

QUARTERLY
NEWSLETTER



Breast Cancer Action

SPRING 2010

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3rd-party Fundraising Ideas for you and your friends to raise funds for BCA.



Ruby Elver is being cheered on as she finishes her walk for last year's **16th Annual Manulife Walk & Fun Run**. You will be cheered on too as you complete your walk in this year's event. Look for details about the 17th Annual Walk on page 5.

Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway.

-- Mary Kay Ash

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Deadline for Summer Issue:

All submissions for the summer newsletter are due **June 14th**

Executive Director's Message

Karen Graszat

Greetings from BCA! With our new office administrator, Lynn, in place, I feel we have a very creative and cohesive team. Jo-Anne, Lynn and I have been working really hard to put together new initiatives to meet the needs of our membership.

One such initiative we are putting together is an information package for newly diagnosed breast cancer patients. We have been working on the collection of materials in the form of journals, booklets, brochures etc from various suppliers and will be offering them to folks we meet through workshops, referrals, phone calls and visits. If you know of someone newly diagnosed with breast cancer suggest they come into the BCA office for this package.

Something else that I am really looking forward to is our **Meet and Greet Coffee Social, April 15th, 2010, 10am-12pm.** Come to our office (739A Ridgewood) for coffee/tea and home-made goodies and an opportunity to meet the staff and connect with other members and volunteers. If interest prevails we would like to make this a regular monthly event.

Breast Cancer Action now has a **Facebook** page. Please check it out if you want to become a BCA Facebook friend. Lynn, Jo-Anne and I will be using this page to post tidbits, updates and news flashes. To join, next time you are on your Facebook page just type in "Breast Cancer Action" in the search box and once you have reached our site press "Become a fan". Voila-done! There are other sites for

BCA groups in other cities, but only one for Ottawa.

On a final note I want to thank all of our members who responded so enthusiastically to our **membership renewal campaign**. We are overwhelmed by the response and the generous donations that have come along with the renewals. We still have a long way to go to updating our membership list, but I believe we put a dent in it. In order to help us in this effort, we ask that you respond to our renewal letter when you receive it so that we can update our membership list to accurately reflect your status. Of course we hope you will remain a part of the BCA Ottawa family and take part in our programs and special events.

Karen

Introducing Mrs. Canada

Amanda Lee

My name is Amanda Lee and I am Mrs. Canada International 2010. I am a medical radiation technologist (M.R.T. (R) (MR)) at the Ottawa Hospital where I work in CT and MRI.

The Mrs. International Organization works on a family oriented system that showcases married women who are making a difference in their communities. During the year that I hold my title I have chosen Breast Cancer Action Ottawa because of their commitment to our community and their provision of services. You may have recognized my husband at the Gala this past November. He

is a radiologist and works heavily in breast imaging. After working with my patients through the years and doing research projects on breast imaging, I have a great passion for the fight against breast cancer.

This year, I hope to educate women on the importance of early detection through such programs as the Ontario Breast Screening Program. I hope to raise much needed dollars for BCA and I look forward to the challenge. You can follow me on my blog: www.mrscanadainternational.blogspot.com. I will be competing for the International Crown this July in Chicago.



President's Message

Rosalind Bell

Hi again everyone! As I write this we've had our first March rain event, Mr. and Mrs. Duck are back in our garden, and the snow is disappearing fast. Can summer (and paddling season) be far behind?

We've had a busy winter working on the 2010 budget, recruiting new Board Members, planning programmes for the new year, and engaging a new Office Administrator, Lynn Gee. Do drop in and say hello to Lynn when you are near the office. I'm sure you'll agree that she's a vibrant addition to our staff.

We've been pleased to see a good response to our recent call for new volunteer board members and we're delighted to announce that Maja Cholich, Yvonne Cashen, Rhonda Evans and Wendy Loschiuk have recently been appointed to your Board of Directors. We still have two or three vacant positions on the board which are posted on our website. If you think this would be a good fit for you at this time, or have any questions about what it means to be a board member, please don't hesitate to contact me at board@bcaott.ca.

