



Because
no one
should face it
alone.

Winter Newsletter

March 2016

Here at BCA...

The holiday season is always a busy one, and here at the Breast Cancer Action things were no different. With our "Get Your Pink On" pub fundraiser in September, our gala and "Pink the Rink" event in November, and the "Knockdown Cancer" bow-lathon in February, BCA enjoyed lots of time with our members and their friends and family!

We're excited to tell you all about it, as well as give you information about all of our upcoming events and programs in our *Winter 2016* newsletter. Catch up on what you missed, and get excited about what's to come...because we sure are! We hope to see you all in the coming months!



"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world."

- Neil Gaiman



Party-goers at our Carnaval Mardi Gras Gala, Nov. 13

In This Issue

- Catch up on our winter!
- Explore upcoming events!
- See what's new in our programs!
- A message from our President!



A snapshot of winter events at BCA

Winter Events: The Low-Down

Our fall and winter event schedule was full, and thanks to all those who volunteered or participated, it was also a great success!

In September, we co-hosted the "Get Your Pink On!" pub fundraiser with *the Breast Dress Project* at St. Louis Bar & Grill. With live music and entertainment, wing eating contests and a massive online auction, this event raised lots of funds and was even attended by former Ottawa Mayor Larry O'Brian!

In October, BCA was an exhibitor at the National Women's Show, where our wonderful volunteers helped us raise awareness for breast cancer prevention and support for survivors. It was great to get out there and support women's organizations in Ottawa!

In November, BCA took part in the Orleans Home Hardware "Ladies' Night" fundraiser, which was a dynamic and fun night! We also hosted our largest annual event, our gala (see story to the right), and the annual "Pink the Rink" hockey event and fundraiser with the University of Ottawa She-Gees. This year, Mayor Jim Watson proclaimed November 15th "Pink the Rink Day", in recognition of survivors in the Ottawa area!

In February of this year, Walkley Bowling hosted the "Knock Down Cancer" Bowlathon in honour of BCA, an event which brought out tons of people decked out in pink, ready to raise awareness and support our organization!

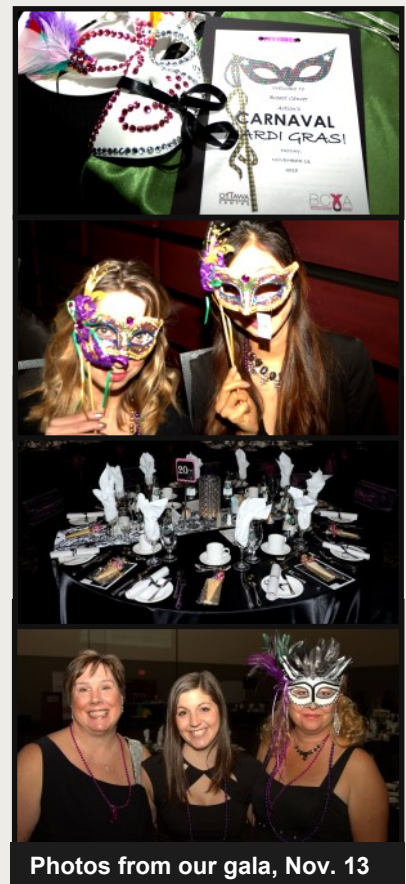
A big thanks to our partners in our winter events: The Breast Dress Project, St. Louis Bar & Grill, Home Hardware, the University of Ottawa, and Walkley Bowling!

Carnaval Mardi Gras Gala

Our annual gala, Carnaval Mardi Gras, was a huge success thanks to all of those who donated auction items, purchased tickets or sponsorships, or volunteered their time and services to make Nov. 13 a night to remember!

We raised over \$30,000 this year in support of BCA programs, and because of this we will be able to continue serving women diagnosed with breast cancer in the Ottawa area!

Kudos to all those who participated and showed their support!



Photos from our gala, Nov. 13

Call for Volunteers!

We are looking for volunteers to help us with upcoming events! If you are looking for a chance to get more involved in the BCA community, then please consider joining in for some of the following opportunities...

-Join our golf tournament committee!

-Join our gala committee!

-Info table @ Bust a move, March 5

-Info table at the Spring Women's Show, April 16-17

-Help us at HOPE Volleyball Summerfest, July 16

-Office work, especially around events

If interested, please contact Karen or Kelly at :

613-736-5921 or

info@bcaott.ca



Join us at any one of our events!

