



# Breast Cancer Action

*Because no one should face it alone*

QUARTERLY NEWSLETTER

FALL 2013



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Bikes and black leather mixed with PINK at the **Knights of the Inferno Motorcycle Club's Old School Ride for Breast Cancer Action**. 40 bikes and 60 riders took to the back roads for the 3 hour ride from Stittsville to Embrun on a sunny Saturday in August. Family and friends joined riders for a fabulous charity BBQ served up by **Embrun M&M Meats** and the **Embrun Fire Department**! It was a great event organized by **Robert Wasyliv** and several BCA members took part as well. Myke Staton, husband of BCA member Beth Staton rode his rebuilt 1948 Indian; now there is a bike that garnered lots of attention!

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**Deadline for January 2014 Issue:**

All submissions for the next newsletter are due December 20th.

## Executive Director's Message

**Karen Graszat**

### Knights in Shining Armour

Many of us dream of a saviour in the guise of a knight in shining armour (white horse optional) swooping in sweeping us off our feet. Breast Cancer Action has indeed experienced the "Knight in Shining Armour" sweep and save, both literally and figuratively. In August the Knights of the Inferno Firefighters held a motorcycle ride, which was a blast and raised \$2,800. In September The Firkin and Knight Pub made a substantial contribution to BCA programs (\$4,600) with their breast cancer fundraiser.

We are so thankful for these wonderful community partnerships, including the Ahrar Foundation and Ottawa Fury for giving us an opportunity to connect with the Ottawa Community and market BCA. October, as we are all aware is Breast Cancer Awareness month and we have partnered with many organizations to promote both BCA and awareness in the commu-

nity. Thanks to the continued support and enthusiasm of our most dedicated members, we are able to have a presence at all these events and literally be in two places at once.

It is always wonderful to see familiar faces at our outreach/ community events –to all you ladies who participate in all these events and show your support of BCA above and beyond-THANK YOU!

As many of you know the fitness classes are busting at the seams and we really need to look at expanding and modifying the entire program. In a perfect world, where money was no object, this would be a slam dunk. Our current operating cost for the entire fitness programs is just shy of \$30,000.00. We need to find some extra dineros to keep this program going! We welcome all ideas, connections, contributions and suggestions!

I want to acknowledge all the members who appreciate the economic challenges of maintaining our current programs. THANK you ladies!!! for all your donations, support at events and fundraising.

Looking forward to seeing you all at the GALA!!!

~ Karen



## Living the Smart Way

**Kathy Smart**

### Dark Chocolate Pancakes with Warm Chocolate Sauce

1/2 cup 2% cottage cheese  
1/2 cup wheat-free oats  
2 organic eggs  
1 tbsp vanilla extract  
3 tbsp unsweetened cocoa powder  
Warm Chocolate Sauce:  
1/4 cup Greek yogurt  
1 tsp vanilla extract  
2 tbsp unsweetened cocoa powder

2 tbsp pure maple syrup  
Almond or coconut milk added to desired consistency

Take all pancake ingredients and blend together in a blender. Heat coconut oil in a pan and cook pancakes, making sure bubbles appear on surface before you flip. Serve with warm chocolate sauce.

Warm Chocolate Sauce directions: Heat all ingredients together in a medium saucepan and stir. Serve warm by pouring over your pancakes and top with fresh berries and a sprig of mint.

Gluten free, wheat free, low glyce-  
mic and they freeze well!!

"Life moves pretty fast. If you don't stop and look once in a while, you could miss it."

~Ferris Bueller

## Kudos Korners

## A big Thank You

...to **Roger B, Marilyn J, Steve J and Danny** and the staff at **Firkin and Knight Pub** for a fabulous pub night fundraiser on Sept 28th. They organized a great night for our benefit with live bands, a 50/50 draw and a silent auction with over 60 items bringing in over \$4600!

