

QUARTERLY  
NEWSLETTER



# Breast Cancer Action

LATE SUMMER 2010

Inside this issue:

## Photos galore!

Pages 6, 7, 11, 16

Relive the Pink Cocktail Reception, the 2010 Manulife Walk & Fun Run and the Peterborough and Ottawa Dragon Boat Festivals in pictures!

## Kudos Korner

Pages 5, 15,

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



The rain just couldn't stop Elaine Scarboro, Anka Crowe & Jean Grady from crossing the finish line at the **17th Annual Manulife Walk & Fun Run** held June 26th at Remic Rapids. See more photos of the event inside on pages 6 & 7.

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## Deadline for Fall Issue:

All submissions for the fall /winter newsletter are due October 15th.

## Executive Director's Message

**Karen Graszat**

### A Story of Breast Cancer Survivors-whoops, I Mean Geese (or do I?)

Next fall when you see geese heading south for the winter flying along in a "V" formation, you might be interested in knowing what science has discovered about why they fly that way. It has been learned that as each bird flaps its wings, it creates uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. People who share common direction and sense of community can get where they are going quicker and easier, because they are traveling on the thrust of one another.

When a goose falls out of formation, it suddenly feels the draft and resistance of trying to go it alone, and quickly gets into formation to take advantage of the lifting power of the bird immediately in front. If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are going.

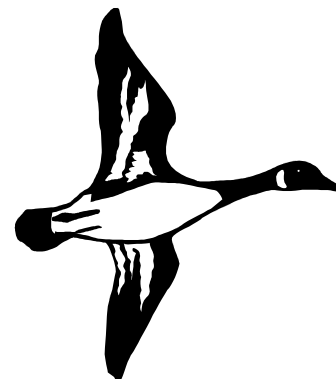
When the lead goose gets tired, he rotates back in the wing and another goose flies point. It pays to take turn doing hard jobs.

The geese honk from behind to encourage those up front to keep

up their speed. An encouraging word goes a long way. Finally, when a goose gets sick, or is wounded and falls out, two geese fall out of formation and follow him until he is either able to fly or until he is dead, then they launch out on their own or with another formation to catch up with the group. If we have the sense of a goose, we will stand by each other like that. Often when I speak to our members, and hear stories about the friendships, camaraderie, connections, and support that form within our exercise programs, dragon boat teams and other programs I am often reminded of this Goose Story. When you read this I am certain that you will be amazed at the similarities between the geese and breast cancer patients/survivors.

Witnessing first hand the stories and support at our annual Walk and Fun Run, I know, without a doubt that we are a membership of geese. A team of people who care, support, understand, cheer, encourage each other, work together towards a common goal, pull in and hold on to those that need a boost and always stay by the side with one that is grounded. You all are amazing-you would make any goose proud!

With love, admiration and appreciation,  
Karen



"What a beautiful summer morning. It makes you happy to be alive, doesn't it? We can't let the sun outside us! We need to beam, too!"

Takayuki Ikkaku

## President's Message

Rosalind Bell

Summer greetings to all of you! It's turning out to be a busy summer for us at Breast Cancer Action Ottawa, and we've lots to tell you about.

### Office Move:

As you may know, our current lease expires at the end of August and we've found a new location for our office with the help of BCA member Cheryl Kardish-Levitan, a commercial real estate agent. It's just north of Prince of Wales and Hogs Back Road, at 1390 Prince of Wales. It has good parking availability and is served by the 158, 3, 111, and 117 buses. We will be posting details about the move on our website. The move will reduce our expenses, which we need to do, and yet still provide us with a suitable space. We will not change the care we give to bringing our core programmes to you.

### Board of Directors:

Our recruitment process is complete and we are pleased to have a great group of women with a wide variety of skills on the board now to move BCA forward. We'll be profiling them in upcoming issues of our newsletter.

### Activities:

Our Annual Walk and Fun Run in June was a great success and I direct your attention to Karen's article on the walk in this issue. I'd like to extend personal thanks for the great planning and organization by

the walk committee and the large group of enthusiastic volunteers who as always made it a great event. Again, we made the rain go away!

