



Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

FALL 2011



Inside this issue

5th BCA Golf Tournament of Hope:

See how we did and take a peek at some pictures of the event
page 5

The Lily of Hope Quilt Raffle:

We received a donation of a beautiful quilt and we are raffling it off. Find out how you might win this fabulous piece of work
page 8

Kudos Korner:

Saying thank you
page 5



A foursome celebrates a great putt at the 5th Annual BCA Golf Tournament of Hope at the Glen Mar Golf & Country Club! It was a beautiful August day as 24 foursomes got together to play some Best Ball Golf and raise funds for BCA. Over \$17,000 was raised through the golf fees, the hole sponsorships, and 2 auctions. Many thanks to the Golf Committee and to Margaret Campbell for a fun day on the links. Want to golf with us next year? Save the date: August 16, 2012.

Photo by Douglas Gee

INSIDE THIS ISSUE:

Executive Director's Message	pg 2	5th Annual Golf Tournament of Hope	pg 5
Board President's Message	pg 2	Busting Out	pg 6
The Miracle of Tai Chi	pg 3	Who We Are	pg 7
Home for the Holidays Gala	pg 3	Thoughts of Tai Chi	pg 7
Book Club, Pre-op, Lymphedema	pg 4	The Lily of Hope Quilt Raffle	pg 8
Kudos Korner	pg 5		

Deadline for Winter 2011 Issue:

All submissions for the Winter newsletter are due December 1st.

Executive Director's Message

I read of a man who stood to speak
At the funeral of a friend.
He referred to the dates on her tombstone
From the beginning to the end.
He noted that first came the date of her birth
And spoke of the following date with tears,
But he said what mattered most of all
Was the dash between those years.
For that dash represents all the time
That she spent alive on earth
And now only those who loved her
Know what that little line is worth.
For it matters not, how much we own,
The cars, the house, the cash,
What matters is how we live and love
And how we spend our dash.
So think about this long and hard;
Are there things you'd like to change?
For you never know how much time is left
That can still be rearranged.
If we could just slow down enough

To consider what's true and real
And always try to understand
The way other people feel.
And be less quick to anger
And show appreciation more
And love the people in our lives
Like we've never loved before.
If we treat each other with respect
And more often wear a smile,
Remembering that this special dash
Might only last a little while.
So when your eulogy is being read
With your life's actions to rehash
Would you be proud of the things they say
About how you spent your dash?
© 1996 Linda Ellis

Last month we lost Dianne Hartling, (BCA President 2001-2005); a wonderful friend and a dedicated breast cancer advocate who, despite her own battles with breast cancer, always remained positive, active and upbeat. Her dash was well lived, she

packed 2 lifetimes into her 66 years. She was an inspiration and will be missed by all of us who were graced with her friendship. Thank you Dianne for embracing BCA, for your dedication to BCA, your wisdom, guidance and joie de vivre.



Dianne Hartling 1945-2011

President's Message

I'm feeling more philosophical than usual today (and if you know me, that's saying a lot). I'm starting my first undergraduate course since 1980, and it's in Philosophy. Philosophy is about discovering what's important in life. When I ask myself what is important in life, I first identify what it is not. It isn't stuff, it isn't status, it isn't about being right. What's important in life is relationships. It's friends and family. It's helping them and accepting help from them when you need it, and the most valuable thing about the help we get is the time it took to give it.

All we really have is time. Stuff comes and goes but time moves inexorably forward and it is ours to do with as we choose. Everything we do in life is a choice of some sort. Left or right, stay or go, talk or be quiet. And everything we choose to do takes up time. Time is how you measure friend-

ships. You don't measure them by what you give and get. You measure them by the time you spend together, even if, in this modern day, it's only on Facebook. "Quality time" spent with friends is when you are paying attention to each other. Sometimes, a little quality time can last for years. Recently, I got together for just a couple of hours with my old college roommate. We started talking as if we had only seen each other the week before. But when we starting counting up the pets we had had since the last time we saw each other, we realized it had been over 20 years.

