



Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

SPRING 2011



Inside this issue:

Kudos Korner

Page 5

We want to say "Thank you" to some of our fundraising dynamos.

H.O.P.E.

Page 5

Call for Volunteers!! We are looking for 50 volunteers to spend a day at the beach with us as BCA benefits from the H.O.P.E. volleyball tournament on July 16th.

AGM

Page 8

Announcing the upcoming Annual General Meeting.

See details inside.



Karen and Lynn pose with the "Bra Girls" from the Manotick Curling Centre at the Perky in Pink Invitational Bonspiel, a successful fundraiser to benefit BCA, put on by the Manotick Curling Centre on March 5th. They raised over \$3500 for us! Photos of the event are on page 6.

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Deadline for Summer 2011 Issue:

All submissions for the Spring newsletter are due June 15th.

Executive Director's Message

Karen Graszat

The Kindness of Strangers

Lately I have found myself thinking of Blanche Dubois in *A Streetcar Named Desire*. No, that doesn't mean I'm crazy (well the jury may still be out on that one). I am reminded of her famous exit line "Whoever you are, I have always depended on the kindness of strangers." Well it appears that **BCA** depends a great deal on the "kindness of strangers." We have been blessed with wonderful people and organizations who give their time and experience to raise money for us in many different and creative ways.

A few of these "strangers" have become great friends and supporters of **BCA**. Kudos and thanks to some of our new and long standing acquaintances and welcome to our family!

- Kathryn Barr, Chartered Accountant, who volunteered over a week of her time to help us, by organizing our books for the

February audit.

- Acacia Fraternity and Tau Sigma Theta Sorority (Carleton University students) who raised \$1,155.65 in 5 hours!
 - The unnamed people who continue to donate in **BCA's** name to United Way-this week we received a cheque for over \$2,000.00!!
 - The kind folks at Belisle who collected \$133.35 by just putting out a donation jar in their snack bar.
 - The City of Ottawa folks who are planning a dance exercise fundraiser in May.
 - Goodlife Fitness Spinning class who raised \$860.00 for us!
 - The Manotick ladies curling group who raised \$3,500.00 and showed us a great time at their Perky in Pink Bonspiel in February. They want to do it again for us next year!
- Our partners in fitness who offer their facilities for free or at substantially re-

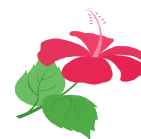
duced rates: Astral Fitness, RA Centre (Rideau Tennis Club), Goulbourn Recreation Complex, Nepean Creative Arts Centre, Hunt Club Riverside Park Community Centre and our volunteer fitness instructors: James, Laura, Elena, Nona and DeNeige.

I am humbled and in awe of the "kindness of strangers" who continually pass through **BCA's** doors and always grateful to find new friends and supporters amongst them. Without the "kindness" of these special people, I am not sure we would have a door for them to pass through.

"Hope springs eternal in the human breast;
Man never is, but always To be blest:
The soul, uneasy and confin'd from home,
Rests and expatiates in a life to come."

-Alexander Pope,

Happy Spring,
Karen



President's Message

Rosalind Bell

It's six years since I was first diagnosed with Breast Cancer and almost five years since my second round of treatment so this is a reflective time of year for me. Sometimes it seems like an eternity but sometimes, especially when I meet someone who's just received the bad news of a diagnosis or is just starting treatment it seems like yesterday. The right words won't always come but my old standby, a hug, somehow seems to comfort both of us.

I firmly believe that the strongest thing we have going for us at **BCA** is our sense of community and the feeling that we share something truly special – something that bonds us quickly with other members of our various groups: the fitness and coffee groups, the Dragon Boat team, the Stepping Stones groups that still meet, the aquafit groups, the book club and so on. I recently came upon the following comments from Frances Halperin of Canadians

Abreast (the national composite Dragon Boat paddling team) and felt that they express my feelings about the sense of community I feel within Breast Cancer Action. She has kindly consented to my sharing them with you here:

"So often I don't have the chance or take the time to tell people I'm glad they came into my life, if only for a short while. [Breast Cancer Action] friends and sisters: my world is better for you being in it. I never say "I'm grateful I had breast cancer" but, without it, our paths wouldn't have crossed, I wouldn't have made the same solid, lasting friendships or forged the same strong bonds. Whenever the going gets tough, support is there for each and every one of us. Thank you all."