We are grateful that businesses, organizations and groups in the Ottawa community have supported us with different and very creative fundraising activities in the past few months. If you have an idea for your group or business, just give Karen a call and she'll be pleased to help work out details.

We're well in to the planning for the Golf Tournament of Hope on Friday August 6<sup>th</sup> and our Annual Gala will take place on Friday November 19<sup>th</sup>.

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. Our Go With the Flow fitness programmes continued to be popular throughout the season. Keep an eye on our website for information concerning the fall session.

The Busting Out Dragon Boat team is enjoying a very successful summer. We raced in Peterborough at the third International Breast Cancer Survivors' Festival, and in Ottawa, both with excellent times, and we'll have boats racing in St. Catharines, Carleton Place and

Stratford before the end of the season.

As always, we are grateful that our members are ready to provide us with thoughtful comments and suggestions as to how we're doing.

Continued thanks also to our numerous volunteers who provide many hours of help. 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. 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 and safe summer season.



## 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 [613.798.5555](tel:613.798.5555) ext.19079.

July 22	Breast Cancer Action, 1-3 p.m.
August 5	Canadian Cancer Society, 9-11 a.m.
August 19	Breast Cancer Action, 1-3 p.m.
September 2	Canadian Cancer Society, 9-11 a.m.
Other dates TBA	

### Locations:

Breast Cancer Action, 739A Ridgewood Avenue  
613.736.5921  
Canadian Cancer Society, 1745 Woodward Drive  
613.723.1744

## 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.

Next session: Tuesday, October 19, 1:30-4:00

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



A couple wait in the rain for the Manulife Walk to begin.

# 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](http://www.haleyrehab.ca)**



Surround Circle Yoga



## Kudos Korners

## A big Thank You to...



BCAO/PCAO Charity Bowl was held at **Nepean Lawn Bowls Club (NLBC)** on Thursday, June 24<sup>th</sup>. They raised \$645 for Breast Cancer Action. Many thanks to organizer David Goff and BCA's Betty, Ros and Diane for representing us at the event. We are already looking forward to next year. **THANK YOU!**



**The Sweet Potato in Carp** raised \$750.00 on Canada Day. They held an auction, draw, face painting, karaoke, and donated 10% of their sales to BCA.

Prizes for the draw and auction were donated by: Cappuvino, Hair Expressions, Deka Home Building Centre, Yoga and Tea Studio, Carp Country Flooring, Chinese Valley Restaurant, Innovations Hair Studio, The Swan at Carp, Twisty Cream, and Carp Pizza.

The decorations were festive, the atmosphere fun and the food was delicious. Andrea and Joey, owners of The Sweet Potato did an awesome job.

