



# Summer 2015

## What's New at BCA

Summer isn't over quite yet, but things are already starting to pick up here at BCA! We've been busy coordinating events like our annual golf tournament, pub fundraiser and gala, cheering on our Dragon Boat team and gearing up for our fall fitness program! We have plenty of exciting things coming up, so keep reading to learn more!

We are happy to introduce a new initiative that we are launching, called Pay It Forward, which we hope will facilitate a greater sense of community between not just our existing members, but also with women who have been newly diagnosed with breast cancer. We have always said that no one should face it alone— so now it's time to show it! For more information on Paying It Forward, see Page 2.

We are looking forward to the fall, and all the new and exciting things that will come with it here at BCA, especially getting reacquainted with our members! We hope to hear from you, or even better, we hope to see you! Please feel free to stop by our office if you want any information or wish to get involved, or come out to any (or all) of our events and let us know what you think!



## Supporting Women: The National Women's Show

This October, BCA will be participating in the National Women's Show exhibition. We are really looking forward to the chance to connect with more women in a comfortable and open atmosphere! If you are interested in joining us and checking out what else the show has to offer Canadian women, or you just want to see the Ottawa Firefighters on the runway, then please feel free to stop by! BCA will be at booth #405 at the Ernst & Young Centre on October 24th or 25th.



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### Special points of interest

- Learn about our updated membership structure
- Upcoming & recent events
- Busting Out: what a season!
- Fall fitness is now here!
- Meet our new Board President!



## Paying It Forward: Because No One Should Face It Alone!

It has always been our belief here at BCA that no one should face a breast cancer diagnosis alone.

Based on this philosophy, we have focused on fostering a community in which breast cancer survivors can form relationships with other women who have been on similar journeys, through peer support, fundraising events, educational workshops and pre-operative sessions, and where they can participate in fitness programs tailored to them.

We are extremely proud of all that we have developed in this respect, and we are excited to further the "Pay It Forward" initiative! Our new membership form offers members and other interested parties the chance

to subsidize a membership for women who cannot afford their own, to donate towards programs that will benefit others, and to subsidize the purchase of a mastectomy camisole through The Kelly Project.

We are also excited to offer women the chance to Pay It Forward in a more personal way: we are now accepting donations of clean and gently used post-operative camisoles and bras. These items do not run cheap, and as anyone who has owned one can attest, they are so beneficial after your operation. With this program, we hope to put these gently used garments into the hands of those women who need them most. Spread the word, and help us pay it forward!

*"Never get tired of doing little things for others. For sometimes, those little things occupy the biggest part of their heart." - Ida Azhari*

### Peer Support Training Session

We are happy to announce that we are holding another Peer Support training session this September.

Peer support is an important part of what we do here at Breast Cancer Action, because as we all know, no one should face a breast cancer diagnosis alone.

With this session, we hope to introduce a number of new, fully trained volunteers, ready to help those with a new diagnosis to confront it. If you are interested in becoming a peer supporter, please contact the BCA offices for more information. Because no one should face it alone!

## Details About Our Updated Membership Structure

As of September 1, 2015, Breast Cancer Action is updating our membership structure. We want to inform you of the key elements in this updated structure:

1. Increase in fees—Membership fees have enjoyed many years of stability, but in a time where corporate support and donations are declining and expenses rising, we must adjust our fee structure in order to continue to offer a fitness programme that truly answers the needs of all members. In consultation with the Membership and Fitness Committee nominated at our last AGM, the Board of Directors has decided to increase regular membership to \$50/year, and to create a new membership category for those who participate in fitness programmes, at \$75/year. This is in keeping with the increasing costs of fitness facility rentals, instructor fees and programmes throughout the city.
2. Updated Membership Structure—You will now have four options when joining BCA:
  - New Membership: a person joining BCA for the first time (one year only)
  - Regular Membership: a person joining BCA or renewing their membership without participating in the fitness programme
  - Fitness Membership: a person joining or renewing with the intention of registering in a minimum of one fitness session annually.
  - Supportive Membership: a person who wishes to lend his/her support to BCA (typically a spouse, friend or family member of a survivor)
3. One- and Two-Year Memberships—In most categories, you will now have the opportunity of joining for two years and thereby saving a few dollars and not having to worry about your membership for a longer period.

