breast Cancer" where she will fulfill her dream

of climbing with her daughter Megan by her side.

In a recent article in the Ottawa Citizen, Peggy shared the following statement, "Climbing Mount Kilimanjaro will be my ultimate way of taking the fight to new heights and of affirming

my life and vitality."

Peggy begins climbing on the western side of Kilimanjaro on March 2. You can be a part of Peggy's journey by visiting www.upkili.com. Photos of the climb in progress will be posted starting March 4 or 5.



Things to take with you as you leave the water

Paddle with me, this last lingering eve, and sense the blanket of sorrow disguised as prickly laughter.

Dig with me, and feel empowered, strong from summer fun; feel fingers of tenderness, weave a caressing web.

Stroke with me, silently now but for a soft splash of paddles, the rhythmic beating of a Dragon's heart.

Gaze with me at the golden sun, crawling her way below the horizon, washing the western sky in silky blush.

Stay as one with me, when City lights see their glow in October's warm mirror.

Smile gently with me as a silhouette of ducks glide silently into weedy shadows.

Keep with me, a jeweled necklace of oak, maple and ash waving farewell, until emeralds sparkle in April.

Sing with me, one last lusty song, winging words of courage to hang on duck's lavender clouds.

Stay with me, in the Circle of Health, while the Dragon sleeps in her winter cave: until our gentle Mother brings us all to paddle together again.

By Peggy Cumming

Dragon Boat Program

Can you imagine yourself paddling a dragon boat gently down the Rideau river?

It's a bright sunny day and you're wearing your Ray-Bans. Ducks skitter across the water, dogs chase sticks and you suddenly realize there's life after treatment.

Breast Cancer Action's dragon boat team, *Busting Out*, starts paddling in early May and we're raring to go. This year marks the 10th

anniversary since the team was formed and plans are afoot to celebrate in style. Soon members will decide which North American festivals (usually in Ontario) they'll paddle at this season. In September two teams will fly to Brisbane, Australia to take part in a dragon boat festival for breast cancer survivors.

All winter we've been working on our fitness lev-

els, some at a local gym, pool or running group and others at the organized fitness classes held twice weekly. We're all ages, shapes and sizes, heights and weights but nothing matters except a desire to keep fit and enjoy ourselves. We love to welcome new members, so why not join us for some paddling fun.

By Shelagh Needham

"I had read about the survivor dragon boat teams before my initial diagnosis, but never imagined that it would be for me. With the wonderful support of the team members and the fabulous coaching we've been fortunate to receive, I've learned a new skill, joined a wonderful team, and feel privileged to be part of a worldwide movement helping breast cancer survivors enjoy better health and improved fitness. This is just about the most fun thing I've ever done in my life, and even after just one season (and only part of a season at that) I miss being on the water and can't wait for spring!"

Rosalind Bell-Stitt,
Dragon Boat member



Interested in Joining?

To join the team you must be a breast cancer survivor, a member of Breast Cancer Action and willing to work at getting fit. For more information on *Busting Out* see the BCA web site at

www.bustingout.com or contact Margaret Jaekl at 613.236.4646 (Home), 613.560.4394 (Work) or by e-mail at jaeklM@psac-afpc.com.

Needs Assessment Questionnaire: Your Opinion Counts!



As a member of Breast Cancer Action, you have an opportunity to make your voice heard and

your opinions count by completing the 2007 Membership Needs Assessment Questionnaire mailed recently to our

membership.

With important questions ranging from how you feel about our existing programs to the way you perceive our role as a service provider, your answers will help us better understand the evolving needs of our membership. By taking just a few minutes of your time to complete the questionnaire, you can play an active role in contribut-

ing to the future growth and development of Breast Cancer Action.

Note: Following the completion deadline date of March 16, results of the data will be gathered and compiled in a report format that will be presented at Breast Cancer Action's Annual General Meeting of Wednesday, May 16, 2007.

“The stories shared through the Speakers Bureau Program are motivational, inspiring, touching...and everything in between.”

Speakers Bureau Program Takes Flight

“There are speakers...and then there are those who inspire.”

Through the gift of their words and with the sincerity of someone who has experienced, persevered and overcome the challenges in dealing with a breast cancer diagnosis, Breast Cancer Action is thrilled to announce that our NEW 2007 Speakers Bureau Program has taken flight.