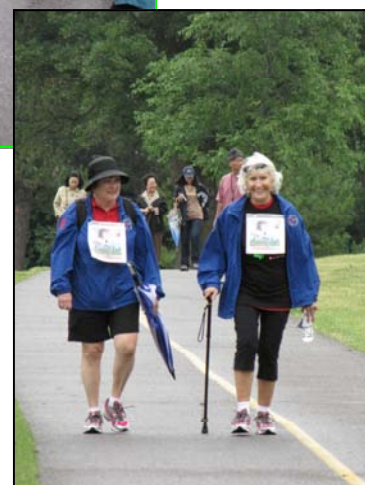
**THANK YOU !!**

**Joanne Heffernan's parish** raised over \$700.00 for Busting Out. **THANK YOU!**

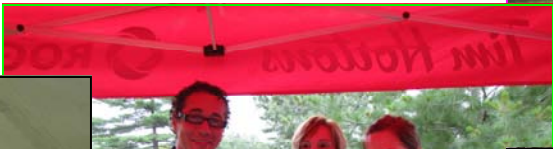
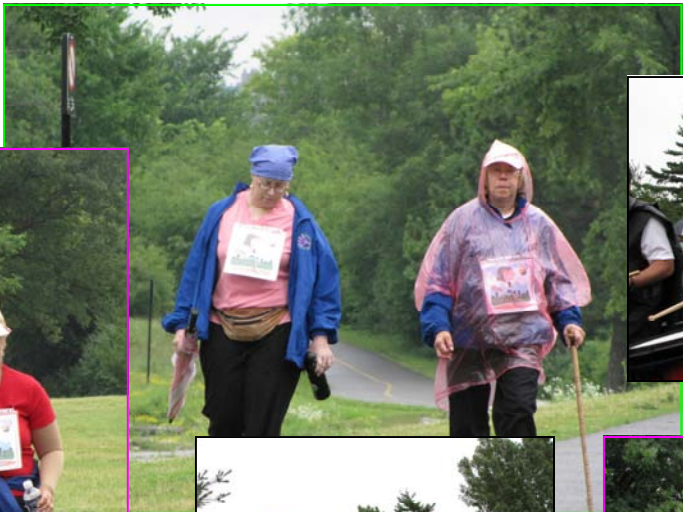
Cont. on page 15

# 17th Annual Manulife Walk & Fun Run

## Can you find yourself?







## JLB Massage Therapy

**Janet Bodner, RMT**

**Vodder Certified  
Manual Lymphatic  
Drainage**

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janet\_bodner@rogers.com**

**Located in:**

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&  
Ridgewood Avenue Mall**

Registered massage therapist / Massothérapeute

**Catherine Croteau**  
BSc Hon, BA, Dip. MT

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lymphatic drainage

[www.CroteauRMT.ca](http://www.CroteauRMT.ca)

2029 Kilborn Avenue  
Ottawa, Ont, K1G 2Z9

613.297.9325  
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 Fall/ Winter season are:

**September** Red Flowers: In Search of My Afghanistan by Nelofer Pazira

**October** Paula: A Memoir by Isabel Allende

**November** Sweetness at the Bottom of the Belly by Alan Bradley

**December** Say You're One of Them by Uwen Akpan

Pretty in Pink Fundraiser for Breast Cancer Action  
Saturday, August 21st, 10:00 PM  
Club Nine, 360 Elgin St  
Featuring DJ Kimio Tickets \$5, \$8 at door  
Door prizes for dressing in pink!





Christine Lynds (L) is being presented with a certificate for being the top earner at the 17th annual Manulife Walk & Fun Run by BCA ED Karen Graszat and Board President Ros Bell..

### 17th Annual Manulife Walk & Fun Run Top Earners



**Christine Lynds raised \$2,670.00**  
**Marg Campbell raised \$2,022.00**

**Samia Hage raised \$1,275.00**

**Diane Ryan raised \$1,250.00**

**Gilberte Banks raised \$989.00**  
**Vicki Davis raised \$930.00**

**Sheila Murphy raised \$755.00**  
**Ayse Heinbecker raised \$730.00**

**Irene Ryan raised \$545.00**



**Amount raised by Racqueteers \$3,507.50**  
**Amount raised by Boobs on the Run \$4,265.00**

**And just in case you are all waiting with baited breath: WE RAISED \$49,782.50 this year.**  
**CONGRATULATIONS and THANK YOU!!!!**

## Busting Out

## Frances Sanford-Smith

Busting Out, BCA's dragon boat team, is now well into the 2010 season. We have been practicing twice a week at the Rideau Canoe Club since early May and have participated in two incredible festivals so far. Peterborough hosted 73 breast cancer survivor teams 11-13 June. We paraded, paddled and partied with close to 2000 other survivor paddlers and the rain on Saturday did not dampen our spirits. We posted good times and experienced a sense of joy and accomplishment when we placed first in one of our races. The sadness we felt at learning of the passing of one of our founding members was offset by the sharing of stories with numerous paddlers from around the world who knew her well. The next weekend we paddled in the Ottawa Dragon Boat Festival, the largest in North America. Once again, a little rain (OK a lot for one race) did nothing to diminish our enthusiasm. Dragon boating is a team sport that builds harmony and a feeling of togetherness and as breast cancer survivors our aim is to participate. We are winners no matter where we place but a group of cancer survivors keeping pace with or even out paddling younger and/or mixed teams sends the message that life can go on after cancer. Placing third in the women's C division was a delightful bonus. As a paddler from another team said "cancer touches us all" and in that spirit two elite women's teams from Chelsea and Philadelphia choose to paddle with Busting Out and raft together in front of the bleachers for the carnation ceremony. We are looking forward to festivals in St. Catharines, Stratford and Carleton Place.