I'm particularly grateful to Diane Ryan, Past President, Ann Knechtel, Vice President and Karen Graszat, our Executive Director, for being here for me in February while I was in Vancouver volunteering for two weeks on Granville Island. I had a great time and even managed to invite myself out

to paddle in a dragon boat twice with a team on False Creek during my free time. The energy in Vancouver during the Olympics was as amazing in person as you saw on television and the weather was warm and spring-like with blossoms and flowers in bloom everywhere.

We thank you, the members, for always being ready to provide us with your comments and suggestions. Without this input we would be working in a vacuum and your ideas are always welcome.

Thanks also to our many volunteers who provide many hours of help working mostly behind the scenes assembling workshop packages, answering phones, and many other tasks. We invite you to consider volunteering at BCA. This is your organization and together we are continually striving to make it even more valuable to the Ottawa and area community.

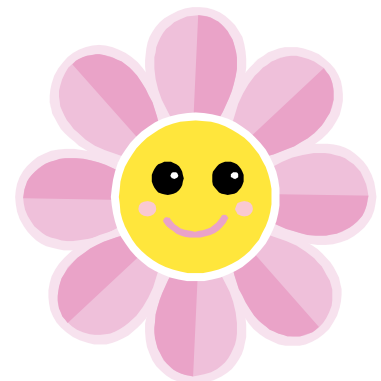
The winter session of our *Go With the Flow* fitness programmes continued to be very popular, and registration for the next session begins on March 22nd. Our idea with all of these classes is that the learning passed on to you during the session is something you can apply to your other fitness activities.

We are well in to the planning for our Walk and Fun Run which is scheduled for **Saturday, June 26th 2010**. The annual Pink Cocktail Reception (formerly the Pink Tea) is scheduled for **Wednesday**

May 26th, the Golf Tournament for **Friday August 6th** and our Annual Gala will take place on **Friday November 19th**. Be sure and mark these dates on your calendar so that you and your friends don't miss these opportunities to come out, meet other members of our community and support BCA in delivering our programmes.

On behalf of all of us at Breast Cancer Action, our **Board of Directors**, our **Executive Director** and **staff**, we wish you all a very enjoyable spring season.

Rosalind



Pre-Operative Education Sessions

To prepare for your upcoming breast cancer surgery as an outpatient, you are encouraged to attend one of the following education sessions.

To register for a session prior to your surgery, please contact **613-761-4400** and choose **option 2 or 3**.

April 8	9-11	Canadian Cancer Society
April 22	1-3	BCA
May 6	9-11	Canadian Cancer Society
May 20	1-3	BCA
June 3	1-3	BCA
June 17	1-3	BCA
June 24	1-3	BCA
July 8	9-11	Canadian Cancer Society
July 22	1-3	BCA

Locations:

Breast Cancer Action, 739A Ridgewood Avenue
Canadian Cancer Society, 1745 Woodward Drive

Breast Cancer Surgery and Lymphedema: Are You at Risk?

Breast cancer surgery can leave you vulnerable for developing lymphedema—up to 30 years after treatment. If you had radiation therapy or had lymph nodes removed you will want to attend this informative 2.5 hour session that will influence quality of life.

Upcoming sessions: Thursday, June 24, 6:00-8:30 PM
Tuesday, October 19, 1:30-4:00 PM

Workshops are held at Breast Cancer Action. Space is limited. **Call 613.736.5921 to reserve your seat.**

Thank you! To the 1st Dorothy Crocker Trefoil Guild in Orleans for their donation of 50 sets of pillow/drainage pouches in March. Members took part in a sewing bee to produce these kits for the Pre-Operative Education Sessions.



HaleyRehab

Strengthening Survivors through Comprehensive Physiotherapy

1000 women in Ottawa will be diagnosed with breast cancer this year.

