

QUARTERLY
NEWSLETTER



Breast Cancer Action

WINTER 2009/2010



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Deadline for Spring Issue:

All submissions for the spring newsletter are due March 15th

Executive Director's Message

Innovative Donations

As I begin my journey as executive director of BCA, I am humbled and inspired by the many people I have met and the stories they have shared. Every person I speak to or meet, has left me with an experience or information that is helping me grow both personally and professionally. I thank you all for schooling me! I look forward to making the acquaintance of so many more ladies and getting to know everyone better.

As the holidays approach and we enter the gift giving mode, I wanted to take some time to share with you three unique and interesting stories of 3 women who thought of and implemented a unique way of giving.

I met with a lady who recently celebrated her 50th birthday (so close to my heart and age is this story). She sent an email to all her friends, family members and acquaintances and asked that instead of a gift that they send a "5 for 50" donation to BCA. In short, to celebrate her 50th, make a donation to BCA with a number 5 in the amount. Needless to say the donations came flooding in. Her gift was in the giving and yet she received so much more! Makes me wish I could turn 50 again –for more reasons than one!

Recently we received a donation for \$600.00 and I decided to follow up and find out where this was coming from and more important - why? I contacted this lady and spoke to her. She is a 90 year old lady who lives in a retirement home. Her daughter was diagnosed with breast cancer. She felt as a mother that she just had to do a "little something." So she dug out all her books (as she can no longer read) and sold them for a donation.

Needless to say many of her fellow residents "bought" books and some just gave a donation. Happily we were the recipient of their generosity. I was touched by this story- I have never even thought about single handedly raising money for a charity and here this spirited 90 years young lady simply did it!

The next day one of our members, who recently retired, came in to the office with \$1312.00 cash! She had asked her colleagues that instead of buying her a retirement gift that they make a donation to BCA. Wow did they ever! What a wonderful tribute to her and the esteem in which she is viewed by her co-workers. What a thoughtful and selfless gesture on her part and again a welcome and unexpected gift to BCA.

As the holiday season approaches I am mindful of all the gifts we give and receive. The stories I have just shared remind me that the gifts that I cherish the most are the gifts from the heart.

Best wishes to you and yours for a happy holiday season and a great year in 2010.

Karen L. Graszat
Executive Director,
Breast Cancer Action



Christmas Hours

The BCA Office will be closing on **Thursday, December 24th** at noon and will reopen on **Monday, January 4th**, 2010.

We would like to take this opportunity to wish you all a very Happy Holiday season, and extend our best wishes to you for A Happy new year.

President's Message

Hi everyone! As I write this it is well into December and we have the first winter storm warning in the weather forecast. The dragon boats are parked for the season and until we can ski we're keeping fit indoors!

It's been a few months now since I took on the responsibility of serving BCA as president of the Board of Directors and I'm finding my new "job" rewarding but busy. I feel fortunate that Diane Ryan has stayed on as Past President and that the board is such a positive group to work with.

The fall was very full of activity and change for us. First of all, we were delighted to welcome our new Executive Director, Karen Graszat, on board in October. Karen comes to us with lots of experience and energy, and I'm looking forward to working with her as we move forward.

Another staff change involved our excellent Office Administrator, Amy Cailloux who has left for another opportunity. We wish her all the best in her new position, but will miss her greatly. Thanks to Gloria Bateson who has stepped in for us on short notice. We expect to announce a permanent replacement for the Office Administrator early in the New Year, so stay tuned.

The staff and our board of directors are here to serve you and we invite you to provide us with your comments and suggestions. We also 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 area community. We've been pleased to see a good response to our recent call for new volunteer board members and hope to have some new members confirmed early in the New Year.

The fall also brought the new session of our popular Go With the Flow fitness programmes (and they have proved to be VERY popular!). The winter session (from January to March) starts soon and if feedback is any indication these classes will remain very popular. We hope that the learning passed on to the participants is something they can use in their other fitness activities.

We enjoyed our annual Fall Gala in November at the Sala San Marco. Sincere thanks to all who supported this event again by attending, dancing and bidding on the many tempting silent and live auction items. We had a very dedicated and energetic planning committee and a great team of volunteers led by our Volunteer Coordinator, Jo-Anne Turple-Watson, and I'd like to extend thanks and appreciation to the entire team and gala committee. THANKS

We've begun planning for our Walk and Fun Run which is tentatively scheduled for May 30th 2010 and other activities to be announced in our next edition.

On behalf of all of us at Breast Cancer Action, our **Board of Directors**, our **Executive Director** and **staff**, I'd like to wish you the very best during the coming holiday season along with peace, health and contentment in 2010.

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 ext.19079.

January 14	Canadian Cancer Society, 9-11 a.m.
January 28	Breast Cancer Action, 1-3 p.m.
February 11	Canadian Cancer Society, 9-11 a.m.
February 25	Breast Cancer Action, 1-3 p.m.
March 11	Canadian Cancer Society, 9-11 a.m.
March 25	Breast Cancer Action, 1-3 p.m.
April 8	Canadian Cancer Society, 9-11 a.m.