Frances Sanford-Smith





# Our Busting Out and Busting Out Again Paddling Queens!



**CONGRATULATIONS LADIES!!**

## Volunteer Spotlight

## Jo-Anne Turple-Watson

**Thank you** to all our wonderful volunteers for coming out and supporting Breast Cancer Action at our 17<sup>th</sup> Annual Manulife Walk and Fun Run on Saturday June 26<sup>th</sup>, 2010.

It was a wonderful day despite the wet start to our event. Breast Cancer Action was fortunate to have over 30 volunteers help us make this walk the success that it was. We hope to see you back next year!

Since starting in March, I have enjoyed being a part of a team that is using its time to add value to peoples' lives. I have contributed by helping with preparing materials for our various activities, answering phone calls, preparing outgoing mails, participating in a training, etc. I have enjoyed volunteering at BCA and I encourage as many as are interested to come and join in the fun!

### Judith Greene

### Upcoming Volunteer Requests:

- We are on the move! While we are using professional movers, BCA is looking for volunteers to help unpack and organize our new office space during the week of August 30th. Drop me a line if you have a few hours to spare!
- Volunteer your connections! We are looking for donations of gifts, prizes and baskets for our upcoming Autumn Gala on Friday November 19, 2010. Challenge your friends, family or co-workers to create a themed gift basket to donate for the silent auction or approach businesses you frequent to support our cause!

I am a student at the University of Ottawa. I moved here two years ago and started a Masters in Science in cancer research. I work in a lab in The Centre for Cancer Therapeutics at the Ottawa Hospital. Currently I am researching potential new therapeutic targets for breast cancer.

Last September I started volunteering with Breast Cancer Action, assisting with office work and special events. Being new to the city, I really wanted to get out and meet the community and give back to a cause that is close to my heart. Volunteering with Karen, Lynn and Jo-Anne and the rest of BCA has been extremely rewarding and has given an whole new perspective to my research in the lab.

**A big THANK YOU to ALL our volunteers who give of their time and energy to help Breast Cancer Action run so smoothly for our members!**

### A spotlight on two of our weekly volunteers:

#### Bola Lawal

As a U.K. trained Chartered Accountant who is new in Canada, I have had to learn many new things like Canadian culture in the work place, resume writing, and most importantly networking which is a catalyst for job searching. I needed a volunteer job that would expose me to all these and also give me flexibility with time. Breast Cancer Action is the place.



**Those who bring sunshine to the lives of others cannot keep it from themselves.**

**~James Matthew Barrie**



## A Very Special Thank You to Good Friends

A gift that goes a long way...\$1312 to BCA... Sincere thanks to my friends and colleagues from the House of Commons!

On November 10<sup>th</sup>, 2009, my co-workers at the House of Commons threw me a retirement party that will not soon be forgotten. What a great send-off!

My colleagues have been some of my greatest supporters during my two fights against breast cancer. In 1999 and later in 2007, they rallied around and made me feel like a star...they established my very own fan club and showered me with supportive emails, chocolate, home-cooked meals, books, dvds and warm knitted shawls and hats every time chemotherapy was on my agenda. A very special gift was a group photograph, a visual reminder that I was not alone in my fight.

Their generosity knows no bounds. But it still came as a surprise that their parting gift to me would be so extraordinary. I had suggested that the best gift would be to show tangible support to an organization that has also contributed so much to my well-being over the past 10 years: Breast Cancer Action (BCA).

Through peer counselling, fitness sessions, the fantastic Busting Out Dragon Boat team and much more, BCA is an un-sung hero and an invaluable resource in our community.

My colleagues honoured me and my fellow survivors by raising \$1312 for Breast Cancer Action. I could not be more proud and pleased to have been an employee of the House of Commons.

A million thanks to all my friends at the House of Commons for their friendship and generosity and may BCA continue to help breast cancer survivors until we have won the war against this disease.

Marie-Andrée Lajoie



## **Our Statement of Principles:**

PAGE 11

**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.

**Effectiveness.** As an organization often faced with difficult choices based on limited resources, Breast Cancer Action will strive to achieve maximum results with what resources are available.