...to **Robert W** and **The Knights of the Inferno Motorcycle Club** for organizing a great motorcycle rally on Aug 24th. Over 40 bikes and 60 riders took part in a ride from Stittsville to Embrun. Our appreciation also to **M&M Meats in Embrun** for a great BBQ after the ride and the **Embrun Fire Department** for their help during the event that raised over \$2800! Thank you to the **Goulbourn Rec Complex** for allowing us to start from their parking lot.

...to **Brigitte D** for organizing a BCA table at the Women's Wellness Conference in Orleans. Also to her helpers: **Marija J, Margaret J & Karen W**. Raising awareness is as important as raising funds!

... to **Diane R, Elizabeth G and Margaret J** for being BCA representatives at the Westgate Mall Health & Wellness Show last month.

...to **Tressey H from the Ahrar Foundation**, for inviting BCA to attend their fundraising breakfast that brought in \$1850.

...to **Marg C** for once again helping to organize an amazing golf tournament for BCA. The first 5 people who find the ladybug in the newsletter and calls the office will win a BCA car magnet. Hats off to the volunteers on the course: **Diane R, Doug G, Nathalie S, Rhonda E** and to **Beau's Brewery** for hosting a beer tasting. Kudos to all the prize sponsors, hole sponsors and tournament sponsors.



### Reiki program for BCA members!

BCA member Hannah Lemire is a certified Reiki Master and has offered to us **60-minute Reiki sessions at no charge** to active BCA members. Reiki is a Japanese word meaning "Universal Life Force Energy" and is a hands-on technique helping to increase your concentration, improve circulation and helps you to relax and manage stress. If you are interested in booking a 60 minute session, please call us at the office, 613-736-5921.

"The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel."

~Steve Furtick

### Massage Therapy Program-Free to Active Members

Danielle Vanholst is a graduate of Algonquin College, registered with the College of Massage Therapists of Ontario. She has experience in treatment of musculoskeletal conditions, lymphatic drainage, scar tissue therapy and rehabilitation. She is volunteering on the first Tuesday of each month at BCA, offering **free 45-minute massage therapy sessions** to our members.

Her motivation for joining BCA stems from her family's experience with cancer and from how deeply it touched her. It is her goal to encourage members and to aid them in restoring function, comfort and confidence. She will also provide empathic and holistic care working with each woman in creating a treatment plan to assist them in returning to the things they love.

**Appointments available for December and onwards at 613-736-5921.**

## The Dianne Hartling Book Club



The group meets at a member's home once a month. Enjoy a cup of coffee or tea over a lively discussion about each selected book. New members are always welcome to join! If you are interested in joining the BCA Book Club, please contact the office 613-736-5921.

### BCA Peer Support Program

Thanks to the generosity of a H.O.P.E. grant, we have, with the assistance of our veteran peer supporter and former BCA Board president Diane Ryan, developed a new PSV criteria, screening process and training tool.

All Peer Support Volunteers are required to:

- \* fill in an application
- \* meet with our peer support panel (appointment time to follow your acceptance)
- \* attend a brief Breast Cancer Action orientation and complete a mandatory 2 day training program

**We will be holding another training session soon. If you are at least one year post-treatment and you would like to volunteer your services as a BCA Peer Supporter please email Karen at [executivedirector@bcaott.ca](mailto:executivedirector@bcaott.ca).**

### Celebrate Survivorship Program:

Breast Cancer Action celebrates survivors! When you make any donation to BCA to honour a friend or family member, we too will applaud that special person. BCA will send them a hand made, specially designed card, along with your personal message and our note letting them know that, we too, celebrate their survivorship. Call us at 613-736-5921 for more information on this wonderful program that rejoices in the human spirit.

### 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.

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

#### Thursdays:

Oct 10	Oct 24
Nov 7	Nov 21
Dec 5	Dec 19

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

### 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.

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

Remaining 2013 Date:  
Nov 27, 6-8:30

900 Dynes Road (Rideau Room)

There is **no charge** to attend. Call 613-736-5921 to register for this workshop.