Upcoming Events...

BCA has an exciting year ahead, with lots of opportunities to take part in supporting your fellow breast cancer survivors! Here are some of our upcoming events:

-March 5: BCA will have a table at Bust A Move, a fitness event raising funds for cancer research & the Ottawa Regional Cancer Foundation's "After the Bell" cancer coaching program

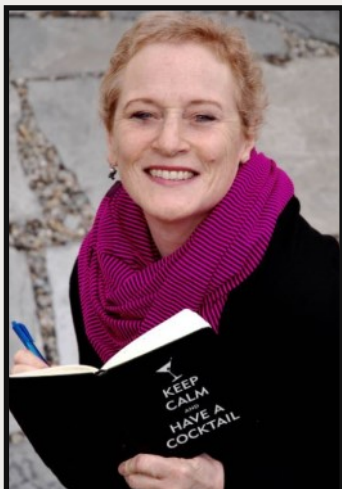
-April 16-17: Spring National Women's Show. Volunteer, or stop by the show to see us and dozens of other great women's organizations & vendors!

-May 4: Be The Choice fundraiser

-June 17: Twins for a Cause Golf Tournament benefitting BCA, details to follow

-June 21st: Shimmy Into Summer Showcase! Join our belly dancing fundraiser for lessons, performances and lots of fun!

-July 16: HOPE Beach Volleyball Summerfest has chosen BCA as one of the 2016 recipients for the money raised at their annual tournament! We will be there volunteering our time and enjoying the fun in the sun, and we H.O.P.E you will be too!



**Andrea Douglas, facilitator
of the BCA Breast Cancer
Support Group**

BCA Breast Cancer Support Group

When I received my cancer diagnosis just over a year and a half ago, the Stepping Stones support group at the Women's Breast Health Centre was suggested as a 'must do'. *"I have all the support I need with great friends and a loving family, I don't need a group,"* I thought.

Wow, was I wrong. After that first meeting, I discovered the power of talking to other women on the same journey I was on. Despite going through chemo at the same time, I never missed any of the 6 classes in the program.

Fast forward a year, and I've learned just how bang-on BCA's slogan is: "Because no one should face it alone." Support groups are about other women going through what you are going through or have gone through, and the things you can only truly share with each other. They're about those little laughs you can share despite the roller-coaster ride of treatments that can save your life—by bringing you to the brink of death first. Never underestimate the power of shared experiences—there are tears, but there is also laughter, love and support, and a bond between strangers brought together by an awful disease. And it is uplifting.

I believe in the healing power of these groups. So I did something about it. I became the facilitator for a new support group started by Breast Cancer Action. We've had two meetings so far, and it is what I hoped it would be. A group of women—some newly diagnosed, some done with treatment—telling their stories, sharing tips, offering advice, and most importantly sharing mutual compassion.

This type of support is important, so please join us! We meet the second Wednesday of every month from 7-8:30pm at the Ottawa Regional Cancer Foundation (Maplesoft Centre, 1500 Alta Vista Dr.). Kleenex, smiles and hugs are free! If you are interested in joining, please contact me at: support@bcaott.ca

Be The Choice

DISCOVER:CHOICE.

Our community partner, Be the Choice, is developing one of the first comprehensive online decision support tools for breast cancer patients. Their goal is to help all women and men diagnosed with breast cancer and their families to navigate the labyrinth of medical terms, decisional events, and treatment options that accompany a new diagnosis. Importantly, their online tool is designed to promote more open conversations among patients and their medical providers regarding treatment expectations and outcomes.

Please join us in supporting Be the Choice's efforts to complete work on this exciting public resource at their inaugural fundraising event May 4th!

Be the Choice cordially invites all BCA members and their families and friends to Cube Gallery in Westboro, Ottawa, on May 4, 2016. The evening will feature the work of acclaimed Canadian indie musician Jon Hynes, emerging Canadian Artists with Studio Sixty Six, and delicious wine and appetizers by local chefs. Get ready to experience some of the best new art that Ottawa has to offer, all highlighting the themes of the evening: choice and empowerment. We look forward to seeing you there!