1000 women in Ottawa will benefit from physiotherapy.

We can help!

613-761-4062

Call now to arrange a consultation with a registered physiotherapist certified in lymphedema management.

www.haleyrehab.ca



Christine Lailey
spicyduo@rogers.com



www.surroundcircleyoga.ca

Surround Circle Yoga

17th Annual Manulife Walk & Fun Run

**Remic Rapids, Ottawa River Parkway, Saturday, June 26th
10:30 start time**

Brush off those sneakers and start collecting pledges for the **17th Annual Manulife Walk & Fun Run**, slated to take place along the beautiful **Ottawa River Parkway** on **Saturday, June 26th**. The walk will start at **Remic Rapids** and proceed east towards the National War Museum and

return to the Rapids for 5k. Join us as we raise funds to help keep our valuable fitness programs, educational sessions and other support activities going for our members and all people in Ottawa whose lives have been impacted by breast cancer. Please look for pledge forms on our website www.bcaott.ca starting mid-April. We will have a participation draw as well as prizes for top pledge earners. Put together a team of friends and/or co-

workers and bring along a banner to show who you are! There will be a BBQ lunch for participants and great entertainment with Amanda Rheame. **Come walk with us!**



Some of our enthusiastic volunteers cheering on the walkers during the 16th Annual Manulife Walk & Fun Run, September 27, 2009. If you are interested in volunteering with this year's walk, please email Jo-Anne at volunteer@bcaott.ca. There are a variety of jobs available from registration to cheerleading.

BCA Ottawa Annual General Meeting: all members welcome!

Wednesday, May 19th, St Elias Church, 750 Ridgewood Dr

5:30 Chili Supper \$5: meat or vegetarian, chips, beverage; RSVP the office by May 10

6:30 AGM with guest speaker to follow

Volunteer Spotlight

Jo-Anne Turple-Watson

This year Breast Cancer Action celebrates **National Volunteer Week** from April 18th to 24th. The national theme is “*Volunteers: from Compassion to Action*” which so fittingly describes the many dedicated volunteers that support the mission of Breast Cancer Action. Each and every individual who volunteers their time and abilities in some way or other is instrumental in helping our organization provide resources and services to those impacted by breast cancer in the Ottawa area. We would like express our heartfelt gratitude to all our BCA volunteers.

During this Volunteer Appreciation Week, Breast Cancer Action would like to recognize and highlight the contributions of four particularly outstanding volunteers:

Betty Flack

People visiting the Breast Cancer Action office on Thursdays will find Betty at our reception desk answering the phone and fielding inquiries. Betty has been volunteering with BCA since 1999. She has been involved in many aspects of BCA such as acting as a peer counselor, representing BCA at third-party events, speaking at pre-op sessions and sitting on the BCA Lymphedema Project advisory committee. Many individuals who have experienced breast cancer and had the good fortune to

speak with Betty at one time or another, have expressed their gratitude for her positive support by saying “*kindness like that makes such a difference, particularly when facing something as daunting as cancer and surgery*”.

Thank you Betty!

Marg Campbell

Marg has volunteered in many capacities with Breast Cancer Action since January 2005, promoting our cause and events, providing office support and volunteering at our annual walk. One of her most notable contributions is the organization and coordination of the Breast Cancer Action Golf Tournament of Hope which is entering its 4th year this August 6, 2010. Marg is a tireless supporter of BCA with her amazing work ethic and enthusiasm for getting things done. **Thank you Marg!**

James Tam

James volunteers to take time out of his day most Saturday mornings since November 2003 to teach tai chi at BCA. Upon encouragement from Lian Tan to start teaching tai chi, James took up the challenge and has since developed a dedicated group of participants who treasure their class, as well as their teacher.

Thank you James!

