



Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

FALL 2012



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BCA Treasurer, Wendy Loschiuk, (r) and a golfing buddy make their way around Glen Mar Golf & Country Club during the 6th Annual Golf Tournament of Hope for BCA on August 16th. The weather was perfect once again (are we lucky or what?) and we all had a fabulous time. After the day of golf there was a delicious rib & chicken dinner served and the excitement of a silent auction.

“When you can’t change the direction of the wind, adjust your sails.” ~ H. Jackson Brown Jr.

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Deadline for Winter 2013 Issue:

All submissions for the spring newsletter are due December 15th.

Board President's Message

I've been thinking about motivation lately, about the reasons why we do anything. Motivation in this sense is non-financial. When we do things for money, it is usually because the money is instrumental to us getting or doing other things. Immanuel Kant thought that we did things because of our duty, to others or to God. Mill and Aristotle thought that the ultimate goal was Happiness, defined how you will. I prefer the "good for me/bad for me" dichotomy, as it seems to combine both happiness and duty.

I serve on charitable boards because I can make a difference for other people. I can help the boards do good works. This is good for me because I also benefit from the board working well, such as with my condo board. With BCA, I get to give back to a whole range of people who helped me on my journey through breast cancer. It's not necessarily very direct, the giving back. But there is a ripple effect, where one good deed is eventually felt by others in a "pay it forward" kind of way. I exercise, do yoga and keep myself fit, because it is good for me mentally and

physically. The benefits are obvious to me but they also affect my dealing with other people. Instead of having to rely on others to help me, I can help them. I am still not sure why it is, but helping others always makes me feel good. Interestingly, when I was the one who needed assistance, I was happy to accept it, knowing that I might return the favour one day.

Reciprocity is a cornerstone in the make-up of the human psyche. We do things for each other because there is an expectation that we may get something in return. We are sophisticated enough to realize that it is not one-to-one – my "reward" may come much later and not even from you. But it seems to me that this is a good system for keeping relationships healthy and moving forward. We count on each other. We rely on each other. We're like family, in that we know someone will always be there to help us if we need it. BCA is like family. Some members joined years ago and now, don't do anything other than maintain their memberships (which is still appreciated!) Some members continue to use our services. Some

members are actively involved at different levels. It takes all types to make a family. We can't all be doing the same thing all the time! Maybe "team" is a better analogy but I think "family" allows for more differences, and for various goals. My goal as president of the board is to ensure that BCA continues to provide programs and services for its members, to be there when it is needed, and to ensure that members are nurtured to go on, to be the best that they can be.



Living the Smart Way

Decadent Double Fudge Brownie

This is probably the MOST sought after recipe I have created. This brownie is almost fudge like in consistency....and you will never guess what the secret ingredient is! Serves 12

1 can of black beans 540 ml rinsed
3 eggs
½ cup of unsweetened cocoa
½ cup of butter or coconut oil
¾ cup of Sucanat
½ cup of dark chocolate chips
1 tablespoon of vanilla extract
2/3 cup of walnuts or pecans

Preheat oven to 350°F.

Add all ingredients, except walnuts, to a food processor and puree.

Stir in walnuts.

Add brownie batter to a pre-greased 7x7inch baking pan.

Bake for 30 minutes or until toothpick comes out clean.

Serve with melted dark chocolate, fresh mango and coconut milk ice cream.

Amount Per Serving

Calories 253.71

Total Fat 15.86g

Saturated Fat 7.21g

Cholesterol 73.21mg

Sodium 130.24mg

Potassium 198.53mg

Total Carbohydrates 26.1g

Fiber 3.91g

Sugar 13.81g

Protein 5.56g

Accolades:

Simple and Quick

Dairy Free

Gluten and Wheat Free

Low Glycemic

No added Refined Sugars

Vegetarian

High in Fibre

High in Protein

Kathy Smart



Busting Out: Dragon Boat Team

Shelagh Needham

It's been another great season for Busting Out. Each year we seem to get stronger and paddle better than ever.

