



Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

WINTER 2012



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BCA Belly Dance: This unique fitness program offers beginners the opportunity to learn the basics of belly dance, in a relaxed atmosphere that encourages artistic expression through movement and music, and sharing a few giggles along the way. In 2011, these lovely divas were given their own dance troupe name of 'Amala' meaning hope and aspiration. They were warmly welcomed by the local dance community, and took part by bravely performing at class parties and public fundraising events in support of women's cancers. "There's a unique, feminine healing energy, and shared sense of community that occurs when we come together to dance, as women of all cultures have experienced throughout history; to celebrate life, with all its' hardships and joy." Siddiqah

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Deadline for Spring 2012 Issue:

All submissions for the spring newsletter are due April 1st.

Executive Director's Message

"A chain is as strong as its weakest link."

The same can be said of Breast Cancer Action. In the last 2 years Lynn and I, with the resounding support of the Board of Directors, our members and volunteers have brought BCA out of the dark and into the light (financially speaking, that is!). Two years ago I sat at a board meeting and listened as the treasurer suggested we might have to close our doors! This was a wake up call - we balanced the deficit budget in 2010 and in 2011 we will actually come in under budget.

However, this is not the time to rest on our laurels. We need to embrace all the wonderful people and positive energy at BCA and move forward. In this initiative we must evaluate what areas that we, as an organization can tweak, build on, improve and rejuvenate.

A few areas to grow:

- Member engagement in BCA. (to maintain and expand our level of programming we need to raise \$\$\$). FYI, it costs us approximately \$30.00 for one person to take 1 session of fitness. The average person takes 2 session 4 times a year = \$240.00 and on average 120 members take part every session). We need every member committed to getting involved in one fundraiser. Walk the walk, buy a Gala or Pink Cocktail ticket, tee off at the golf tournament, Zumba, buy some merchandise, consider doing a mini fundraiser, make a donation of cash or auction item, sit on a committee, send us your corporate contacts who might be interested in sponsorship....
- Encourage your family members and friends to take an associate membership in BCA!
- Be a BCA ambassador. We can only help people if they know about us. (we will have kits available to members who

Karen Graszat

want to help market BCA)

Let us know how we can help you to help us!

We appreciate your support and engagement. As we ring in 2012, our 20th anniversary, let's work together in building a solid organization as strong as our members!

Happy Holidays to you and your family,

Karen



President's Message

I came to BCA in 2008 for the pre-op session. By the AGM in May of 2009, as my hair was starting to grow back after the chemo, I joined the board of directors to see what I could give back to this small, local and worthy operation.

Last week, at the six month mark in my term as president of the board at BCA, we held a strategy day, where the board members got together to look at what we wanted BCA to do in the coming years. I came away from this day with a renewed enthusiasm for what BCA does, and an appreciation for how great the people who make up the board and staff are at BCA.

Our dragon boat team doesn't require any governance from me, thank goodness. They manage just fine, paddling their boats and raising awareness about not just breast cancer, but how we survive it and move forward, making an even better life

for ourselves.

Our exercise classes are as popular as ever, with attendees forging lasting and life-long friendships. I personally find the peer support work that I do immensely rewarding, as I get to meet people in the early days of their struggle. I never fail to be inspired by them, while I trust that I am providing some comfort and support at the same time. All our small fund raising events are opportunities to get the message out that we are here for you. We arrange some events but it is so gratifying to see many people and organizations contact us to tell us they are raising money for us, when we weren't even involved.

BCA will be marking its 20th anniversary next year. We have changed and grown over the years but our core, as an organization that exist to support people with breast cancer, remains. The new Cancer Survivorship Centre in Ottawa is a wel-

come addition to the landscape and we hope to eventually partner with them for some of our support systems. However, we remain the only support organization just for breast cancer and as such, fill an important niche in those survivors' lives.

While we are glad to see money being spent on research to end all cancers, we recognize that this will not happen any time soon. And so we are here for you, to talk, to laugh, to get outside and go for a walk. BCA is constructed out of survivors, their families and friends. Anybody can be a member, to support those who need us most. In the year ahead, we want to raise awareness that BCA is here for everyone in the community who needs us. I'd like to start by thanking those of you who are reading this now, for your support.