To purchase tickets, visit: <http://bethechoice.org/events/>

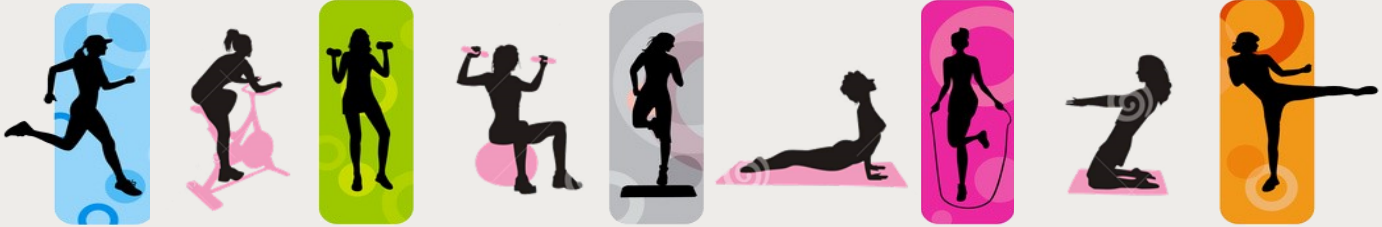
To read more about Be the Choice, visit: <http://bethechoice.org>



**Melanie Adrian, Executive
Director of Be the Choice**

Fitness Update

BCA is happy to announce that registration for our spring fitness session (April-June) will be open for registration on Monday, March 7th at noon! We have added a second Yoga class at the Ottawa Regional Cancer Foundation on Thursday afternoons, due to popular demand. If you are interested in registering, please visit our website, www.bcaott.ca to download the registration form and waiver form.



**"You're off to Great Places!
Today is your day!
Your mountain is waiting,
So... get on your way!"** Dr. Seuss

Spin Your Way Into Spring!

Breast Cancer Action has partnered with the Moffat Farm Fitness Cycling Club from February-July 2016. Moffat Farm Cycling hosts six cycling classes every week at their private facility, at a rate of \$5 a class. All proceeds from these fees will be donated to BCA, to fund our various programs for women with breast cancer. Moffat Farm Fitness understands how important fitness is to an overall healthy lifestyle, and they want to help you achieve your fitness goals no matter what your current fitness level! Please feel free to register for a class on their website, www.moffatfarmcycleclub.com, to try it out!



The studio at Moffat Farm Fitness Cycle Club

Busting Out: What's New

If an egg is broken by an outside force, it is truly broken. If an egg is broken by an inside force, life begins. Great things happen from the inside.....so let out your inner dragon!

So begins the 2016 Season of Busting Out, Ottawa's breast cancer survivor dragon boat team. You will hear us shout to find the inner dragon: our determination, our spirit to fight. As survivors, we all have it. We found it when we stood up to battle breast cancer, we just didn't know what to call it. The survivors on the Busting Out team have found another way to release their inner dragon... by moving beyond surviving., and by thriving and pushing the physical boundaries within.



Members of the Busting Out dragon boat team

Imagine, the sun glistening off the Rideau River. Dipping your paddle in the water, 20 of you in sync. Listening to the rhythmic swish as the boat moves forward. Along the river, it is peaceful. The birds chirp you along, the mallard ducks escort the boat. The chant of the dragon boat coaches pushes you on. At the end of a paddle, you feel light, warmed by the sun, cooled by the waters and filled with accomplishment. Pats on the shoulders all around for a great practice, and maybe plans for a gathering after.

Dragon boating is not just a sport, but a pathway to finding your inner dragon. Please join us! This year we will be having a Training Day on June 5th at the Rideau Canoe Club. Anyone that is interested in joining should contact us at info@bustingout.ca as soon as possible, as we will be hitting the waters in May! In preparation, we are continuing our winter fitness classes throughout the March Break, and until the end of April. Any new members are welcome to join us, and can contact Karen Whillans at karen.whillans@rogers.com.

This season, Busting Out will be attending four festivals:

- June 24-26th: Ottawa Dragon Boat Festival
- July 23rd: Annprior Dragon Boat Festival
- August 13th: Wellington Dragon Boat Festival
- September 10-11th: Toronto Dragon Boat Challenge



**Desiree
Bonner,
outgoing
Communi-
cations for
Busting Out**

If you aren't interested in paddling but would like to support the team, please approach a member about becoming a 'Fan'. This will give you updates about what is happening with the team, our events, any upcoming fundraisers and more through our online Team Pages.