In March we started our workouts at the Champagne pool. This year we each had to swim a length or two of the pool wearing our life vests – some of us were surprised to find they actually do keep us afloat! Sometimes we found the kick boxing taking place on the upper level a bit of a distraction as we exercised poolside. I think many of us would like to have joined in!

In May we took to the water at the newly rebuilt Rideau Canoe Club with our lovely coach, Diana Deek, who has bounced back from the severe injuries she suffered a year or so ago after a biking accident. She's certainly an inspiration to us all. This year we competed at six festivals: Welland, Ottawa, Windsor, Barrie, Carleton Place and Stratford.

We began the season in Welland and came home with a paddle trophy, which we all signed, after winning the consolation final with a time of 2:47.07. A member of another team was heard commenting she hoped no-one mixed her up with us 'old ladies'. But we got the last laugh

when we beat her team in each of our races!

As usual, the Ottawa festival was a huge success. And congratulations to all our new paddlers who participated in their first Ottawa festival.

Twelve breast cancer survivor teams, including teams from Kentucky, Pittsburg and Buffalo, helped celebrate Windsor's 10th Anniversary. On the Friday some of us took a winery tour or bargain-hunted in Michigan. But on the weekend we were all ready fight to it out with the other teams. We gave it our all and got into the finals. For most of the race, we were neck and neck with Windsor in the lane beside us. But we squeaked past to win with the festival with a time of 2:48.60. We felt triumphant as we were presented with medals and the championship trophy, which will bear *Busting Out's* name as the winner, two years in a row.

Next came Barrie, which was also the 10th anniversary of Barrie's survivor team, *The Ribbons of Hope*, whose members had kindly prepared pink goodie bags for all of us. The festival was held on the shores of beautiful Lake Simcoe. Each team was introduced and sang either a cheer or a

song. Thanks to Sandra and her fellow composers we had a brand new song to sing. But this time we were not to win any races. In the evening *Ribbons of Hope* held a dinner in the banquet hall with pink accents on long trestle tables and Chinese fan dancers.

After a season of drought, the Carleton Place festival took place in pouring rain, thunder and lightning as we caught the tail end of a hurricane. At one stage another boat even ran into us. But nothing put us off, we just waited out the storms and carried on paddling, even if we were soaking wet by the time the festival ended. We love this festival as it's in a small, friendly community and a great contrast to the larger festivals.

As I write this, we have one more festival to attend in Stratford before the season comes to an end. It's always a popular venue as we not only race on the river, with swans gliding past, but many of us get to attend the Stratford Festival plays in the evenings.

It's been a year of hard work, fun and fitness. And yes, we are already looking forward to 2013!

Mark your calendars!

Upcoming BCA events to get involved in.

Nov 16: Viva Las Vegas Gala & Auctions

Dinner, dancing, silent & live auctions, wedding chapel, photo booth, entertainment!

Sala San Marco Banquet Hall

June 1, 2013: Stroll for Our Goal St. Paul's University Campus

Check out our website for more details about these events!

Massage Therapy Program-Free to Active Members

Danielle Vanholst is a recent 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 October
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.

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.

Courage does not always roar
Sometimes courage is the quiet voice
At the end of the day saying
"I will try again tomorrow".

Mary Anne Radanbaucher



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:**

October 4 October 18
November 1 November 15 November 29
December 13

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.