Our Registration Form (available online) offers additional opportunities for you to support BCA with our NEW "Paying it Forward" initiative. (Paying it Forward initiatives of \$25.00 or more are tax receiptable).

**The aforementioned changes follow the recommendations of the Membership/Fitness Committee, a group of dedicated BCA members who volunteered their time and experience. Questions and concerns may be addressed in writing to Karen [executivedirector@bcaott.ca](mailto:executivedirector@bcaott.ca) or call us at 613-736-5921.**



## Fitness Classes

We are happy to announce that registration is finally underway for our next fitness session! Classes begin mid-September, and include Tai Chi, Belly Dancing, Yoga, Stretch & Strength classes, and Triple S classes, located around the city for your convenience.

We are happy to welcome back several instructors and excited to introduce a few new ones, as well as a new venue, the St. Laurent Complex for Stretch & Strength classes!

As many of you are aware, physical fitness is an important step on the road to recovery after a cancer diagnosis, for both your mind and your body. At BCA, we understand that, and are eager to continue offering affordable and recovery-focused classes to any and all members.

Our new fitness membership guarantees that members will get the most from their fitness experience, from consistent class participation, to quality venues and instructors, to the introduction of new class options in future sessions. We thank members for their participation and support in this endeavor, and we look forward to optimizing our fitness program together!



## Study: Cancer Survivors & Healthy Behaviours

Researchers from the University of Ottawa, Nipissing University and the University of Calgary are conducting a study to examine how different healthy-lifestyle behaviours in adults with a history of cancer relate to one another. This study aims to gain a better understanding of socio-demographic, cancer-related and theory-based factors that relate to these behaviours.

If you are: above 18 years of age, can read & write in English, have or have had cancer, have completed primary and systemic treatment for cancer, and are willing to complete an online questionnaire that will take approximately 45 minutes, then you are eligible to participate in this study.

If interested, please contact research assistant Amanda Wurz at [ajwurz@ucalgary.ca](mailto:ajwurz@ucalgary.ca).





## Call for Donations

We all know what September means...putting away the summer stuff, and bringing out the fall stuff. If your fall cleaning is leaving you with lots of extra items that you no longer need, or if you went a little crazy with your fall shopping, then please consider making donations to BCA!

In addition to monetary donations, gifts-in-kind represent an important part of the fundraising that Breast Cancer Action does. These items will be either used by BCA directly, or will be used in auctions in order to raise more funds. These funds, in turn, will be used in order to enhance the experience of members at BCA.

All donations valued at over \$25 will be receipted, and all donations regardless of value will be greatly appreciated!

## Message from Busting Out

My name is Sheila Murphy. I am the Team Coordinator for Busting Out – a dragon boat team of breast cancer survivors based in Ottawa. We are a group of 59 women who have come together to improve our physical fitness through dragon boating and to support and encourage each other. We are living proof that there is quality of life after a breast cancer diagnosis. We are always working on ways to grow and develop our team to keep it healthy and vibrant. One way our team stays healthy and vibrant is by having new members join our team. There will be opportunities in September and October to come and try out dragon boating with Busting Out. If you are interested in knowing more about this please contact Kelly Glynn at [kellyphysio@bellnet.ca](mailto:kellyphysio@bellnet.ca). We look forward to seeing some new faces out on the water!

## Dragon Boat Season

Dragon boating is a watersport, and with our hot summer, that is a great thing!

Busting Out has had a busy season so far. In June we were one of 8 breast cancer teams in a festival in Peterborough. The races during the day were exciting and the Flower Ceremony was awesome, with all 8 boats floating together as the names of all of the members that each team had lost over the years were announced. It was very touching. There was a grand celebration that night with a buffet, live band, and lots of pink dancers!

It was a quick turnover for the Ottawa festival two weeks later. We entered both of our boats (Soul and Spirit) and had a great sunny afternoon of racing, even placing third in the Tent Spirit Award! Sunday graced us with torrential downpours, but we persevered and came out with one of our boats winning the Silver in the Breast Cup Race! The rain washed away the tears of the four teams standing on the boat docks as Alison & Ros delivered the flower ceremony.

We got another hot day on the water for the Annprior festival in July. Their venue was beautiful, at the meeting of the Madawaska and Ottawa rivers. Busting Out had a great day, and won the Breast Cancer Community Race.