Kim Morin Physiotherapy & Lymphedema Therapy

Kim Morin, PT, CLT/CDT, CAFCI

404-2249 Carling Avenue  
Ottawa, ON K2B 2S9  
613.878.2914

[kim@kimmorinphysio.ca](mailto:kim@kimmorinphysio.ca)  
[www.kimmorinphysio.ca](http://www.kimmorinphysio.ca)

**Breast Cancer Action Hollywood Glam  
Gala & Auctions  
Friday, November 15, 2013  
Ottawa Conference & Event Centre**

200 Coventry Rd, Ottawa, ON

**COCKTAILS 6:30      DINNER 7:15 PM**  
**MUSIC & DANCING 8:30      MUSIC BY AC ENTERTAINMENT**  
**SILENT AUCTION 6:30-9:00 PM**  
**TICKETS \$75 OR TABLE OF 10 \$700.**

**WALK THE CARPET**

**WIN A WESTJET TRAVEL  
PACKAGE**

**BUY A STAR ON OUR  
WALK OF FAME**

**BID AND WIN FABULOUS  
SILENT AUCTION ITEMS**

**GET A PICTURE TAKEN WITH A "CELEBRITY"**

**GLAM IT UP! COME AS YOUR FAVE HOLLYWOOD STAR**

**WIN A "BUSTY" AWARD {BCA'S OWN OSCAR}**

**50%  
Sold  
Out!**

**FOR MORE INFORMATION, TO BUY A TABLE, TICKETS, SPONSOR, OR DONATE A GIFT  
CALL US 613-736-5921 OR GO TO [WWW.BCAOTT.CA](http://WWW.BCAOTT.CA)**



Busting Out team member, Beirong Xiong, paddled with Canada's Women's Senior B team in Szeged, Hungary, at the 11<sup>th</sup> World Dragon Boat Racing Championships which took place from July 24-27. Her team raced in four events against some stiff competitors from the USA, Australia and the Czech Republic. The result was a clean sweep, with four shining gold medal performances by an awesome group of women.



1460 Merivale Rd  
Great food, Great times!

*2013 Ace Golf Sponsor*

*Marg Campbell*

*2013 Albatross Golf Sponsor*

Stephen Hall   
**DUNDEEWEALTH**

*2013 Title Walk Sponsor*

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*2012 Jade Gala Sponsor*

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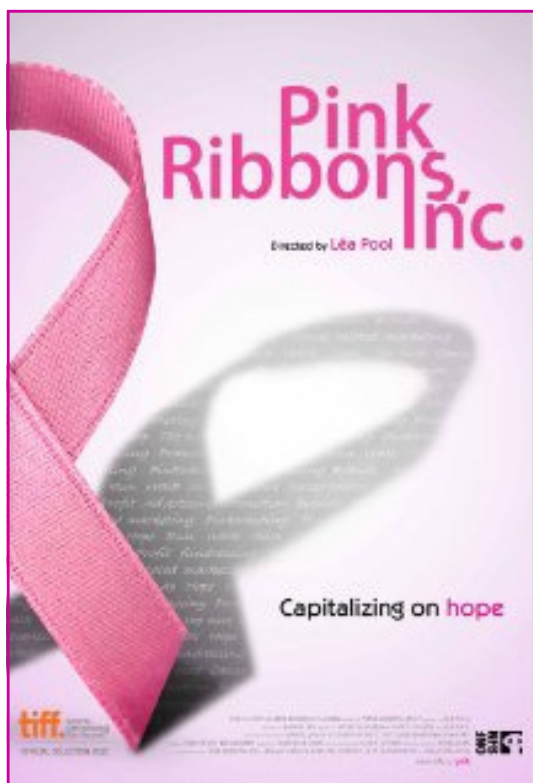
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*2012 Ruby Gala Sponsors*

 **KELLY'S**  
BOUTIQUE INC.

*Nancy & David  
Nicholson*





**The Ottawa Integrative Cancer  
Centre presents  
the documentary film,  
Pink Ribbons, Inc.  
in partnership with  
Breast Cancer Action,  
the Canadian Breast Cancer Network &  
Rethink Breast Cancer**