## **Important Notice regarding the Fall Exercise Session:**

Breast Cancer Action staff is currently working to organize the fitness classes for the fall session. We are moving on August 26<sup>th</sup> to our new office (#301-1390 Prince of Wales Drive) and as you can imagine up to our eyeballs in boxes. When we have finalized the schedule, we will post it on our website and send an email to all our members.

Our target date is early September.

Lynn, Jo-Anne and I appreciate your patience and understanding.

Karen (Executive Director)

### **Board of Directors**

Rosalind Bell, President  
Diane Ryan, Past-president  
Ann Knechtel, Vice-President  
Julia Ringma, Secretary  
Wendy Loschiuk, Treasurer  
Nancy Nicholson, Director  
Laurie Maybury, Director  
Rhonda Evans, Director  
Yvonne Cashen, Director  
Maja Cholich, Director  
Corien Kershey, Director  
Marija Jaworskyj, Director

### **Staff**

Karen Graszat, Executive Director  
[executivedirector@bcaott.ca](mailto:executivedirector@bcaott.ca)  
Lynn Gee, Office Administrator  
[info@bcaott.ca](mailto:info@bcaott.ca)  
Jo-Anne Turple-Watson, Volunteer Coordinator  
[volunteer@bcaott.ca](mailto:volunteer@bcaott.ca)

### **Contact Us**

Breast Cancer Action  
The Riverside Mall  
739A Ridgewood Avenue  
Ottawa, ON  
K1V 6M8 until August 26, 2010

301-1390 Prince of Wales Dr  
Ottawa, ON  
K2C 3N6 after August 27, 2010

Office: 613.736.5921  
Fax: 613.736.8422

[www.bcaott.ca](http://www.bcaott.ca)

## **Announcing: The Big Move! Thursday, August 26th is Moving Day for BCA!**

Our new address: **301- 1390 Prince of Wales Dr, Ottawa, ON K2C 3N6**  
Phone number and email address remains the same.

To kick off Breast Cancer Awareness Month and to celebrate our new digs, we are hosting a **OPEN HOUSE** on **Thursday, October 7th, 10:00-12:00**. Come and see our new office and enjoy a cuppa, munchies and chat with friends. RSVP by Monday, October 4th. 613-736-5921



BCA presents...

## ***Annual Fall Gala and Auction***

***Friday, November 19, 2010***

***Reception 6:00 P M***

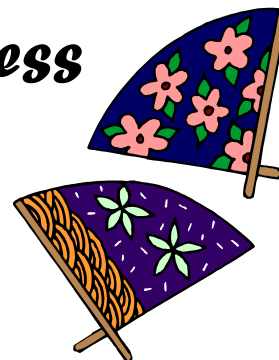
***Dinner 7:00 P M***

***Sala San Marco, 215 Preston Street***

***Tickets \$90.00 (partial tax receipt issued)***

***Stay tuned for opportunities to win great prizes online!***

***The Orient  
Express***



Tickets available for purchase online or through the office starting early October.

Continued from page 5:

On Wednesday, July 14<sup>th</sup>, the **Ottawa Fury W League Women's Team** took to the field at Algonquin College against the Laval Cometes. Their pink warm up jersey's were signed by the players and sold to the fans to raise money for BCA. Along with the silent auction, donations, goal pledges and merchandise sales Ottawa Fury raised over \$1,000.00 for BCA. The Ottawa Fury Ladies tied the game 1:1 to clinch the Division Championship. A great ending to a wonderful evening. Many thanks to Jules Alie for organizing the Think Pink Night, to volunteers Natalie and Christine for their on site assistance ! **THANK YOU!**



The staff of **West End Legal Services of Ottawa** present a cheque to Executive Director Karen Graszat outside their office. They held a fundraiser on April 15<sup>th</sup> and raised \$2,403.31 for Breast Cancer Action. **THANK-YOU!**



***Marvelous company, lovely venue, beautiful fashions, wonderful music,  
delicious food, fun atmosphere = Pink Cocktail Reception!***



***Fabulous Day!***