In August, we had the first Breast Cancer Survivor Open Paddle Night to invite potential new members to try their hand at paddling. It was a huge success and as a result, we are starting a New Paddler 6 week Training Session this September. If you or someone you know missed out and would

like to find out more about the next session, please contact us or BCA directly and our membership coordinator, Kelly, will contact you.

September will also bring the Stratford Festival, where we are sending a team to keep up the great paddling, as well as enjoy the great musicals and theatre that Stratford has to offer.

As we begin to wind down in the fall, we will start making preparations for the next International Breast Cancer Festival, which will be held in Florence, Italy in 2018! This will be a very exciting change of venue!

As you enjoy the fall colours, the cooling temperatures, and sending the kids back to school.....imagine the joy that our paddlers feel as they realize how wonderful and fit they feel after a season of paddling. How little effort it takes for them to paddle, and how great they look in their summer dresses! They are thriving, not just surviving. They do not allow the word cancer to slow them down or weaken their spirits. Every one of you can help keep that spirit alive by supporting our team. Join us as a fan, a fellow BCA member, or just come on out and paddle!

Paddles Up!

*Desirée Bonner, Busting Out  
Communications Coordinator*

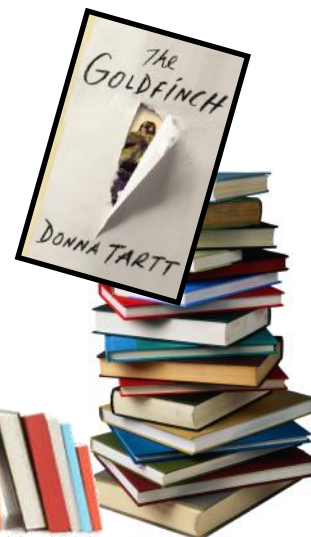


## Beyond the Book

Here at BCA, we like nothing better than some hot tea (or wine, shhh!), a great read, and some friendly conversation!

If you feel the same, then we would love for you to join our "Beyond the Book" book club! The club meets on the second Friday of each month, beginning on September 11, and will congregate at members' homes to allow for a more flexible schedule and friendly atmosphere! If you are interested, please contact us at [info@bcaott.ca](mailto:info@bcaott.ca) or 613-736-5921 for more information!

The first book read will be "The Goldfinch" by Donna Tartt.

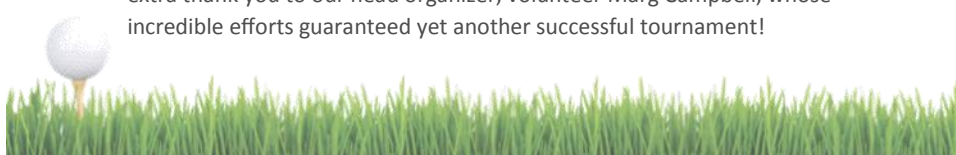


## 9th Annual Golf Tournament of Hope

Another summer has come and gone, and with it came the 9th Annual Golf Tournament of Hope, our most successful tournament to date, raising more than \$18,000 in support of Breast Cancer Action programs.

On August 13th, 2015, over 90 golfers gathered at Glen Mar Golf Course in Stittsville, to raise money for BCA while having a little fun in the sun. These golfers proved a generous and enthusiastic group, as they participated in an 18-hole shotgun-style tournament, various skill competitions, and two lively auctions hosted by Kurt Stoodley. The efforts of all who participated will greatly benefit Breast Cancer Action programs such as fitness classes, peer support programs, lymphedema awareness workshops and much more.

We would like to thank all of those involved in the tournament, as well as an extra thank you to our head organizer, volunteer Marg Campbell, whose incredible efforts guaranteed yet another successful tournament!



*"Always leave enough time in your life to do something that makes you happy, satisfied, or even joyous." - Paul Hawken*

## Carnaval Mardi Gras

It's almost that time of year! Our annual fall gala is fast approaching, and this year we decided to bring a little mystery and glamour to the event with a Carnaval Mardi Gras theme!

Bring your dancing shoes, your best semi-formal attire, and get ready to "let the good times roll"! Live entertainment will include MC Kurt Stoodley, DJ Tiny, and a selection of fortune tellers and palm readers. There will be a fabulous dinner, many prizes to be won, and a silent auction.