With a volunteer group of 12 women and a collective determination to build a formal speakers program, BCA's goal

of reaching out to a broader audience came one step closer following an orientation and brainstorming session on February 13, 2007.

With the diversity of our volunteer speakers, we are able to welcome breast cancer survivors from different backgrounds, with varying levels of experience speaking publicly, all wanting to be able to share their unique story with an audience.

Joined in purpose, the stories shared through the Speakers

Bureau Program are motivational, inspiring, touching...and everything in between.

We still have room to grow! If you are interested in joining the Speakers Bureau program, please contact Marjorie Morrison to request an introductory overview of the program and one will be mailed to your home.

Join us and share your story. Together, we can change tomorrow today.

What's up NEXT? (Please call BCA for details)

March 28—

Lunch and Learn Series: “Life in Bits and Bites”

April 5—

Book Reading Club Meeting

April 20—

Lunch and Learn Series: “Spring Cleaning Naturally”

April 25—

Speakers Bureau Orientation

May 9—

Wild and Wonderful Women Event

May 16—

Annual General Meeting with guest presenter Dr. R. Segal

June 3—

14th annual Manulife Walk & Fun Run

August 10—

Breast Cancer Action Golf Tournament of Hope



BRAVO to the boys in PINK!



Stittsville Cyclones
Hockey Team

On January 13, the Stittsville Novice A Cyclones, took to the ice to play an exhibition game in awareness of breast cancer. Instead of their traditional jerseys the 7 and 8 year old boys suited up in pink jerseys, socks as well as pink sticks and gloves.

The event stemmed from one of the coaches whose own sister-in-law is battling breast cancer, wanting to show her support, as well as all the other women who are battling this disease, the game helped teach the young boys a valuable life lesson about helping those around you.

To raise funds, the team secured raffle prizes, as well as some impressive

silent auction prizes. Dany Heatley of the Ottawa Senators personally delivered his contribution of an autographed game used stick as well as an autographed jersey. One of the parents on the team donated tickets to a Sens game. Other notable donations included an autographed Jason Spezza and a Wade Redden jersey. The Montreal Canadiens donated a Saku Koivu autographed stick, he being a cancer survivor himself. The most special prize was an autographed Team Canada jersey by Wayne Gretzky.

At the end of the game, each player presented their stick to a family member or

friend that is either battling or has survived cancer. In some cases, it was presented in memory of someone who had passed away due to cancer. As for the pink gloves, they were passed onto 16 young girls who play hockey in Stittsville Minor Hockey as they are the potential future victims of this disease.

At the end of the day it turned out to be a huge success for all involved as not only did it generate funds, but it also brought a team and a community together to help and show support for those that need it raising \$12,800 in support of Breast Cancer Action.

The Stittsville Cyclones

*“A mentor
instinctively knows
when to reach out
and when to step
back.”*

Nominate a MENTOR OF THE YEAR

A mentor is someone very special. He or she is someone you talk with, someone you listen to, and someone you share important life experiences with. They grow with you, they comfort you and they give you the care and support you need when you need it most. A mentor instinctively knows when to reach out and when to step back. ...We all know someone who is a mentor.

This year, Breast Cancer Action will be presenting our 2nd annual MENTOR OF THE YEAR AWARD during the May 16, 2007 Annual General Meeting.

Nominating is simple! We just want to know your story and how your mentor helped change your life through their actions, words or generous acts of kindness. Nominees can be fellow breast cancer survivors, friends, family mem-

bers or even health care professionals from a variety of fields.

Nominate someone who played a significant role in your life and show them how much you appreciated what they did for you. (Nominations forms and an info sheet will be available from BCA after March 15, 2007.)

The Common Thread Called HOPE

Someone once told me that "hope sees the invisible, feels the intangible and achieves the impossible." I believe they were right.

As many of you know, the core of Breast Cancer Action's HOPE Campaign was built on the concept that hope does in fact live within our walls offering those diagnosed with breast cancer something to hold onto, to believe in and to keep close during challenging times. Since being officially introduced October 12, 2006, the HOPE Campaign has provided BCA with an opportunity to significantly increase our profile in the community while generating

a healthy flow of donor dollars needed to offset the growing costs associated with our programs, services and new initiatives.