Time spent on relationships is the best investment we can make. Whenever we lose someone we love, our regrets are about the time not spent with that person. Let's choose to have fewer regrets.

When you have seen your own mortality, life gains a new perspective. It becomes

clearer what is important and what doesn't really matter so much. I don't know how long this clarity of vision lasts - for me, it's going on three years now. I make an effort to keep my new perspective. I sacrificed a lot to get it, so it's worth it to me to maintain it.

Let's choose to live our lives wide awake, moving forward and savouring the moments of grace when we find them. Let us spend our time wisely.



Julia Ringma

"I have heard the executioner is very good, and I have a little neck."

~ Anne Boleyn

The Miracle of Tai Chi

All is peaceful, all is bountiful, all is serene
and well

In the kingdom where people do Tai Chi
and dwell,

As they harness energy with no effort and
propel,

Great mind and physical strength in a nut-
shell,

With harmony, making their health to
excel.

Wise mother Nature, in stillness, beauty
and animation,

With rich blue rivers flowing without ter-
mination,

With mighty animals walking, running,
living in orchestration,

With graceful birds dancing, singing and
flying with jubilation,

With well rooted, strong and flexible
trees offering oxygenation,

All they inspired day by day ancient sage
Chinese nation,

To mirror them and come up with a
spending in-motion meditation,

So beneficial that was lovingly passed from
generation to generation.

Tai Chi teaches us to attune with nature's
pace,

To relax and slow down from the rat

race,

To play life's symphony with grace,
To walk slower, see more, copy turtle's
race.

Tai Chi teaches us to listen to our inner
violin,

To be aware of the cords that play within,
To clear mind and let vital energy to flow
in,

To do more with less effort putting in,
To bring in concert what is out with what
is in,

Thus letting true health pour in all kin.

Tai Chi makes us soft and strong like tur-
tle nature's design,

It gives us beautiful posture, causing the
spine to align,

Promotes regeneration and makes us
shine,

Becomes our way of being, spurs all good
things to entwine,

Teaches us to breathe in and breathe out
just fine

To strengthen muscles, oil joints and easily
twine,

To balance physically, emotionally and
spiritually like a person divine.

Tai Chi is an amazing self-healing tech-
nique

Which teaches us that circles are the

trick,

To get never ending energy pretty quick,
Cause round shape is perfect, not a line or
a stick.

Is the form that Sun and Moon and Earth
chose to pick.

Tai Chi teaches us how to let go, lighten
up and flow

Just as ocean waves smoothly come and
go

No worries, no thoughts, just swaying
slow

Like happy bears, deer, monkeys in the
nature show.

The perfect bliss Tai Chi is pouring galore,
Compels us to practice it more and more.

The clear mind, the energy it makes us to
maintain,

Invites us to play Tai Chi again and again.

Tai Chi elixir is best restful and calming
routine,

So energizing, so relaxing, so serene!

Is the elixir of universal energy pristine!
Come on and do it near the sea aquama-
rine,

Or by majestic pine trees forever green.

By N.I.



Save the Date: Friday, November 18, 2011 ***Home for the Holidays Gala and Auction***



Sala San Marco, 215 Preston Street

Entertainment by Espresso

Reception 6:00 Dinner 7:00

Tickets are \$100 ea (\$110 after November 1st)

Small business/practice owner? Celebrate the season with your staff. Treat your employees to a fabulous meal, entertainment, holiday gift shopping & dancing while supporting a fantastic cause! Corporate tables of 8, 10 & 12 available at special rates.

Tickets available now. Accepting cash, cheques, Visa, MC and Interac (in office only). Call 613-736-5921 for details.

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 or 3.

All sessions are 1:00-3:00 PM on the following Thursdays:

Oct 13 Oct 27 Nov 10 Nov 24

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

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!