Take advantage of early bird prices until October 1: \$90/ticket or \$800/table. After October 1, tickets go up to \$100/ticket or \$900/table. Tickets available at BCA, call 613-736-5921 for more information!



the **BREAST** DRESS PROJECT



**St. Louis**  
BAR AND GRILL

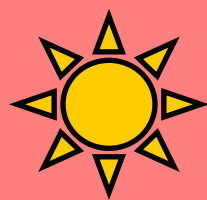
## Get Your Pink On This September

Each fall, BCA hosts a pub fundraiser featuring food, live entertainment, and an auction. This year, we are looking to raise the bar, and host the largest and most dynamic pub nights yet!

We have partnered with the Breast Dress Project for "Get Your Pink On", two nights of food and fun at St. Louis Bar & Grill (located at Baseline & Clyde)! This event will take place on Friday, September 25 and Saturday, September 26, and will feature the Knights of Columbus, Star Trek cos play, live bands, silent auctions, 50/50 draws, and a hot-wing eating contest!

If you are looking for a night or two on the town with some friends, then join us at "Get Your Pink On" and help ring in the fall with BCA!

All proceeds from this event will go to BCA and the "Get Your Pink On" team at the CIBC Run for the Cure.



## Kudos Korner

### Supportive Communities: Paying It Forward



When a long-time employee of the Terry Fox and Campeau Scotiabank Branch (8111 Campeau Drive in Kanata) was diagnosed with Breast Cancer, her colleagues wanted to do something special for her.

This woman beamed about receiving a camisole as a gift through The Kelly Project, a program offered through Breast Cancer Action Ottawa. When her colleagues asked what she would like, she said: "I want other women to have the same opportunity I did in receiving the gift of The Kelly Project camisole. This garment was so very helpful and instrumental in my recovery and everyone should have one."

Heard loud and clear, her friends and colleagues held jewelry parties, bake sales and various other functions and were able to raise the very impressive amount of \$3,682.00 for Breast Cancer Action Ottawa, with funds directed to The Kelly Project.

What a wonderful way to honour a colleague and help others all at once!

Way to go, and many thanks Mr. Johnston and staff at Scotiabank, Terry Fox and Campeau Branch.



Scotiabank



KELLY'S  
BOUTIQUE INC.

*"As you get older, you will discover that you have two hands, one for helping yourself, and one for helping others." -Audrey Hepburn*

### Get Involved with BCA

If you are looking to get involved in your community, to help coordinate activities, or to aid other women with a breast cancer diagnosis, then look no further than BCA!

We are always looking for volunteers to help us connect with our members, organize events and bring new and positive energy to our organization!



### Helping Us Put Our Best Foot Forward

Staying fit and active is an important part of maintaining a healthy lifestyle, and is especially important on the road to recovery after a breast cancer diagnosis.

Breast Cancer Action is proud to offer a selection of low-cost fitness programs throughout the year, and are happy to see how beneficial such classes have been for our members. But these classes are expensive, and our programming depends largely on donations and sponsorships.

This year we have received many donations from our members and participants in our classes, and we would like to extend our thanks for this generosity.

We would particularly like to thank OrthoMedix (located at 1749 St. Laurent Blvd.) for their invaluable contributions. They have not only supplied our members with discount coupons towards any of their selection of orthopedic footwear, but they have also donated over \$3,000.00 towards our Fit & Fab program, helping us to continue offering high-quality fitness classes geared toward those recovering from a breast cancer diagnosis. Thank you OrthoMedix!





## Random Acts of Kindness Day- November 6, 2015

"An *act of kindness* is a spontaneous gesture of goodwill towards someone or something - our fellow humans, the animal kingdom, and the kingdom of nature. Kind words and deeds come from a state of benevolence, generated by a core response deep within all of us."-Australian Kindness Movement

In researching Random Acts of Kindness (RAK), I came across many interesting websites and Facebook pages, but also a discrepancy in RAK dates. One said that Worldwide RAK day was November 13, 2015, in Canada it said November 6<sup>th</sup>. In the USA it is apparently both February 17<sup>th</sup> and the whole week of February 8<sup>th</sup>-12<sup>th</sup>!

Personally, I think it is great that days are earmarked for encouraging people to perform Random Acts of Kindness and I love that on these days there is a conscious effort to do something above and beyond for another human being. However, I really do believe that we are presented daily with an opportunity to do something random and kind for a friend, family member, co-worker or even a complete stranger.

