

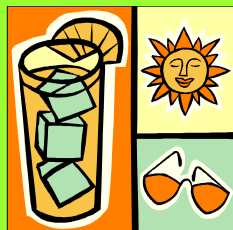


# Breast Cancer Action

*Because no one should face it alone*

QUARTERLY NEWSLETTER

SUMMER 2013



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Saying thank you to those who go an extra mile in fund-raising or volunteering for BCA  
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A sunny Sunday morning and a great cause are the best reasons to host a garage sale in your neighbourhood to help raise funds for Breast Cancer Action! Beth Staton and her daughter wanted to raise funds for us. She proudly flew her our banner and distributed BCA pamphlets to her customers. Not only did she raise over \$200 she also spread the word about BCA! That may help someone who might need our services in the future. You too can raise funds in a variety of fun ways and we can help you. For some ideas, take a look at the "Get Involved" page on our website, [www.bcaott.ca](http://www.bcaott.ca).

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**Deadline for Fall 2013 Issue:**

All submissions for the fall newsletter are due September 30th.

## Executive Director's Message

**Karen Graszat**



“Walk with the dreamers, the believers, the courageous, the cheerful, the planners, the doers, the successful people with their heads in the clouds and their feet on the ground. Let their spirit ignite a fire within you to leave this world better than when you found it...”

— Wilferd Peterson

On June 1<sup>st</sup>, supporters and walkers joined out 20<sup>th</sup> Annual Manulife Stroll for our goal to raise money for BCA programs. I was, as I always am, touched by the participants, their stories, their journeys and their generous support and validation.

In particular, the Cowen Family who came together and walked as a family in support of their mother/wife, who, like so many other walkers, is a breast cancer survivor.

I am so appreciative to Manulife, who continues to sponsor and support BCA. Their spirit of giving is an amazing reflection of their social and community values.

Having said all that, I continue to be awed by the spirit and camaraderie of TEAM RACQUETEERS. This wonderful, supportive group of women from the Rideau Tennis Club fitness programs work together to raise money for, participate in

and support the Stroll for the Goal. This year, the Racqueteers alone raised over SEVEN THOUSAND DOLLARS. We are sending kudos to each and every one of you special ladies and to Marina for spearheading the initiative.

Many thanks to all our supporters, participants, volunteers, committee members, Manulife, Rhonda and Lynn!

Wishing you all a great summer-with better weather!

~ Karen

## Living the Smart Way

**Kathy Smart**

### Strawberry Jalapeno Salsa

15-20 fresh strawberries, chopped  
1/3 cup red onion, finely minced  
1 cup fresh cilantro, minced  
1 jalapeno pepper, minced  
Juice of 1 lime  
Fresh pepper and sea salt to taste

Mix all ingredients together and enjoy on nacho chips, chicken, fish.

### Dark Chocolate and Vanilla Ice Cream

4 frozen bananas, in chunks  
1 cup frozen strawberries, halved  
1 tsp vanilla  
3 tbsp unsweetened cocoa

Puree all ingredients together in a blender or food processor. Freeze and enjoy!!

### Dark Chocolate Trail Mix Bites

Melt 4 Tablespoons of dark chocolate chips and drop by teaspoonfuls on parchment paper- then top with your favorite trail mixture and sprinkle with sea salt- allow to cool- ENJOY!

## Kudos Korners

## A big Thank You

...to **Alison P, Anita F and Krystal K** for organizing and putting on the 4th Annual Breast Friends FUNdraiser at the Goulbourn Rec Centre in May. The event raised **\$13,619** for BCA!! A big thank you also to the participants, businesses and the City of Ottawa for supporting us at the event!

...to the BCA members who came out to represent us at our booth at the National Women's Show: **Carol Ann J, Carolyn B, Sandra S, Julia R, Brigitte D, Marija J, Rhonda E, Margaret J, Frances S-S, Corien K, Susy G**. Also a big shout out to **Katie E** who spoke about her breast cancer experience at the Workshop Stage on Sunday.

...to Walk Day volunteers from BCA: **Wendy L, Carol Ann J, Julia R, Rhonda E, Elizabeth G, Ann D, Nathalie S, Peter P, Marija J, Brigitte D, Kim M**. A shout out to **David H, Doug G, Lauren L, Courtney, Highland Mist, St. Paul's University, Giant Tiger, No Frills, Kelly's Boutique, The Wellness Centre, Quality Entertainment, Laura S** and her dancers, our prize donors and our wonderful MC for the day: **Codi Jeffreys**.

...to **Laurie M & Ann K** for all the time and energy they give to BCA working on the BCA website and the new online registration process.



### Introducing a **NEW** program for active 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. Appointment times are: 10:00, 11:30, 1:00 and 2:30.



"Life's challenges are not supposed to paralyze you; they are supposed to help you discover who you are."

~ Bernice Johnson Reagan

### **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 September 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:

July 18	Aug 1
Aug 15	Aug 29
Sept 12	Sept 26

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.

2013 Dates:

Sept 16, 1:30-4      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

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**Knights of the Inferno MC**  
**1st Annual Old School Biker Ride for**  
**Breast Cancer Action**

**Saturday, August 24, 2013 Ride from 10-3**



**See the BCA website for more details.**

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**Firkin &**  
**Knight Pub**

**Fundraiser**  
for Breast Cancer Action

1460 Merivale Road  
Saturday, Sept. 28<sup>th</sup>  
3:00– close



**See the BCA website for more details.**



# STROLL FOR OUR GOAL 2013

It started out as a wet day but the clouds showed some mercy to us for the duration of the 20th Manulife STROLL FOR OUR GOAL on June 1st. Our MC Codi Jefferys and warm up leader, Laura Savard, prepared the walkers for their trek and Highland Mist led the way! Thank you to everyone who participated, either as a walker, a supporter or a volunteer at the event!





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**Contact Us**

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**Save the date!!**

Upcoming BCA Events to get  
involved in.

**August 15**

Golf Tournament of Hope

**August 24**

The Knights of the Inferno  
Old School Biker Ride for BCA

**September 28**

Firkin & Knight Pub Fundraiser

**November 15**

Hollywood Glam Gala

See the BCA website for details

*2013 Title Walk Sponsor*



*2012 Ruby Gala Sponsors*



*2012 Jade Gala Sponsor*



*Nancy & David  
Nicholson*

*Thank you for your support at these  
events!*



## Thursday, August 15, 2013 Glen Mar Golf and Country Club

7967 Fernbank Road, Stittsville 613.257.5181 - [www.glenmar.ca](http://www.glenmar.ca)

### **PRICE:**

Registration cost is \$125 per person (payable at time of registration).

### **WHICH INCLUDES:**

18 holes of golf, use of a cart, prizes, putting contest, dinner and a \$50 charitable tax receipt from Breast Cancer Action.

### **REGISTRATION:**

You can register as a single, twosome or foursome by filling out the registration form and mailing it and a cheque made out to Breast Cancer Action to the address below **OR** go online to our website, [www.bcaott.ca](http://www.bcaott.ca) with your credit card information and we will be happy to process your registration.

*Breast Cancer Action is a local charitable organization operating a support and resource centre for breast cancer patients and survivors for the past 20 plus years. We offer exercise programs, workshops, resources and support as we recognize that no one should face a diagnosis of breast cancer alone.*

**For further information,  
please contact:**

**Marg Campbell**  
[golf@bcaott.ca](mailto:golf@bcaott.ca)

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