Diane Ryan

Diane has volunteered with Breast Cancer Action over the last 4 years. She has served as President of the Board of Directors from 2007 to 2009 and continues to support BCA

as a board member. Diane has been a point of continuity for many projects, events and for the organization as a whole. She has donated her time and worked on numerous committees, organized many of the BCA exercise programs and steps in to facilitate day to day financial duties in the office when needed. Diane continues to directly support newly diagnosed individuals by being a speaker at pre-op sessions as well as a peer support counselor. **Thank you Diane!**

Notices:

- **Next Volunteer Orientation Session:** Thursday, April 29, 2010 6:30 pm. If you haven't yet attended, you are encouraged to do so.
- Please remember to return a copy of your police records check to the BCA office



Somebody

*Somebody did a golden deed,
Somebody proved a friend in need.
Somebody said I'm glad to give,
Somebody said that's how I live.
To be of service to your fellow man
Is great comfort to those who can.
Making the load somewhat lighter
And the outlook somewhat brighter.
To all our volunteers we wish to say,
Enjoy good health and happiness
every day.*

NATIONAL VOLUNTEER WEEK APRIL 18 – 24, 2010



VOLUNTEERS
FROM COMPASSION TO ACTION



"Spice Girl" Comes to BCA



Check this out - \$5.00 of every purchase of this dip trio goes to BCA. Available in both savory or sweet flavours! Only \$21.

BCA welcomes our newest **Pink Partner Christine Lailey**, from **Epicure Selections™**. **Epicure Selections™** is a 100% Canadian business that sells herbs and spice blends as well as cookware to enhance any dining experience. This is done through home parties and catalogue sales.

Christine has offered to donate 5% of all her net sales profits to

Breast Cancer Action. We also have an ongoing fundraiser here at our office and on our website. Each trio of **VE Triple Dip Mixes** comes with a smart reusable carry bag and a recipe pamphlet specially priced at \$21.

If you feel like "spicing" up your life while supporting Breast Cancer Action, you can also host an **Epicure** party or order products directly from Christine at spicyduo@rogers.com. Catalogues are available at our office.

A little about Christine:

- Her mother is a breast cancer survivor living in Sault Ste Marie. She enjoys participating in many of the activities that we offer at BCA while she is visiting Ottawa... hence why Christine was drawn to our organization.
- Christine has lived in Ottawa since 1993 and started her **Epicure Selections™** business in Sept 2007 out of a desire to ensure that she could access these wonderful products.
- Christine is proud that **Epicure Selections™** is 100% Canadian owned and operated and is one of the rising stars of the

direct sales industry. The company and its founder, Sylvie Rochette, are highly regarded for their Corporate Social Responsibility policies ... caring and sharing is their motto and the company lives this every day in how it deals with its suppliers, staff, independent sales consultants, and customers.

Christine works fulltime at the Canadian Food Inspection Agency in addition to her **Epicure Selections™** business.

- Her favourite **Epicure Selections™** products? Too many to list. But when pressed to pick just 3 ... Herb and Garlic Dip Mix, Caesar Salad Dressing Mix, and her Eclipse Frying Pans.

VE Triple Dip Flavour Selections:

Savoury flavours:

3 Onion Dip Mix
Herb & Garlic Dip Mix
Lemon Dilly Dip Mix

Sweet flavours:

Tropical Fruit Dip Mix
Summer Berry Fruit Dip Mix
Lemon Chiffon fruit Dip Mix

Our Pink Partners

We are very fortunate to receive ongoing support from various businesses throughout the city. Christine Lailey, an Epicure Selections representative, is our newest **Pink Partner** and an avid supporter of Breast Cancer Action. Please show your support of our **Pink Partners** by choosing to use their services and purchase their products.

If you are a local business owner and wish to be a Pink Partner, please contact the office or email executivedirector@bcaott.ca.

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cathy@croteaurmt.ca

Book Club

Breast Cancer Action's book club offers an informal opportunity for those diagnosed with breast cancer to expand their social circle.