Oct: **Half Broke Horses** by Jeannette Walls
 Nov: **The Postmistress** by Sarah Blake
 Dec: **Sarah's Key** by Tatiana de Rosnay

If you are interested in joining the BCA Book Club, please contact the office 613-736-5921.

See ad, page 6



"Every achiever that I have ever met says, 'My life turned around when I began to believe in me!'"

-- Dr. Robert Schuller

Our Ruby Gala Sponsor:

appointments recommended

www.kellysmastectomyboutique.com

Diane Hayes

Kelly's  

Mastectomy

Prosthesis
 Mastectomy Brassieres
 Lymphedema sleeves,
 gauntlets, garments
 Swimwear
 Post-op camisoles
 Headwear

1747A St Laurent Blvd.
 Ottawa, ON K1G 3V4

Phone: 613-248-8989
 Toll free: 866-KELLYS2 (535-5972)
diane@kellysmastectomyboutique.com

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.

Wednesday October 5 6:00-8:30

Presented by Judy Bedell, BCA's Lymphedema Educator & Exercise Leader.

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 to...

...Marg Campbell, the Golf Committee and the volunteers who organized and executed the very successful and fun **5th Annual BCA Golf Tournament of Hope**. The committee had the following members: **Nancy Nicholson, Rhonda Evans, Nathalie Shienh, Linda Sherlow-Lowden** and staff members, **Karen & Lynn**. The volunteers who helped out on golf day were **Diane Ryan, Douglas Gee, Nathalie Shienh, Valerie Brisbois and Al Balfe**. The celebrity Par 3 Challenger was **Jeff Hopper**.

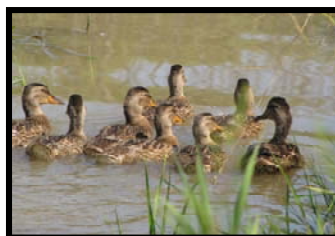
...Courtney Donovan and the **Ottawa Fury Soccer Club** for organizing a **Think Pink Night** for the final game of the Fury Men's team. They raised \$1200 for BCA!

...Kamal Sukkar and students from **Everest College** for organizing a **Head Shaving Fundraiser** for BCA's benefit. \$1500 was raised for us and the cut hair was sent to make wigs for those going through chemotherapy!

...Andrea & Joey from **The Sweet Potato in Carp** for organizing a fabulous **Canada Day Fundraiser** for BCA. They raised \$1188!



Just some of the golfers who came out to the 5th Annual BCA Golf Tournament of Hope.



Photos by Douglas Gee

Busting Out: Dragon Boat Team

Marie-Andree Lajoie

What a year we have had! Great sunny weather, hurricane winds, two Breast Cups; we saw it all this summer!

Our season started in April at the Champagne pool: a good way to get the feel of the water again after the winter. In May we were back at the Rideau Canoe Club on beautiful Mooney's Bay with our coach, Diana Deek: we could not be luckier. Her talent, enthusiasm and generosity are true gifts!

Paddling continued every Tuesday and Thursday evening at the Club. We are now wearing a new team shirt...black and hot pink, with a sleeveless version...we look like the athletes we are!

The team competed in 6 festivals this summer: Ottawa, Windsor, Cape Breton, Burlington, VT, Arnprior and Carleton Place.

With lots of enthusiasm and camaraderie among our two boats and the fantastic weather, the **Ottawa** Dragon Boat festival was a great success. Our two visiting teams – *Les Phénix de La Rose des vents* and *Survivors Abreast* -- enjoyed themselves, came to the gala dinner and won some of those fabulous door prizes. *Les Phénix de La Rose des vents* won the Breast Cup in a very close last race between the four boats. The flower ceremony was a touching and heartfelt conclusion to our week-end.

In **Windsor**, "We came, we raced,

we conquer!!" There were a total of ten breast cancer teams in this festival. In our first race we had a time of 3:14.96. When we realized that the difference between first and fifth place was one second, we decided that we were ready to give it everything we had. We made it to the Championship final and came first! We beat the second place team by 33/100 of a second! Every rotation, every reach, every digging deep, every sit up had counted and contributed to the win.