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.

Phone the office in the new year for dates and times.

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



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

Our Pink Partners

We are very fortunate to receive ongoing support from various businesses throughout the city. The local business listed below has provided their support by donating to BCA a portion of the proceeds of their merchandise or of the services that they provide. This also allows our membership to shop savvy, knowing that patronage of these thoughtful vendors show special support within our community and returning the favour of what is a valued community partnership. If you are a local business owner and wish to be a **Pink Partner**, please contact the office or email executivedirector@bcaott.ca.

Woodway Holistic Esthetics Ltd.
613.422.9435
www.woodwayesthetics.com



16th Annual Walk and Fun Run

Even the rainy weather couldn't keep these dedicated walkers away. A great time was had by all. THANKS to all the participants!! Circle May 30th, 2010 on your calendar for our 17th Annual Walk and Fun Run!!!



2009 Gala at Sala San Marco

With special guests Max Keeping, Jim Watson, Jacqueline Holzman, Kent Browne and music by Espresso the evening was destined to be fun and memorable. The company was wonderful, the food delicious and the music enticing.

The silent auction and the live auction were fun and generated some good spirited competition that help us raise close to \$9,000.00 for Breast Cancer Action.

Thanks to our sponsors & supporters: Giant Tiger, A Memorable Gift, CTV, Konica Minolta, Espresso, Royal LePage-Gale Real Estate, and to Farber & Robillard for their generous donation of \$7,000.00.

Please circle Friday, November 19th 2010 on your calendar for next years gala.

Go With The Flow Fitness Classes

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. January 4-March 29
 - * Wednesday—9-10 a.m. January 6-March 31
 - * Friday—9-10 a.m. January 8-March 26
- ◇ **Goulbourn Recreation Complex, 1500 Shea Road (Stittsville)**
Wednesday—3-4 p.m. January 6-March 31 (no class March 17)
- ◇ **Walter Baker Sports Centre, 100 Malvern Drive (Barrhaven)**
Wednesday—4-5 p.m. January 13-March 31 (no class March 17)
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.
- ◇ **Nepean Creative Arts Centre, 11-35 Stafford Road**
Thursday—10:45-11:45 a.m. January 14-March 25 (no class March 18)
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. January 9-March 27
- ◇ **Ray Friel Recreation Complex, 1585 Tenth Line Road (Orleans)**
Friday—10-11 a.m. January 8-March 26 (no class March 19)

Yoga

A yoga program for breast cancer patients.

- Rideau Tennis Club, 1 Donald Street**
Thursday—1-2 p.m. January 7-March 25
- ◇ **Astral Fitness, 44 Iber Road (Stittsville)**
Monday—10:30-11:30 a.m. January 4-March 29
- Astral Fitness, 44 Iber Road (Stittsville)**
Tuesday—10:45-11:45 a.m. January 5-March 30

Volunteer Program

A big **Thank You** to each and every person who volunteered their time for the last two Breast Cancer Action events.

- ∞ On September 27th, the rain didn't dampen the spirits of over 50 volunteers who helped us set up and support our **16th Annual Manulife Walk and Fun Run!**
- ∞ Our 2nd Annual Autumn Gala and Auction held November 20th was another success thanks to the awesome volunteers that worked before and during the event!

We hope to see you all back at these events next year!

How would you like to contribute? Please feel free to call or email a suggestion for a new volunteer opportunity. We love new ideas and welcome your feedback and contributions to our volunteer program.

Current Volunteer Openings

- ∞ **Board Member**
Breast Cancer Action seeks experienced individuals interested in supporting the mission and goals of the organization
- ∞ **Volunteer Advisory Committee Member**
The Volunteer Program is looking for committee members to meet quarterly and provide guidance and input on issues related to the development and management of Breast Cancer Action's volunteer program.
- ∞ Are you **World Wide Web** savvy? Breast Cancer Action is looking for a volunteer web designer to update and maintain the Breast Cancer Action website.

Volunteer Orientation & Information Session

Monday, January 18th, 2009

Breast Cancer Action
739A Ridgewood Avenue.
Time: 6:30 pm

Current volunteers as well as those considering future volunteer opportunities with Breast Cancer Action are encouraged to attend.

Bring a friend and introduce them to BCA and our volunteer opportunities!

Please call the office at 613-736-5921 or email volunteer@bcaott.ca to register

All registered participants will receive a ballot for a draw that evening!

Kindly return a copy of your volunteer police clearance form if you have yet to do so!

Volunteer Spotlight: Veronika Napitupulu

My name is Veronika and I am originally from Indonesia. I came to Ottawa in October 2008. I have a passion for social work and I have found that volunteering is the best way to fulfill this interest.

I learned about BCA through a "Volunteer in Ottawa" workshop offered by the YWCA. I started volunteering at BCA in June 2009 doing general office support. Not

only did I learn about working in a Canadian office setting, I was able to practice my English language skills.

In addition to this, I now have an increased awareness of breast cancer and the supports needed for those facing this tough challenge. Meeting, looking up to and talking to breast cancer survivors has really inspired me. Their positive

attitude is amazing. I always looked forward to coming to the BCA office every Wednesday and Friday because people treated me so well and were friendly.