The group meets at the BCA office for **10 a.m. on the second Thursday of every month**. Enjoy a cup of coffee or tea over a lively discussion about each selected book. New members are always welcome to join!

The book selection for the Winter/Spring season are:

April 8— The White Tiger (Aravind Adiga)

May 13—Too Close to the Falls (Cathy McClure Gildiner)

June 10—The Wednesday Sisters (Meg Clayton)

July 8— Any Known Blood (Lawrence Hill)

VOLUNTEERS NEEDED



Purpose:

Examine whether being a mother with breast cancer has a long term effect on stress as measured through stress biomarkers such as cortisol.

Involvement:

Participation in the study involves two steps: 1) providing saliva samples over two consecutive days, and 2) coming to the lab at the University of Ottawa to complete a brief psychological experiment, and a set of questionnaires that measures well-being (including perceived health status), social well-being (including social support), emotional well-being (including stress and anxiety), stressful life events and stress associated with parenting. The estimated duration of the laboratory session will be 90—120 minutes.

Eligibility:

You may be eligible to participate if you fall into one of four groups:

- Mother with a history of Breast Cancer
- Non mother with a history of Breast Cancer
- Mother with no history of Breast Cancer
- Non mother with no history of Breast Cancer

Compensation:

Chance to win one of three prizes of \$250

Transportation fees and parking fees will be covered (\$10)

If you are interested in participating, please contact either Jacine Faucher or Marie-Eve Couture-Lalande; Stress, health and immunocompetence laboratory (Dr. C. Bielajew).

(613) 562-5800 ext. 3892

Busting Out Dragon Boat Team

Frances Sanford-Smith

See you on the water!

The 2010 Busting Out Annual General Meeting was held at St-Elias Church, on Tuesday, February 16, 2010. Team members met their new executive and chose the festivals for the upcoming season.

We have been keeping fit all winter with classes at St-Elias, BCA exercise sessions and individual exercise programs: Being fit is a big part of being a dragon boater! From May to early October, we continue our training on the water with practices on Tuesday and Thursday nights.

So, in early May, we will be back at the Rideau Canoe Club and some of our paddlers will be attending a training weekend in Chelsea to hone their paddling skills.

June will be a very busy month this

year: our neighbours, Peterborough's Survivors Abreast, are hosting the *International Dragon Boat Festival for Breast Cancer Survivors* from June 11 to 13. Two Busting Out boats will be racing during this extraordinary event. One of our boats will also participate in the Ottawa Festival later in the month.

In July, Busting Out will race in the St.Catharines' festival. In September, the team will travel to Carleton Place and to Stratford to participate in these two very popular festivals.

If you are interested in joining the team for the 2010 season (and for many more to come), or if you want to learn more about us, please join us on **Thursday, April 15th, at 7:00 p.m.**, as Busting Out will hold its annual **Orientation Evening** in the BCA office. You can also visit our website www.bustingout.ca.

Returning members are reminded that the yearly fees are due in March: for paddlers, the \$75 fee is due on March 15th; for non-paddlers, the \$25 fee is due on March 31st. Please contact a member of the Executive if you need more information.

The 2010 Executive members are:

Frances Sanford-Smith, *Team Coordinator*
Janice Shelvock, *Treasurer*
Margaret Jaekl, *Secretary*
Joanne Heffernan, *Fundraising/Sponsorship*
Marie-Andrée Lajoie, *Communications*
Wendy Hill, *Membership*
Christine Henry, *Equipment and Supplies*
Carolyn Brennan, *Race Coordinator*
Deanna Beaudry, *Fitness Coordinator*



"A woman is like a tea bag - you never know how strong she is until she gets in hot water." Eleanor Roosevelt

How YOU Can Help: 3rd Party Fundraising Ideas

Spring is here and summer is on its way. Here are a few ideas for 3rd-party fundraising that are great summer-time social events for a neighbourhood. Gather your friends and neighbours for a fun time and raise much needed funds for BCA Ottawa. You will be supporting our fitness, education and peer programs while enjoying yourselves socializing with those who may have been hibernating!