The legendary **Cape Breton** hospitality was in full display as we helped the *Cape Bretoners* celebrate their 10th Anniversary over 3 days of events. We came home with another Breast Cup Challenge win. This was very exciting for the team as many of the same paddlers were in Windsor and now have 'back to back' wins! We really proved that Diana has trained us for anything and we can do our best. We all knew what we needed to do and we did it.

In **Vermont**, the *Sisters At Heart* put on a wonderful week-end. They provided everyone with a red dragon festival shirt and hat. On the Saturday, we attended three workshops and enjoyed a lunch boat cruise. Sunday, race day started out overcast but at least the overnight rain stopped. The Zumba dancers warmed up all the teams and kept spirits high! We didn't paddle our best, but had fun. The flower ceremony was spectacular with thirteen breast cancer survivor boats lined up together.

Have you ever gone to a festival and not paddled? Such was our experience at **Arnprior**. It was a lovely venue, sandy beach, nice docks, and a great spot for our tents. We were pumped! After a first race, where one boat capsized due to high winds from the edge of Hurricane Irene, it was our turn! We lined up properly, loaded the boat from the not too steady dock. As we were backing up we were steadily taking on water until we got to the point where we were starting to sink! We headed back to the dock with much difficulty, and the volunteers got us off safely! So much for our race. Our opposing boat backed away from the dock and promptly capsized! After a wonderful lunch, thanks to the *Prior Chest Nuts*, we were informed that the organisers had decided to cancel the rest of the event. Team members had kept their cool under pressure; it was a real learning experience for everyone!

Looking back at this 2011 summer, we have gratitude in our hearts for the fun, fitness and friendship we have experienced once again in our big, long boat. We will be there again in 2012.



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.

yogaTHRIVE

A Therapeutic Yoga Program
for Cancer Survivors

- Improve the mechanics of your body
- Expand your ability to breathe
 - Increase your flexibility
 - Build back your strength

Surround Circle Yoga

Yoga with a difference

613.730.6649

www.surroundcircle yoga.com



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
 Rosalind Bell, 2nd 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
 Anastasia Pimenova, Director
 Erin Reynolds, Director

Staff

Karen Graszat, Executive Director
executivedirector@bcaott.ca

Lynn Gee, Office Administrator
info@bcaott.ca

Contact Us

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

Office: 613.736.5921
 Fax: 613.736.8422



Thoughts before the Tai Chi Annual

Here is to dear James
 Who helped me with my
 aims
 And changed my attitude
 So thanks, with gratitude

When I practice my Tai Chi
 I know it's good for me
 But when I do my Qi Qong
 I keep on doing it wrong!

Tai Chi is mind-intent
 Sometimes it makes me vent
 Close, open, turn and bent
 Finally it's done and off went!

First do it horizontal
 Next comes vertical
 Vertical, horizontal
 Then off to our annual.

by Hoda

Announcing the Lily of Hope Quilt Raffle

Earlier this summer we were approached by members of The Frayed Knots, a local quilt guild. They had, along with The Tangled Skeins, created The Lily of Hope Quilt and generously offered it to BCA as a raffle prize. This quilt has been appraised at a value of \$3000. Starting Wednesday, October 5th, we will start selling tickets for an opportunity to win this wonderful quilt. We will be selling tickets for the next 6 months with the draw date being April 5th, 2012. Tickets are \$5 each or 3 for \$10. We will be displaying the quilt and selling tickets at our events, in local malls, and from our office. If any members wish to sell tickets on our behalf or help out at one of these selling events, please contact the office at 613-736-5921. Thank you to the talented, creative and generous individuals from The Frayed Knots and The Tangled Skeins for their beautiful donation. It takes our breath away!



The Frayed Knots



The Quilt



The Tangled Skeins

Up close of one of the lily blocks cross-stitched by a member of The Tangled Skeins