Nov 28 6-8:30 900 Dynes Road

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

Kudos Korners

A big Thank You

...to **Glen Mar Golf & Country Club, Flying Monkey Microbrewery**, the many sponsors, the golfers, the **Golf Tournament Committee**, our tournament volunteers: **Lina & Brigit Mowat, Doug Gee, Rhonda Evans, Marg Campbell** for another highly successful **Golf Tournament of Hope on August 16**. Over **\$22,000** was raised for **BCA!** ...to **Hylands Golf & Country Club** and the organizers of the **Ladies Members Guests Invitational Tournament** who raised over **\$1000** for **BCA!**



From a Man's Perspective

Peter Platt

My name is Peter Platt and I am a member of Breast Cancer Action. I am also a breast cancer survivor. Very few men develop breast cancer; roughly 1% of all breast cancer cases are men. In Canada in 2012, approximately 200 men will be diagnosed with breast cancer.

When I was diagnosed with breast cancer in July 2011, I felt alone, not knowing anyone, female or male, who had breast cancer and I had many questions. Who was I going to talk to about my diagnosis that knew what it was like to have breast cancer? Who could I speak to that I could relate to as man with breast cancer? What I thought I needed at the time was to be able to sit down and talk with another man who was a breast cancer survivor as this was all new to me and I was scared.

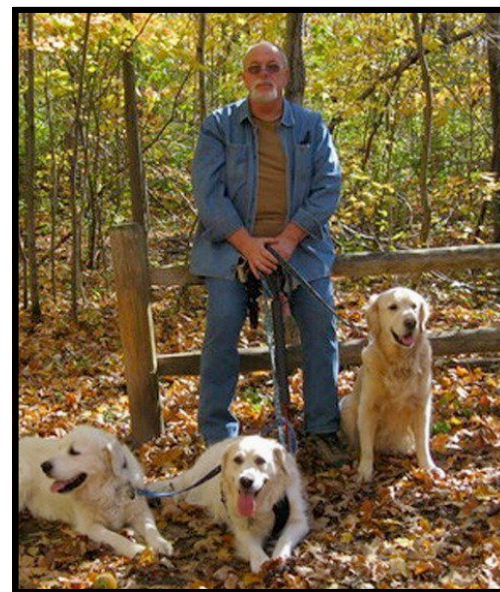
I did an Internet search for information in Canada about men and breast cancer to see if I could locate a breast cancer organization that provided male peer support. I found many sites giving reasons why men get breast cancer, the different types of breast cancer, different treatments, but nothing about male peer support for a man

with breast cancer. They may have been out there, but I could not locate any at that time.

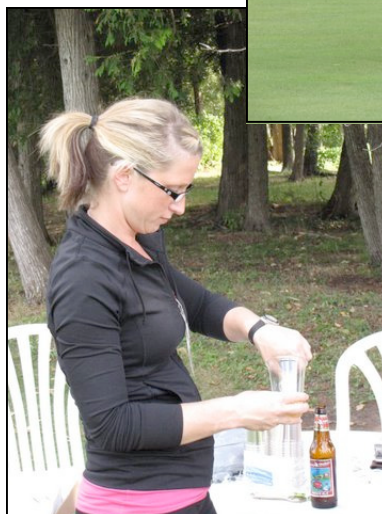
I was a client of the Women's Breast Health Centre and after undergoing two surgeries at the General Hospital, I participated in a support group at the Health Centre called Stepping Stones in which the other 8 participants were women. I was not sure if I would be accepted being a man, but my fears were unfounded. From the very first meeting until the completion of the program, I learned a great deal about having breast cancer from a woman's point of view and I had the opportunity to talk about my feelings, concerns and fears. It helped me knowing that no matter what the gender is of the person with breast cancer, we who have breast cancer can help each other.

I believe peer support plays a very integral part of the process; from diagnosis on through to the completion of the medical therapies. Insomuch that breast cancer is a physical disease; it also takes a huge toll on the emotions of not only the person diagnosed but also everyone close to them.

Only through public education will people know breast cancer is not a gender based disease, but rather a disease that affects **both** women and men.