On behalf of the board of directors, and all of us at **BCA**, I'd like to wish you all a peaceful and enjoyable spring season. I always find it cheers me up once the sky is

brighter and full of birdsong. A pair of cardinals visited our deck this morning and I hear and see more birds every day in our neighbourhood along with the geese in the open water of the Rideau River.

Rosalind Bell,
President
BCA Board of Directors



"What lies behind us & what lies before us is tiny compared to what lies within us."

~ Ralph Waldo Emerson

Busting Out

Marie-Andrée Lajoie

An exciting season for the Busting Out Dragon Boat Team!

The 2011 Busting Out Annual General Meeting was held at St-Basil's Church on Tuesday, February 15, 2011. 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 at Mooney's Bay with practices on Tuesday and Thursday nights.

This April we will resume pre-season pool paddling with 4 sessions at the Champagne Pool. This is a great way

for old and new paddlers to connect with the water. It is also a lot of fun!

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.

We will kick-off our festival season with the Ottawa Festival in late June... a great way to show our prowess to friends and family and contribute to the life of our community. One of our goals is to show the strength and spirit of breast cancer survivors... we do it with pride and enthusiasm!

In July and August Busting Out will race in Windsor, Cape Breton and in Burlington, Vermont. In September, the team will travel to Carleton Place and to Orillia.

Returning members are reminded that the yearly fees of \$75 are due by March 31st. New paddlers have until May 31st to pay. Please contact a member of the Executive if you need more information.

The 2011 Executive members are:

Susan Burns-McIntyre – Coordinator
Margaret Jaekl – Secretary
Rosemary Swan - Treasurer
Wendy Hill – Membership and Team-building
Sheila Murphy – Race Coordinator
Janet Alexander – Fitness
Marie-Andrée Lajoie – Communications
Christine Henry – Equipment and Supplies
Karen Whillans – Fundraising and Sponsorship



The mission of Busting Out, a program of Breast Cancer Action, is through the spirit of dragon boating, to assist survivors who have been diagnosed with breast cancer to regain a sense of health, wellness and self-confidence while demonstrating to the community that there is quality of life after the diagnosis of breast cancer.

For more information, please visit
www.bustingout.ca.

*Breast Cancer Action cordially invites you to our **Pink Cocktail Reception** Thursday, April 28, 2011 at 5pm-7pm at the Rockcliffe Park residence of Dr. & Mrs. David Lee. Dr. Lee, Representative of the Taipei Economic & Cultural Office in Canada, will be our host for the evening.*

*Enjoy a spectacular social event in support of **Breast Cancer Action** with cocktails, gourmet finger foods, pastries & complemented by live music, a silent auction, a performance by cantorial soloist Ellie Glantz & showcasing the exquisite jewelry of Canadian designer Karen McClintock & American designer Wynne Jacobson.*

Tickets \$60.00 (\$30.00 receipted) Limited tickets available.

To purchase your ticket RSVP 613-736-5921.



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; option 2 or 3.

All sessions are 1:00-3:00 PM on the following Thursdays:

March 31	April 14	April 28	May 12	May 26
June 9	June 23			

All sessions take place at the Women's Breast Health Centre, Civic Campus, Grimes Lodge 5th Floor, 200 Melrose Av, Ottawa

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 members' homes at 10:30 AM 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!

April 14: *The Help* – Catherine Sockett

May 12: *Corduroy Mansions* — Alexander McCall Smith

June 9: *At Home: A Short History of Private Life* - Bill Bryson

July 14: *Nikolski* — Nicolas Dickner

August 11: *Cutting for Stone* — Abraham Verghese

If you are interested in joining the BCA Book Club, please contact Diane Hartling dhartlc008@rogers.com

Pink Partners

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See ad, page 6



“To turn an obstacle to one’s advantage is a great step towards victory.”