1. Barbeque

Select any weekend and find a park, beach or even your backyard if it is big enough to host a barbeque dinner. Include some games and activities that are fun for both children and adults, including Frisbee,

volleyball or croquet. Send out your invitations, stating that it is a fundraiser for BCA and charge a fee for food and beverages or place a donation can near the food table. Contact a local grocer to see if you can have the food items donated.

2. Garage sale

Ask a number of friends to clear out closets, garages, bookshelves and basements and bring their goods to sell on a Saturday morning. Make signs telling customers the funds are being donated to BCA Ottawa. You will need a few volunteers to help sort and price during the evening before as well as putting up signs around the neighbourhood. Price things

according to value and to sell. Don't forget to get a float together with lots of change.

3. Cocktail party

Host a cocktail party and invite your friends telling them it is a fundraiser for BCA Ottawa. You can have a donation box available. Don't forget some delicate finger foods for snacks and decorate with a pink theme. Have a pink cocktail or punch as the "highlight" beverage.

For any event we can provide some of our brochures so your guests/customers can have more information about the organization they are supporting.

Breast Cancer Action cordially invites you to a
PINK COCKTAIL RECEPTION

Wednesday, May 26th, 2010 at 5pm-7pm
at the beautiful Rockcliffe Park residence of

Dr. David Lee, Representative of the
Taipei Economic & Cultural Office in Canada
& graciously hosted by Mrs. Lin Chih Lee

Enjoy a spectacular social event with cocktails,
gourmet finger foods & pastries,
complemented by live music.

The evening's events features a silent auction
& a fashion show highlighting the designs
of Mr. Frank Sukhoo

Tickets \$60.00 (\$30.00 receipted)
Limited tickets available
To purchase your ticket RSVP to
Breast Cancer Action 613-736-5921
For more information: www.bcaott.ca



MARK YOUR CALENDARS!

Our BCA Autumn Gala and Auction is set for
Friday, November 19, 2010 at Sala San Marco.
Details in the next newsletter.

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janet_bodner@rogers.com**

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&
Ridgewood Avenue Mall**

You must learn day by day, year by
year, to broaden your horizon. The
more things you love, the more you
are interested in, the more you enjoy,
the more you are indignant about, the
more you have left when anything
happens.

-- Ethel Barrymore

About Us

Our Statement of Principles:

Mission Fulfillment. Breast Cancer Action strives to achieve mission fulfillment by focusing on strengthening the organization in order to meet the changing needs and growing expectations of our audience.

Effective Stewardship. Breast Cancer Action assures effective stewardship by maintaining effective governance and management, and by generating and managing resources in a wise and responsible manner.

Quality. Breast Cancer Action strives to improve quality by working toward achieving excellence in all aspects of the organization, and by evaluating the total organization and its outcomes on a regular basis.

Leadership. Breast Cancer Action provides leadership by adopting and promoting inclusiveness and diversity through services, programs, initiatives and activities, and by proactively educating the public.

Our Guiding Principles:

Commitment. Breast Cancer Action strives to operate in a manner that serves the best interest of the organization, with consideration given to the needs of the membership, our stakeholders and the community.

Inclusion. Breast Cancer Action strives to implement broad-based decision making practices that best reflect the needs and expectations of our members, stakeholders and the community.

Diversity. Breast Cancer Action respects and values differences among our membership and stakeholders, and believes that diverse populations can be advantageous.

Transparency. Breast Cancer Action promotes openness regarding our vision, mission and mandate.

Integrity. Breast Cancer Action remains committed to providing our members, stakeholders and the community with information, care and support to the best of our abilities.