Looking hopefully toward the future,

Julia

Julia Ringma

*If we all did the things we are capable of, we would astound ourselves.
~Thomas Edison*

Busting Out: Dragon Boat Team

Marie-Andree Lajoie

Busting Out – Looking forward to 2012

The Executive Committee of the Busting Out Dragon Boat Team is hard at work planning for the 2012 paddling season! Our boats are already registered in the Ottawa Dragon Boat Festival...June is only a few months away.

Team members are continuing with their winter fitness programs and will be participating in our pool paddling sessions in April – the perfect way to prepare for the beginning of paddling season in May. Our Annual General Meeting will be held on February 21, 2012 at the Dulude Arena (Clyde Avenue). Among the many matters to be discussed, the Executive will present the festival choices for 2012. Also, a new procedure for paying both Breast Cancer Action and Busting Out memberships will be introduced:

Membership fees for Breast Cancer Action (\$40.) and Busting Out Dragon Boat team (\$75.) will be combined into a single fee (\$115.00) for both organizations, effective 2012. BCA will pro-rate each member's fee for 2012 according to the month the member's fee would normally come due and inform each member accordingly.

The new procedures will be explained in detail at the AGM. BCA will attend the meeting to process memberships onsite via credit card, cheque or cash.

If you are thinking of paddling with Busting Out in 2012, please join us at the Annual General Meeting or contact us at info@bustingout.ca

Best wishes to all for a peaceful holiday season and a healthy and active 2012.

Marie-Andrée Lajoie

The mission of Busting Out, a program of Breast Cancer Action is, through the spirit of dragon boating, to assist survivors who have been diagnosed with breast cancer to regain a sense of health, wellness and self-confidence while demonstrating to the community that there is quality of life after the diagnosis of breast cancer.

For more information, please visit
www.bustingout.ca.



Chia Muffins (from Karen Graszat)

- 1 T ground Chia seeds
- 1 1/2 cup whole wheat flour
- 2 t baking soda
- 1/2 t salt
- 1 c sweet potato puree (I used baby food-perfect and easy)
- 1 c unsweetened apple sauce
- 2 egg whites (I used 1 egg)
- 1/2 cup agave syrup
- 2 t lemon juice
- 1 t lemon rind
- 1 T vanilla extract
- 1 c dried cranberries (I soaked them in hot water and drained)

Mix dry and wet ingredients separately and fold wet ingredients into dry. Scoop into greased muffin tins and bake in preheated (350) oven for 15-20 min.

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. Starting in February of 2012 she will be 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.

Appointment booking starts Jan 4 at 613-736-5921.

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**:

Dec 22	Jan 5	Jan 19	Feb 2	Feb 16
Mar 1	Mar 15	Mar 29	Apr 12	Apr 26
May 10	May 24			

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

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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 a member's once every month. Enjoy a cup of coffee or tea over a lively discussion about each selected book. New members are always welcome to join!

Jan: **Lost Garden** by Helen Humphreys
Feb: **Loving Frank** by Nancy Horan
Mar: **The Sentimentalists** by Johanna Skisrud
Apr: **The Remains of the Day** by Kazuo Ishiguro

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.



Surround Circle Yoga

Patricia Southwell
Facialist

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.

Jan 19 6-8:30	March 6 1:30-4	May 15 6-8:30
June 25 1:30-4	Sept 11 1:30-4	Nov 28 6-8:30

There is **no charge** to attend this workshop.

Call the BCA office at 613-736-5921 to register for this workshop.

Kudos Korners

A big Thank You

...**H.O.P.E.** for their donation of \$5000 to help revitalize our Peer Support Program.

...**Community Foundation of Ottawa** for their grant of \$10,000 towards our fitness programs.

...**Royal Bank of Canada** for their grant of \$1500.

...**Patricia Southwell, natural facialist**, for her October Facial fundraiser which raised \$1200 for BCA. She donated all the proceeds of her 50-minute facials for the month of October and continues to offer facials to breast cancer patients at a discount.

...**Westgate Shopping Centre businesses** who donated all proceeds from their Breast Cancer Awareness Day, October 14th. They donated \$665 to BCA.

...**Josee**, a high school student in Ottawa, created and sold lovely flower pots as a student project and raised \$445 for BCA!

...**Nila Matthews**, Ottawa realtor, who organized Girls Night Out, a dinner for about 40 professional women, raising \$605. Jeysa Martinez-Pratt made a presentation about BCA, the evening's recipient charity chosen by Nila.