At the close of last December, the campaign raised \$11,302.06 in just 3-months, with an additional \$3,000 allocated by Clothing for Charity toward the Young Women's Breast Health Program. As we work toward increasing our donor base and extending our circle of friends, I take great comfort in sharing with each of you that the HOPE Campaign has evolved to become more than simply an avenue to solicit funds. The Campaign allows us to foster a sense

of understanding and support in our community for an organization that began with a group of Ottawa women who believed that hope needed a place to live.

For all those who have given to BCA under the HOPE umbrella, thank you for helping us maintain the vision that began so many years ago, and for supporting our ongoing efforts to further strengthen this organization. *(If you would like to donate to the HOPE Campaign, you may do so on-line by visiting www.bcaott.ca).*

By Marjorie Morrison



PersPECTIVES: The Other Side of the COIN



Spotlight on the Young Women's Breast Health Program

Breast Cancer Action's Young Women's Breast Health Program is an interactive school-based initiative promoting breast self examination to young women in the secondary school system. As an age-specific educational outreach

program, it remains in demand and is a key component in our educational outreach efforts.

In 2007, it is projected that BCA's team of Nurse Health Educators will deliver approximately 120 YWBH presentations to local high schools, not including an additional 16 presentations to French language schools upon expansion of the program.

In 2006, the cost to operate the Young Women's Breast Health Program was \$13,677.76, excluding print materials. Last year, in an effort to generate revenue to offset expenses, the program successfully raised

\$4,756.21.

While one side of the coin represents the cost of program delivery, the other side of the coin represents the value of the program. With each presentation, BCA is educating young women about breast health issues. We are reaching an audience that may not be informed, giving them information they need. We are teaching young women to be proactive, and to act preventively.

To arrange a free presentation in your child or grandchild's high school, please contact Kim Dixon, Program Coordinator, at 613.736.5921.

"With each presentation, BCA is educating young women about breast health issues."

Adopt a Program

You can support Breast Cancer Action today by adopting a program! Just visit

www.bcaott.ca to view the list of programs requiring your funding dollars.

Donating on-line is easy and secure.



“As nonprofit organizations take a greater role in our society, we volunteers find greater demands on our time and our charity dollars. To make our investments of energy and money more effective, it is essential that our nonprofit organizations have effective governance structures in place. I commend everyone who serves as a director of a nonprofit organization.”

*—Constance J. Horner
National Commission on
Philanthropy and Civic Renewal*

BCA Now Accepting Applications for New Board Members

With Breast Cancer Action's Annual General Meeting confirmed for Wednesday, May 16, 2007, the process of accepting nominations for new board members is now underway!

All charitable organizations need new energy and ideas.

As a valued member of the board, a Director acts in a position of trust for the community and is responsible for the effective governance of the organization. Volunteers from different backgrounds and varying skill sets create a well-rounded team that is able to work together cohesively.

Volunteers are the very core of our success!

Being a board member means you have wonderful opportunity to become an active member of a working group tasked with ensuring the continued success and growth of this progressive, grassroots organization.

Armed with the data collected from respondents of the 2007 Membership Needs Assessment Questionnaire, we will be better able to identify, understand and subsequently meet member needs this year. As a volunteer, your input in a leadership role will support our goal of building

stronger, in-house programs and developing new, innovative projects and initiatives for our membership. You can be part of that process by contributing to our monthly discussions as we strategize, prioritize and plan for the future.

Your hands hold the power.

With hands joined together in purpose, board members play an extremely important role in ensuring BCA remains a proactive and progressive organization. If you feel you have an appreciation and commitment to the work we do, and you want to help promote our role within the community by increasing the profile and scope of our organization through strong leadership, we invite you to apply today.

Not sure if you want to commit? Are you wondering what being a board member means?

Serving on a board of directors truly is a privilege as it allows you to be part of the governance of the organization. As a member, you will have certain obligations and the important responsibility of helping to manage the goals and principles of the organization.

To better understand the role of a board member,

some essential responsibilities are:

- To determine the organization's mission and purpose.
- To ensure effective organizational planning.
- To ensure adequate resources and manage those resources effectively.
- To determine and monitor the organization's programs and services.