~French Proverb

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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.

Tuesday, April 5 6:00-8:30 FULL

Wednesday, June 15 1:30-4:00

Thursday, October 6 6:00-8:30

Presented by Judy Bedell, BCA's Lymphedema Educator & Exercise Leader.

There is no charge to attend this workshop.

Call the BCA office at 613-736-5921 to register for this workshop.

Kudos Korner

A big Thank You to...

...Denise Bellingham & the Manotick Curling Centre for organizing an amazing Perky in Pink Women's Invitational Bonspiel on March 5th.

...Ryan Burke, Adrian Kidd, Rachel Lief and their crew from the Acacia Fraternity & Tau Sigma Phi Sorority who collected donations at Carleton U campus on March 9th .



A Call for Volunteers!

We wanted to share the good news with you and ask for your support. **H.O.P.E. (Helping Other People Everywhere)** has named BCA as a grant recipient this year. As a condition of the funding, we have been asked to supply **50 volunteers** for the July 16th beach volleyball tournament and to make **2 gift baskets** that will be used as prizes at the tournament to promote **Breast Cancer Action**.

As a volunteer you will be given an orientation, a unique H.O.P.E. t-shirt, parking permit, meal voucher and a wrap-up appreciation party. There are 2 shifts during the day: a morning and an afternoon. You can choose a shift or work all day. We will sign high school volunteer forms towards graduation. If you and/or family members would like to volunteer at the Beach Volleyball Tournament on July 16th at Mooney's Bay Beach please call us at 613-736-5921.

The baskets will be the themes of Rest, Relax & Rejuvenate and Health & Wellness. Consider making a donation if you are unable to attend the event. If you would like to make a donation or contribution towards the gift baskets please call us at 613-736-5921. We would like to avoid commercial breast cancer merchandise as we want to really market BCA's logo which has a deep and special meaning for our members.



 **Manulife Financial**
For your future

18th Annual Manulife Walk & Fun Run
Sunday, June 5, 2011
Rideau Canoe Club

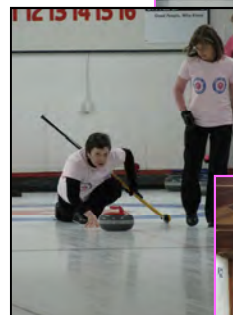
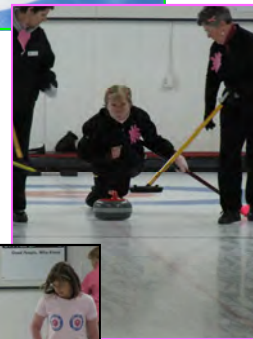


Join us at the Rideau Canoe Club as we walk to raise funds for Breast Cancer Action's fitness, educational and support programs for our members and for the community. Walk or run 2, 5 or 10 km and know that all of your pledges will stay here in Ottawa to support breast cancer patients and survivors here in Ottawa and area. Circle the date, Sunday, June 5th, on your calendar, collect pledges (forms will be available starting April 5th) and then come on out and show your support for those who live with a breast cancer diagnosis.

Perky In Pink at the Manotick Curling Centre



With team names such as “Rockers for Knockers” you couldn’t help but know the day was going to be fun! Congratulations to Denise Bellingham and her team at the Manotick Curling Centre for organizing an amazing bonspiel benefitting BCA on March 5th. 12 teams competed in 2 draws. There was a sea of pink costumes, extra activities (like massages and manicures) for the curlers during their down time and a wonderful wind up dinner with lots of prizes for everyone! Thank you from BCA!!



Save these dates!

April 28th: Pink Cocktail Reception

May 25th: AGM

June 5th: Manulife 18th Annual Walk & Fun Run

July 16th: H.O.P.E. Volleyball

August 5th: 5th Annual Golf Tournament of Hope

November 18th: Autumn Gala & Silent Auction

www.bcaott.ca

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An Afghan Story

Sheila Murphy

In the spring of 2009 my husband's cousin, Patrick and his wife Miranda, were visiting us from Holland. Miranda noticed me making pink ribbon dish cloths and I explained to her that we sold these to raise money for our dragon boat team. I gave her the pattern so her mother could knit some up for us. I mentioned to her that they would have to be made from cotton yarn, but I am not sure if I wrote that down for her.