Although I have now have found paid employment, I will continue to volunteer with Breast Cancer Action for special events!

Registered massage therapist / Massothérapeute

Catherine Croteau
BSc Hon, BA, Dip. MT

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lymphatic drainage**

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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 **Winter/Spring** season are:

January 14—Three Cups of Tea

February 11—The Tenth Gift

March 11—The Guernsey Literary Potato Peel Pie

April 8—The White Tiger

BUSTING OUT DRAGON BOAT TEAM

The members of Busting Out are preparing for another exciting season of dragon boating in 2010 and are very pleased to once again have significant financial support from Scotiabank. Members are keeping fit with their own exercise programs and by taking advantage of the classes offered by BCA, the Y and the team itself. Our annual general meeting will be held in mid-February at St. Elias Church and we are already planning our 2010 season which will include participating in an international festival for breast cancer survivors in Peterborough in June. For further information please check our website www.bustingout.ca.

Paddles Up!

JLB Massage Therapy

Janet Bodner, RMT

**Vodder Certified
Manual Lymphatic
Drainage**

**613-867-7896
janet_bodner@rogers.com**

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&
Ridgewood Avenue Mall**

BCA Bids A Fond Farewell to Amy Cailloux

Over the past 5 years it was Amy Cailloux who welcomed BCA visitors and members to our office. On November 20th Amy left BCA to start a new position with the Ottawa Food Bank. As Office Manager, Amy was an efficient and knowledgeable member of the BCA staff. She came to us a young woman fresh out of college and we saw her marry and become a mother to daughter Caitlin. We wish her all the best in her new position. She will be greatly missed for many reasons but mostly we will miss her welcoming smile.

Breast Cancer Merchandise for Sale—Great Christmas Ideas

Black Walk T Shirts in sizes small, medium, large and extra large. \$10.00

Water Bottles (Black with “we’re here for you” logo): \$11.50

Small BCA Pins \$7.50 or 2 for \$12.00

Large rhinestone BCA Pins: \$20.00

Combo Pack of T-Shirt and Water Bottle \$20.00

Combo Pack of small Pin, T-Shirt, Water Bottle: \$25.00



New to our Resource Centre

BCA would like to thank Project Clear Skies, Ottawa International Airport Authority for their grant funding which has enabled us to purchase a laptop and workstation for our resource centre as well as a professional display booth.

Having a laptop with internet access in our resource centre will allow members and visitors access to web sites to: research treatment options/side-effects; find local resources for physiotherapy and other complimentary therapies; discover chat groups/forums and read about current research and studies related to breast cancer. This should be available at the beginning of December.

Having a professional display booth will help BCA raise awareness and advertise our programs and services at community and professional events. An easily transportable and professional display stand will enhance our presentations and encourage people to find out more about us and thus take advantage of our programs and services. The laptop will also allow us to showcase programs and services at these events.

Stop by the office for an “Internet Café” experience. We have the computer, the desk, the chair and we will be happy to put on a pot of coffee.

Members Needed for Study

Breast Cancer Action has been asked by the University of Ottawa to offer our members the opportunity to take part in this study.

Université d'Ottawa • University of Ottawa

École de psychologie School of Psychology

VOLUNTEERS NEEDED

For participation in study



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 us—either Jacine Faucher or Marie-Eve Couture-Lalande; Stress, health and immunocompetence laboratory (Dr. C. Bielajew).

(613) 562-5800 ext. 3892

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
Diane Ryan, Director
Leah Clement, Treasurer
Marlene Dalley, Director
Ann Knechtel, Vice-President
Jeysa Pratt, Director
Julia Ringma, Director
Andrea Segal, Director

Staff

Karen Graszat, Executive Director
executivedirector@bcaott.ca

Gloria Bateson, Acting Administrative Assistant
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

Wishing You A
Merry Christmas
And A
Happy New Year



Staff Festive Recipes

Mini Chip Butter Crisps

2 1/4 cup flour
 1/2 tsp. Salt
 1 1/4 cup butter –soft
 1 cup icing sugar
 2 tsp. Vanilla
 1 1/2 cup mini chocolate chips

Stir together flour and salt
 Cream butter—add vanilla
 Gradually mix in icing sugar
 Gradually mix in flour mixture
 Stir in chocolate chips
 Form dough into small balls
 Place on cookie sheet and flatten with
 floured glass
 Bake at 325 for 10-12 minutes

Gloria Bateson



Clodhoppers

- 2 bags Teddy Grahams Teddy Bear Cookies (broken into big pieces)
- enough rice crispies to total 7 1/2 cups including Teddy Grahams
- 200 grams of cashews (about 1 cup)
- 1 pound good quality white chocolate (Callebaut is very good)

Put all dry ingredients into large bowl.

Microwave the chocolate on low power stirring frequently until melted.

Pour chocolate over cereal mixture and spread onto a parchment covered cookie sheet.

Freeze 5 minutes then break into chunks

Store in sealed container. Makes great gifts.

Karen Graszat