Board of Directors

Rosalind Bell, President
Ann Knechtel, Vice-President
Diane Ryan, Past-President
Leah Clement, Treasurer
Jeysa Pratt, Director
Julia Ringma, Director
Andrea Segal, Director
Wendy Loschiuk, Director
Maja Cholic, Director
Rhonda Evans, Director
Yvonne Cashen, Director

Staff

Karen Graszat, Executive Director
executivedirector@bcaott.ca

Lynn Gee, Office Administrator
info@bcaott.ca

Jo-Anne Turple-Watson, Volunteer Coordinator
volunteer@bcaott.ca

Contact Us:

Breast Cancer Action
The Riverside Mall
739A Ridgewood Avenue
Ottawa, Ontario
K1V 6M8
Office: 613.736.5921
Fax: 613.736.8422
Website: www.bcaott.ca
Board: board@bcaott.ca

NEW: Trying to spring-clean? De-clutter? Downsize? Does your home need to be split and you'll have extras? We are interested in seeing what interest there is in a **Giant Yard Sale** at the BCA location for **Sunday, May 16, 9:00-1:00.**

You would "rent" a space (\$10 you bring a table, \$15 we'll supply the table) for you to sell your items and perennials and we'll do the local advertising. You bring your "treasures" priced and a cash float and you take away your leftovers at the end of the sale.

Please call the office if you would be interested in joining us. We will happily take donations of good, gently-used items or plants sell them for BCA.

NEW: Weight Watchers is coming to BCA! Join Breast Cancer Action and Weight Watchers for a 10 week weight loss session.

- Weekly meetings will be held at the BCA Office. The cost is \$140 including taxes and there is no joining fee!
- We need 12 participants to run the session so call the BCA office today to register your interest.

Meet a New Board Member

Rhonda Evans

I am Rhonda Evans and one of the new members of the BCA Board of Directors. I am a 15 year breast cancer survivor and also a thyroid cancer survivor (17 years). When I began treatment for breast cancer, I was thankful for the support I received beyond my friends and family, through the Cancer Society. It was the emotional support of women who really understood how I was feeling and what I was facing that made a big difference helping me get through such a devastating time.

After that I wanted to give back and be there for other women facing the same diagnosis. I began peer

support with the Cancer Society's, Reach to Recovery program, spending many years in that role. During four years away from Ottawa, I began paddling dragon boats with other breast cancer survivors and joined Busting Out in 2009 following my return.

After a year on the team I felt that there was a need for me to be more involved with either the Busting Out executive, or the BCA organization. When the call came for interested members to consider joining BCA Board of Directors, I saw the perfect opportunity to help both groups. I feel that my position as a board member not only allows me to be involved in

the overall objectives and activities of BCA, but I can also help liaise with the Busting Out team.

I look forward to my term on the board, getting to know more members and helping to make the organization even better as we move forward.



NEW!

Meet and Greet Coffee Social, April 15, 2010; 10:00-12:00

Come to our office (739A Ridgewood) for coffee/tea and homemade goodies and an opportunity to meet our new staff members, Karen and Lynn, and of course the old kid on the block Jo-Anne. We all look forward to seeing you. With good attendance, this will become a monthly get together.

Shepherd's Fashion Fundraiser: We have been offered an opportunity to get a group together for a private party at Shepherd's in Rideau Centre. There will be fashion consultation, an opportunity to try on clothes, munchies, and gift bags.

Shepherd's will donate 15% of sales to BCA. Please let us know if you are interested in hosting a private party or joining us in one!



GO WITH THE FLOW FITNESS CLASSES

CLASSES ARE NOT HELD ON STATUTORY HOLIDAYS
FOR MORE INFORMATION CALL 613-736-5921 OR VISIT WWW.BCAOTT.CA

Your registration is complete upon Breast Cancer Action receiving your form. You can **fax** it to 613-736-8422 OR via **mail/hand delivery** to Breast Cancer Action, 739A Ridgewood Avenue, Ottawa, ON K1V 6M8.