Miranda's mother and father manage a campground in the summer and soon all the camping knitters began to make our dishcloths. The result was two small suitcases full of pink ribbon dishcloths. As I looked at them, I could quickly see that only a small percentage of them were made from cotton, the rest were acrylic. A few of us tried out the acrylic ones as dishcloths and the verdict was that they were not suitable for washing dishes.

What to do now? We got the idea to make them into lap-size afghans. In the summer, Karen Whillans and I got together to begin to figure out how to turn stacks of these dishcloths into afghans. It was a pretty daunting task. They were all different shapes, sizes and colours – you could clearly see the different knit-

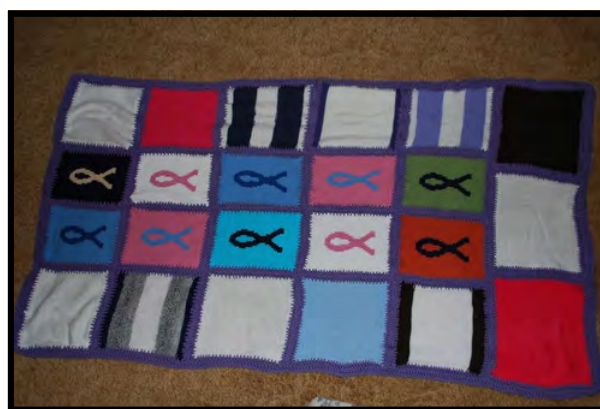
ting styles of those who made them. Over the summer, Karen consulted with her knitting goddesses for advice.

In the fall, Karen, Bev Ruddy, Carolyn Brennan, Margaret Jaekl and I got together to make the squares into afghans. We sorted by size and by colour. We laid them out and moved them around until we had just the right combination of colours. We figured out options for the yarn that would connect them together. We decided to edge each square with a double crochet, then sew them together and then edge the whole afghan with a double crochet. In total there were eight afghans. We put each set of squares in a bag with a sample of the connecting wool and farmed them out. Karen, Yolande Trottier, Carolyn and I did the crocheting. Margaret sewed all the pieces together beginning in November and they were finished just before Christmas!

The first afghan was sold for \$ 30.00 at the Busting Out Christmas party – bought by Margaret to give as a Christmas gift – and the proceeds went to Breast Cancer Action. The next two were bought by Yolande and Margaret –as Christmas gifts. I brought the next three to exercise class in December. Carmel and

Samia bought one each to give as Christmas gifts and Lisa bought one to take with her to Australia to keep as a reminder of Busting Out. Just before Christmas the last two were ready. I went to see Alice just before Christmas with both afghans. Alice bought one and I bought the other. When I saw Alice that day, I had no idea that her time with us would be so short. My last memory of Alice was her sitting the back room of her house with her afghan on her lap. I didn't see Alice at the Elizabeth Bruyere Centre but heard from many of you she had taken her afghan with her.

As this project unfolded, the piles of pink ribbon dishcloths took on a story of their own. It was an international effort, beginning with people in Holland knitting them, continuing with creative women in Canada putting them together and one of them that will go to Australia with Lisa. Another one provided colour, comfort and warmth for our beautiful, strong and courageous Alice in the last days of her life. Each one has found a home and has provided warmth and memories to its owner. Thank you to all that were part of making this possible.



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

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Breast Cancer Action will be holding the Annual General Meeting in the Conference Room at The Ottawa Citizen, 1101 Baxter Rd, Wednesday, May 25th with a social time at 6:30 and the meeting being called to order at 7:00. Guest speaker (to be announced) after the meeting. Handmade pink merchandise will be for sale at the meeting. All members are welcome, RSVP 613-736-5921.