Submitting your application is easy! If you have an interest in joining our team, we will forward you an application form. All you have to do is complete it and provide us with an updated resume and a list of two references.

As a sign of my commitment, I will personally follow-up with each application.

Interested applicants may contact me by leaving a message at BCA, 613.736.5921.

Dianne Hartling
Past President, Breast
Cancer Action

Did You Know That We...

EDUCATE YOUNG

WOMEN about breast self examination through the Young Women's Breast Health Program offered free of charge to secondary schools.

HOST PRE-OPERATIVE EDUCATION SESSIONS

for those about to undergo breast cancer surgery.

OFFER FREE WORK-

SHOPS to help minimize the risk of developing lymphedema secondary to breast cancer.

PROVIDE FREE ACCESS

to our extensive library (including print, audio and video resources) as well as purchase new items for our shelves.

PURCHASE NEW EQUIPMENT and much needed re-

sources for our many core programs.

DEVELOP NEW EDUCATIONAL MATERIALS to

share with our community and our breast health partners.

OPERATE A POST-DIAGNOSIS SUPPORT AND RESOURCE CENTRE

to ensure information, support and resources are made available to those who need our assistance.

FUND AN OFF-SITE SUPPORT GROUP for women

living with breast cancer.

Provide funding to **HELP FINANCIALLY DISADVANTAGED WOMEN** obtain

lymphedema treatment and therapy.

FUND OUR PEER COUNSELLING PROGRAM to

help those newly diagnosed deal with the challenges of breast cancer.

FOSTER HEALTH PROMOTION BY OFFERING

tai chi classes, exercise classes and the very popular dragon boat program to those diagnosed with breast cancer.

EXPAND THE SCOPE OF OUR OUTREACH EFFORTS to welcome new

programs, projects and initiatives.

Expand our profile by **REACHING OUT TO THE MULTICULTURAL COMMUNITIES** of Ottawa.

Creamy Dijon Chicken Salad in a Pita

- 6 oz skinless boneless chicken breasts
- 1 cup diced plum tomatoes
- 3/4 cup diced sweet green peppers
- 1/3 cup chopped green onions
- 3 tbsp chopped black olives
- 2 oz light feta cheese, crumbled
- 1/4 cup light sour cream
- 2 tbsp light mayonnaise
- 1 tbsp fresh lemon juice
- 2 tsp dried tarragon
- 1 tsp Dijon mustard
- 1 tsp minced garlic
- 1/8 tsp freshly ground black pepper
- 2 large pita breads
- Lettuce

Preheat grill or grill pan. Spray with cooking spray.

1. Grill chicken over medium-high heat for 12 minutes, turning once, until cooked through. Cool and chop.
2. In a bowl, stir together chicken, tomatoes, green peppers, green onions, olives, and feta. In another bowl, stir together sour cream, mayonnaise, lemon juice, tarragon, mustard, garlic, and pepper; pour over chicken mixture and toss to coat.
3. Cut pita breads in half and line pockets with lettuce leaves. Divide filling among pitas, about 3/4 cup per half. Serve immediately.

This recipe is from The Art of Living Well by Rose Reisman.

Makes 4 servings

Nutritional Analysis per 1/2 pita

- 240 calories
- 17 g protein
- 8 g fat, total
- 2.6 g fat, saturated
- 25 g carbohydrates
- 532 mg sodium
- 37 mg cholesterol
- 2 g fiber

TIP

You can always substitute tortillas for pita breads—just wrap the filling—or use your favourite roll.



Dr. N. Guay, M.D.
FRCS (C)

“The volume and quality of services offered by the Breast Cancer Reconstruction Team have exceeded expectations.”

Breast Cancer Reconstruction Team at the Ottawa Hospital (Civic Campus) Celebrates Six Years

The Breast Cancer Reconstruction Team at the Ottawa Hospital was initiated at the Civic Campus in January of 2001. Since its introduction, the credo of the Team has been information and access to breast cancer reconstruction.

Information sessions were offered to all hospitals in the Champlain district where mastectomies were offered. The Team initiated giving patient information sessions to over 600 breast cancer thrivers. This resulted in over 450 breast cancer reconstruction procedures at the Civic Campus. From its inception, the Team has offered all options of breast cancer

reconstruction to the patients of the Ottawa Hospital. An innovative approach to complete breast cancer reconstruction under a single general anesthetic has been utilized.