***Please select the class you are registering for from the following:**

Stretch & Strength

Improve your strength, flexibility and overall well being in an instructor lead group fitness program.

- ◇ **Rideau Tennis Club, 1 Donald Street**
Monday 9-10 a.m. April 12-June 28 (no class May 24)
Wednesday 9-10 a.m. April 7-June 30
Friday 9-10 a.m. April 9-June 25
- ◇ **Goulbourn Recreation Complex, 1500 Shea Road (Stittsville)**
Wednesday—3-4 p.m. April 7-June 30
- ◇ **Walter Baker Sports Centre, 100 Malvern Drive (Barrhaven)**
Wednesday—4-5 p.m. April 7-June 30
- ◇ **Nepean Creative Arts Centre, 11-35 Stafford Road**
Thursday, 10:45-11:45 a.m. April 8-June 24
This class, taught by a twenty year breast cancer survivor, features a warm-up, stretching and light weights, a variety of cardio moves all done to fun music, and is followed by a cool-down and relaxation.

Tai Chi

Auxiliary Tai Chi exercises for warm-up, meditation, relaxation and flexibility will be incorporated into the class routine. Exercise mind-intent, whole body, tendons, ligaments, energy flow, and joints. Improve energy circulation, blood circulation, flexibility, stamina, leg strength, balance, posture and mental clarity.

- ◇ **Breast Cancer Action, 739A Ridgewood Avenue**
Saturday—10-11 a.m. April 10-June 19
- ◇ **Ray Friel Recreation Complex, 1585 Tenth Line Road (Orleans)**
Friday—10-11 a.m. April 9-June 25

Yoga

A yoga program for breast cancer patients.

- ◇ **Rideau Tennis Club, 1 Donald Street**
Thursday—1-2 p.m. April 8-June 24
- ◇ **Astral Fitness, 44 Iber Road (Stittsville)**
Monday—10:40-11:40 a.m. April 12-June 28 (no class May 24)
- Astral Fitness, 44 Iber Road (Stittsville)**
Tuesday—10:45-11:45 a.m. April 6-June 29



BREAST CANCER ACTION

GO WITH THE FLOW FITNESS CLASSES

Registration Form

Registration & participation are free. Participants **must register** in order to attend by filling out both sides of form. Return to Breast Cancer Action. Classes are in English. Phone (613-736-5921) Fax (613-736-8422)

This is my ___ first choice ___ second choice (wait list) ___ third choice (wait list)

Participant Name: _____

Address: _____

Telephone: _____

E-mail: _____

Are you currently a member in good standing of Breast Cancer Action? ☐ YES ☐ NO

Emergency Contact Information

Name: _____

Telephone: _____

Eligibility

Go With The Flow is open to anyone who has had a breast cancer diagnosis (before, during or after treatment, including surgery—after first checking with your healthcare provider).

Medical Information

Are you currently receiving treatment for any condition that may affect your ability to exercise?

☐ YES ☐ NO If yes, please explain.

Please list any allergies, medications, chronic illness or other conditions we should be aware of:

Mandatory Participant Waiver and Release of All Claims

I understand that my participation in this class is voluntary and at my own risk. I take responsibility for any activity I elect to participate in. I acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries including death, damages or loss regardless of severity which I may sustain as a result of participating in any and all activities connected with/associated with these classes. I agree to waive and relinquish all claims I may have as a result of participating in the program against Breast Cancer Action (BCA) and all officers, agents, servants, employees and/or against the instructor or substitute teacher. I understand that any photography taken while participating in a class or related event may be used for promotional purposes by BCA. In the event of emergency, I authorize BCA and the instructor to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for my immediate care. I have carefully read, fully understand and agree to the aforementioned. Further, to the best of my knowledge, the health information provided above is accurate. Personal information will be kept secure and confidential.

Signature: _____

Date: _____