It could be something as simple as running ahead to open a door for someone struggling with a stroller/bags/wheelchair/walker, letting someone with two items go ahead of you at the grocery store, cleaning the snow off a neighbour's car, holding the elevator, or any of a million other possibilities...

Sometimes, it is so gratifying to put a bit of time and effort into a RAK. With that in mind, I share with you a few of my personal stories, not to be lauded with accolades (as that is not my style) but because I felt such intense joy and I still smile when I think of that rush.

I knew someone who was going through a rough patch financially, so I made up a 50/50 draw (I even printed fake tickets and sold her one)! And she won! I don't know who was happier when I told her - wait, yes I do - ME.

When I was a younger and a new mother, I got talking to a lady at the airport who was bringing home an adopted baby and had to wait overnight for the last leg of her flight. Naturally, I brought her home with me. And while I am sure she appreciated it, for me it was great fun to play hostess to this American lady, learn about her adopted daughter, and share my amazing new mommy experiences! (See, you cannot give without getting!)

I really believe in Paying it Forward, so I like to think that in turn, the folks who receive kindness will in their own way help others. Like dominoes-one act of kindness is just the beginning.

As breast cancer patients and survivors, I hope that someone has assisted you along the way. And I trust that at some point and time you too have experienced the pleasure of Paying it Forward. So while I anticipate that some of us will all make a note to do something special on November 13<sup>th</sup> (mark your calendars), I encourage you all to embrace the day to day Random Acts of Kindness you perform as you journey through life.

"Together we can change the world, one good deed at a time." -Pay it Forwarders Everywhere



Karen Graszat, BCA Executive Director



Pay it forward



### Changes on the Board

In any organization, changes in leadership are a sign of a healthy system. It is important to recognize a variety of thoughts and opinions, and to promote a sharing of ideas as well as introducing new voices.

To this end, Breast Cancer Action would like to thank our former President, Julia Ringma, for her able leadership and tireless efforts to make BCA the best it could possibly be. We would also like to welcome one of our existing Directors to her new role as President, Rhonda Evans. Rhonda has always been a strong and creative voice within the organization, and we look forward to seeing her ideas and contributions come to life.

We hope you will all join us in welcoming our newest Board member, Lyndsay Burman, to the team. She has brought much creativity and insight to the organization, and we know she will be a valuable asset to our team here at Breast Cancer Action.

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## Message From the President

"Getting back to it!" That is what I saw in a flyer and it hit home. I had been thinking that September is almost like spring as it is a time of new beginnings. It is a time when we turn our thoughts to fitness programs and activities that will carry us through the winter months.

While we have been taking a break from many of our regular activities, our dedicated staff, Karen and Kelly, have been busy organizing our fall activities and helping those who have needed our services. We are so fortunate to have these ladies working diligently to set up our fitness programs, finding adequate space at a reasonable cost and qualified instructors to deliver a wide range of programs.

I have been on the Board of Directors for over five years and this fall I am stepping in as President, following Julia Ringma. Julia has led us through many changes in programs and community outreach. We have worked hard to ensure that we are there for anyone who reaches out to us. Julia will stay on as Past President continuing to provide us with her expertise. Not to mention the odd philosophical thought.

This fall does bring some changes at BCA with our membership structure and fitness programs. In order to keep our programs strong and available for the future, we must make adjustments. To this end a committee of members worked very hard to reach workable solutions. Thank you to those who gave their time to help out with this. We hope to do the same in the future.

We always have a need for volunteers to help in the office, work on committees for our fundraisers, help with events and of course sit on the Board of Directors. I cannot stress volunteering for the Board of Directors enough.

We need members dedicated to helping BCA provide support well into the future for those diagnosed with breast cancer. BCA was there for us and we need to be there to ensure "Nobody faces it alone" Please consider giving some of your time. Please contact me for more information.

**Rhonda Evans, President of the  
Board of Directors**



### Our Board 2015/16

Rhonda Evans, President	Cindy Strugnell, Director
Julia Ringma, Past President	Louise Haley, Director
Diane Hayes, Secretary	Andrea Douglas, Director
Wendy Loschiuk, Treasurer	Lyndsay Burman, Director
Marija Jaworskyj, Director	