... **the Gala Committee: Diane R, Rhonda E, Nancy N, Chantale B, Romaine D, Kathryn B, Marija J** for planning such an amazing event. Thanks also to **Heather B, Jordana C and Charlotte** for volunteering at the event. Congratulations to **our fitness classes** for making some very beautiful baskets for the silent auction. We raised \$33,000 at the Gala.



Celebrating Images of Women to Support Breast Cancer Action

OTTAWA—Local photographer Gavin Murphy announced today that his latest charity fundraising exhibition of images of women, titled *Transitions presented by Meridian*, will take place February-March 2012 at Gallery Farina in downtown Ottawa (216 Elgin Street/corner of Lisgar Street). A satellite show of different photos will be held concurrently at Meridian's Ottawa branch, located at 99 Bank Street at the corner of Albert Street. An opening reception for the exhibition will be held at a date to be determined later.

All proceeds from the sale of photographs will be donated to Breast Cancer Action Ottawa, a survivor-directed voluntary organization founded in 1992 by a group of women who knew firsthand what breast cancer diagnosis meant to patients and families.

"Breast cancer afflicts women of all ages and ethnic backgrounds," Murphy said. "Women affected by this disease need to be strong and positive like the women portrayed in this exhibition."

The photographs feature a transition of the artist's work from 35 mm film to digital photography and were taken between 2005 and 2011. Many of the images have never been seen before.

Murphy's last exhibition of women's photographs was 2010's *ThunderStruck*, also a fundraising initiative for Breast Cancer Action. He produced a charity calendar of photographs of women for Osteoporosis Canada-Ottawa Chapter and held two exhibitions featuring images of women to help raise funds for CANHAVE, a local charity helping AIDS orphans in Uganda.

Transitions presented by Meridian is made possible through the generosity of Meridian, Ontario's largest credit union.





Photos by Frank Scheme



The Home for the Holidays Gala was a great success! Many thanks to Jeysa Martinez-Pratt and her partners at Farber Robillard Martinez LLP for their generous donation to BCA programs! Also a big thank you to Dave Smith, TL & Chris Rader, Dance with TLC, Frank Scheme and Jean Labelle.

2011 Gala Sponsor

FRM

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Who We Are

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.

Effectiveness. As an organization often faced with difficult choices based on limited resources, Breast Cancer Action will strive to achieve maximum results with what resources are available.

Board of Directors

Julia Ringma, President
Corien Kershey, Vice-president
Wendy Loschiuk, Treasurer
Laurie Maybury, Secretary
Nancy Nicholson, Director
Rhonda Evans, Director
Yvonne Cashen, Director
Marija Jaworskyj, Director
Abrar Mobarak, Director
Marie Helene Zahles, Director
Erin Reynolds, Director
Karen Martinson, Director

Staff

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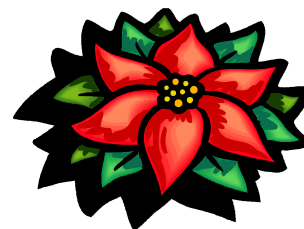
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301-1390 Prince of Wales Dr
Ottawa, ON
K2C 3N6

Office: 613.736.5921
Fax: 613.736.8422



Holiday Office Hours

The BCA office will be closed from noon on December 23rd until 8:00 AM on January 3rd. Have a safe and happy holiday with those you love!!





MANOTICK CURLING CENTER LADIES INVITATIONAL BONSPIEL



Perky in Pink
Curling for a Cause
Sat. March 3rd, 2012

ENTRY FORM

Club:

Team Contact:

Phone #:

E-mail:



Skip:

3rd:

2nd:

Lead:

Draw Preference:



A 9:00am & 1:45pm **OR**



B 11:15am & 4:00pm

****ONLY PAID REGISTRATION CAN RESERVE SPOT- based on order received: 1st come, 1st served.**

FEE:

Bonspiel: \$140/team+ Donation:

\$60/team (\$15/player tax receipt will be issued)

Includes 2 games (8 & 6 ends), snacks, lunch, dinner & optional off-ice fund raising activities. Bring your change!

Make \$200 cheque payable to:

Manotick Curling Centre

Send, along with Entry Form, to:

Denise Bellingham

3067 Victoria Heights Crescent

Gloucester, ON K1T 3M7

Dress-Up & Help Turn Our Rink Pink!



FOR INFORMATION CONTACT

Denise Bellingham

613-523-0693

denise.bellingham@rogers.com

Because no one should face it alone.



Breast Cancer Action Ottawa

www.bcaott.ca