We welcome Peter as the newest member of Breast Cancer Action's Board of Directors.
Photo supplied



Photos by Doug Gee



Another fabulous day on the Links and the 6th Annual Golf Tournament of Hope for BCA was underway. 95 golfers took to the fairways at Glen Mar Golf & Country Club for a day of great fun and good golfing on August 16th. Our celebrity golfer was former Olympian Sue Holloway and our own board president, Julia Ringma, won the putting contest with a score of 60 points. The tournament raised over \$22,000 for BCA!

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“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

~ Mark Twain (1835–1910);
[Samuel Clemens] Humorist, Essayist,
Novelist

Reprint from 2006: Nora Deane

The following article was published in the Winter 2006 BCA Newsletter.

It is being re-printed here as an introduction to Nora Deane, who I have been in contact with for about 6 weeks.

~

Across Borders and in Our Own Backyard

By Dianne Hartling

One person can make a difference.

Nora Deane, one of Breast Cancer Action's founding members, retired to a small town in Mexico just south of Guadalajara. (It seems as though she prefers the climate there better than Canada.)

Nora may be retired but she remains an activist at heart electing to make a difference by helping the women in her community do something about breast cancer. Realizing the importance of having a centralized location to work from, and eager to get started, Nora teamed up with Sylvia Flores, the Director of the local health center to start the first breast cancer program in the area.

Nora writes, "In August 2004 when the program began in Ajijic, only three breast cancer patients could be identified by a local resident. Doctors and Nurses were unable to identify any local survivors. It took two months to have two of the three survivors come forward. At that

time, they received prostheses and bras and, one month later, the third lady appeared.

In 2005, a second branch was opened in Jocotopec just west of Ajijic where there are now four dedicated volunteers – three of them retired nurses from North America.

In the two years since the program started, the total number of women seen by all the Nurses now numbers around 70 which simply means that the words 'Breast Cancer' are finally being spoken aloud in this community.

As some of you may recall, those same words were spoken for the first time in the House of Commons in Canada in 1992 as a result of the work of dedicated volunteers, and the support of the female Members of Parliament.

Attitudes have changed in Canada since 1992 and are now changing here at Lakeside and that alone can save lives."

Nora and her dedicated team of volunteers distribute donated prostheses and bras to survivors. They educate their community on the importance of early diagnosis, and they encourage breast cancer survivors to talk openly about their disease. They personally help finance women with children who can barely afford a bus ticket, let alone pay for expen-

sive treatments. They make a difference.

The volunteer team now consists of three retired Nurses from the U.S. and one from Canada. A friend in Ottawa is planning a drive to Mexico in late December and has actively canvassed her contacts for donations of used bras and prosthesis to bring with her on her journey. These women are to be commended in their dedication to helping those diagnosed with breast cancer.

Nora was at that meeting on Parliament Hill back in 1992. It is clear that the work that began with Breast Cancer Action will continue for many years to come, across borders, in other countries and in our own backyard. I am certain that we all look forward to a time when we have eliminated this disease forever, and we can shut our doors and rejoice with the millions of women around the world.

~

Presently we are looking for a "snowbird" who is travelling to Mexico this winter to carry bras and prosthesis to Nora. If you think you can help us, please contact BCA 613-736-5921. We are collecting gently used bras and prosthesis, sizes 5-7, in particular.

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Yvonne Cashen, Director
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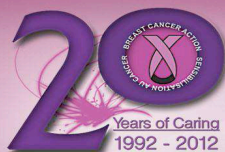
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Breast Cancer Action
 Because no one should face it alone.

presents...

Viva Las Vegas

Gala & Silent Auction

Friday, November 16, 2012

Sala San Marco, 215 Preston St

\$75 pp or \$700/table of 10

Dinner, dancing, silent auction, photo booth, wedding chapel, games, fabulous prizes, Vegas-style entertainment, fun for everyone!

Call Breast Cancer Action, 613-736-5921 to purchase your tickets!

Proceeds to Breast Cancer Action's fitness & support programs for breast cancer patients & survivors in Ottawa and Area.