The quality control of the services offered by the Breast Cancer Reconstruction Team showed complication rates and success rates similar to that of the large North American Breast Cancer Referral Centers. This brought national attention to the Team and the introduction of a training program in breast cancer reconstruction and microsurgery. The Mentor Breast Cancer Reconstruction Fellowship is

offered to graduate licensed plastic surgeons.

The volume and quality of services offered by the Breast Cancer Reconstruction Team have exceeded expectations. We are proud of the work of every member. I would personally like to thank every caregiver involved with this success.

Nicolas A. Guay M.D. FRCS (C)

Assistant Professor University of Ottawa

Director Mentor Breast Cancer Reconstruction Fellowship

Founder Breast Cancer Reconstruction Team, Ottawa Hospital

Spring Cleaning NATURALLY!



Planet
BOTANIX

Do you want to learn how to clean your home naturally?

On Friday, April 20, between 12:30 and 2:00, join Heather Garrod, a certified aromatherapist, of **Planet Botanix** as she leads an interactive, one hour Lunch and Learn

workshop entitled **“Spring Cleaning Naturally”** at BCA.

As a BCA member, our lunch workshops are available to you free of charge. Plan to arrive at 12:30 and join us for a light lunch before Heather begins demonstrating how to make an all natural carpet shake.

You will have tons of fun and be able to take home

recipes for home cleaning with herbs and other items found in your kitchen cupboards.

With a maximum of 8 participants per workshop, please call or e-mail BCA to reserve your seat no later than April 9.

www.planetbotanix

Mission Statement

Breast Cancer Action is a survivor-directed, charitable organization whose mission is to provide information, support, and education to women and men diagnosed with breast cancer, their families, and the community.

Charitable Registration

#14077 6980 RR0001

This newsletter is published quarterly on recycled paper.

Circle of Friends

"Ancient native legend says that at the end of the evening, friends would gather around a bonfire and share their hearts. They would speak of the good qualities of each other and remember times shared. As the embers faded their friendship was said to be sealed anew, bringing them closer together."

The financial support of our extended circle of friends is critical to Breast Cancer Action.

The donations we receive allow us to continue to

build a stronger organization. As a result of valuable donor dollars, we are able to invest in the ongoing development of our existing programs, as well as introduce new initiatives or projects that are beneficial to breast cancer survivors residing in the Ottawa area.

As Breast Cancer Action continues to welcome new donors and corporate citizens to our growing **Circle of Friends**, we give thanks for their support, their contribution to our growth and their continuing belief in

our efforts to make a difference.

- Stittsville Cyclones
- Mikimoto (America) Co., Ltd. and Jubilee Fine Jewellers
- Manningham, M.
- McLaren, M.
- Patterson, J.
- Lennox, G.
- Hebb, N.



Board of Directors

- Barbara Newport, President
- Dianne Hartling, Past President
- Jennifer Caldbick, Vice President
- Leah Clement, Treasurer
- Joan Sirrs, Secretary
- Deidre Neuss, Director
- Elaine Scarboro, Director
- Marlene Dalley, Director

Advisory Board

- Jacquelin Holzman, Honorary Chair
- Cathy De Grasse
- Dave Smith
- Diane Manii
- Dr. Barbara Collins
- Dr. Chris Chadwick
- Dr. Doug Mirsky
- Dr. Mark Hardy

- Dr. Shail Verma
- Dr. Vince Young
- Geri Goldstein
- Joan Jackson
- Suzie Joanisse

Proud Member of

Volunteer Ottawa

Volunteer Canada



Ottawa Chamber of Voluntary Organizations

Breast Health/Breast Cancer Partners of Ottawa

MOVING?

To ensure your membership status stays active, please contact us with your change of address.

DO WE HAVE YOUR CURRENT EMAIL ADDRESS?

E-mail has become one of the most effective means of communication with our membership. In order for you to stay informed, please ensure we have your current contact information. Changes or additions may be directed to Marjorie Morrison at mmorrison@bcaott.ca.

Breast Cancer Action
Changing Tomorrow Today.
www.bcaott.ca



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