We are also excited to announce that Busting Out has been exploring ways to grow and provide more opportunities for paddlers. Survivors join us in all stages of recovery and of life. We want everyone to feel that there is a place in our boats for them. We are pleased to announce that a proposal was voted on and accepted at the *Busting Out* Annual General Meeting on February 23rd that will introduce a tiered paddling program, with both recreational and competitive paddling. These paddling options will be implemented in the 2016 paddling season.

The Ottawa Integrative Cancer Centre (OICC) is offering an empowerment program for women newly diagnosed with breast cancer. This program is covered through the generous funding provided by Babes4Breasts.

Our Babes4Breasts Head Start Program will help you feel less alone and confused, and better prepared for what lies ahead.

Learn of the benefits achievable through:

- ◆ Nutrition
- ◆ Exercise
- ◆ Mind-Body Therapy
- ◆ Stress Management
- ◆ Integrative Medicine
- ◆ Healthy Lifestyle

Through workshops and group support sessions, experience improved quality of life, reduced side effects, lowered anxiety and depression, increased stamina, and better overall health outcomes.

Giving Women with Breast Cancer the Best Head Start

Babes4Breasts

HEAD  START
PROGRAM



OICC
OTTAWA INTEGRATIVE
CANCER CENTRE



CCIO
CENTRE DE CANCÉROLOGIE
INTÉGRATIVE D'OTTAWA

www.oicc.ca/headstart

To register or for more information
please contact Sarah Young at
syoung@oicc.ca or 613-792-1222 ext. 204
www.oicc.ca

OICC
OTTAWA INTEGRATIVE
CANCER CENTRE



CCIO
CENTRE DE CANCÉROLOGIE
INTÉGRATIVE D'OTTAWA

BABES  BREASTS

A Message From Our President

Spring will be here soon and we will turn our thoughts to warmer temperatures and exchanging the shovelling for lawn-mowing, planting gardens, cycling and hitting the water for another season of paddling.

There is something else that I would like you to consider: contacting the BCA office to volunteer for some of the upcoming events and activities. In April we have the Women's Show, where we can reach out to the hundreds of women that stop at our booth wanting to know who we are and what we can do for them. We want them to be able to talk to us and know that we are there and that they "don't have to face it alone."

Another huge event we have is H.O.P.E Volleyball on July 16. We need 60 volunteers to cover three shifts of our assigned duty, parking. For our efforts, BCA will receive \$20,000 to help with running our programs. Please consider giving a few hours of your time to boost our funding greatly!

We really need the support of YOU, our membership, to participate in fundraisers that others hold for us. We really need to be there to show our appreciation for their efforts and to help them raise the funds that will benefit us. We have lost our wonderful corporate sponsor, Manulife, as they focus on other areas of charitable giving and we really are appreciative of the local organizations who have been helping with our continual funding challenges. Recently, Walkley Bowling Lanes held an amazing event, donating over \$8000. Besides our Executive Director, there was only one member team and a couple of volunteers. We need to provide a show of force at these events or they will look to other charities who appear more appreciative.

Please call or email BCA to learn about or sign up for volunteer opportunities. There is always something to help with and your involvement is greatly appreciated and needed!

Here's to spring!



Board President
Rhonda Evans

March 2016

Meet the Busting Out Executive Committee!

The Busting Out AGM took place Feb. 23, and we are happy to introduce to you the new 2016 Executive Team. We say a good-bye and a huge thank you to Kelly Glynn (Membership, outgoing), Desiree Bonner (Communications, outgoing),

Bev Ruddy (Equipment, outgoing) and Sandra Stafford (Secretary, outgoing). The new Executive will be:

Team Coordinator:

Sheila Murphy

Treasurer:

Susan Burns-McIntyre

Secretary:

Janet Corbett

Fundraising/Sponsorship:

Ofelia Webster

Communications:

Suzanne Hudon

Membership:

Elisabeth Arbuckle

Equipment/Supplies:

Sharon Williams

Race Coordinator:

Carolyn Brennan

Fitness:

Karen Whillans

Contact Us

Give us a call for more information about our programs and services!

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Ottawa, On, K2C 3N6

(613) 736-5921

info@bcaott.ca

Visit us on the web at

www.bcaott.ca