**Panel discussion to follow film:  
Dr. Dugald Seely, ND, ED of OICC,  
Karen Graszat, ED of Breast Cancer Action,  
Dr. Samantha King, Author of Pink Ribbons Inc.,  
Tamara Levine, Breast Cancer Survivor & Author  
of But Hope is Longer**

**Tuesday, October 29, 2013  
6:30-9:00**

**Mayfair Theatre, 1074 Bank St**

## Busting Out

The season started off somewhat slower than anticipated: our festival in Moncton, New Brunswick, was cancelled because there was not enough interest. However, we were lucky as it was rained out anyway. And sadly, even though we registered as soon as we could, the Vermont festival was already full. However, this hasn't stopped us from moving forward and enjoying the season. Our coach, Diana Deek, left Ottawa to take up a wonderful new job as Head Coach at the Halifax Canoe Club, NS. After so many years, we miss her a lot but she still drops in to see us when she's in Ottawa. Her brother, Nicholas Deek, has replaced her and is keen to push us to the limit by extending our distances and building up stamina. As usual we raced in the Tim Hortons Ottawa Festival which took place on June 20-23, with blue sky and sunshine throughout the festival.

Ros Bell-Stitt's voice echoed over the water in a moving flower ceremony. We were also joined by a special team of paddlers, most of whom had either had an organ transplant or were waiting for one. On July 6, we took part in the Hamilton Waterfest. This was the festival's 10<sup>th</sup> anniversary and the venue was beautiful. On September 7, we took part in the Dragon Boat Festival in Carleton Place. This is a fairly small, family-friendly festival which we always enjoy. In October, twenty-eight of us drove down to Burlington, Ont. to take part in the Cayuga River Run on the Grand River on Saturday, October 5, organised by Lively Dragon (Hamilton). We paddled 27 kms downstream from Cayuga to Dunnville, trying to fend off pirates attempting to steal our Canadian flag. Sadly they succeeded, despite valiant efforts by

Nick to stop them. Luckily we were paddling with the current and had plenty of breaks along the way! We were joined by several other teams and had a fabulous potluck lunch in a garden overlooking the river belonging to a kind local resident. Some of our team members have also been enjoying recreational paddling at the Rideau Canoe Club on Sunday evenings throughout the summer months.



## Ontario Health Study

The Ontario Health Study (OHS) will be the biggest community-based health study ever done in Ontario, and one of the biggest in the world. The OHS is a long-term study that will help us understand the causes, prevention and treatment of diseases such as cancer, heart disease, asthma, and diabetes.

Studies like the OHS have led to important discoveries in the past. For example, they have taught us that smoking causes cancer and that diabetes can increase a person's risk of heart disease. Many thousands of people have participated in previous population-based health studies. As a result, all Canadians have better health care today. Now you have a chance to make a difference for future generations in Ontario.

The Study began with an initial phase in which more than 8,000 adults living in three communities in Ontario took part. The main phase of the Study has begun, and is now open to all residents of Ontario who are at least 18 years old. We hope to follow participants in the Study for their entire lifespan. This will allow researchers to see how environment, lifestyle and genes affect the risk of common diseases.

The OHS is also part of the Canadian Partnership for Tomorrow Project made up of five regional health studies across the country.

Medical researchers at universities, research institutes and hospitals across Ontario are conducting this study. The governments of Ontario and Canada are funding the Study.

If you are at least 18 years old, regardless of whether or not you are in good health, we would like you to be part of the Ontario Health Study!

What Does the Study Involve?

### Step 1: Getting Started

- Enrol and register;
- Review what is required of you and consent to participation;
- Complete the online questionnaire (this takes 20-30 minutes on average);

### Step 2: Follow-up (optional)

- Each year, we may ask you to complete one or more brief online questionnaires, or to take part in additional studies related to the OHS that will collect information about factors that may affect your health such as your diet, physical activity, or your community.

### Step 3: Visit an Assessment Centre (optional)

- You may be invited to come to an Assessment Centre for more extensive measurements (e.g., blood pressure, lung function, and blood sugar levels). You will also receive a detailed report that will give you a great window into your current health.

For more information visit <https://ontariohealthstudy.ca/>