



Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

SPRING 2012



Inside this issue:

Manulife's Stroll for Our Goal:

The name has changed but the goal is the same; walk or run, pledge and raise funds for BCA

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Breast Friends Fun(d)raiser:

Dance, spin, exercise for BCA!

Details on page 8

Kudos Korner:

Saying thank you to those who go an extra mile in fundraising or volunteering for BCA

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Happy 20th Anniversary! Karen Graszat, BCA Executive Director, helps while former Ottawa Mayor and BCA member Jacquelin Holzman and present Ottawa Mayor Jim Watson cut the anniversary cake at our Open House on April 5th. Also joining us at the Open House were past and present board members, volunteers, members, quilt makers and supporters of the organization. Mrs. Gerda Hnatyshyn was also present and she drew the winning raffle ticket for the Lily of Hope Quilt. The winner of the quilt is (drum roll please) **Tammy Murdock** of Gatineau with ticket #0742.

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Deadline for Summer 2012 Issue:

All submissions for the spring newsletter are due June 30th.

Executive Director's Message

On Thursday, April 05, 2012 BCA welcomed friends, volunteers, board members and special guests Mayor Jim Watson, Diana Rivington, Jacqueline Holtzman and Mrs. Gerda Hnatyshyn to our 20th anniversary celebration.

Diana Rivington, founding board member, recalled the grass roots origins of BCA when 5 women sat around a table and decided that "no one should face it alone." With their own money, they opened BCA's first office at Billings Bridge with a phone, a card table and four chairs.

Julia Ringma, board president, read a congratulatory note from Premier Dalton McGuinty commending BCA for 20 years of outstanding community service.

Mayor Jim Watson then declared April 5th Breast Cancer Action Day, reading the following proclamation:

WHEREAS, Breast Cancer Action was founded in 1992 by a group of women who knew first hand the meaning of a breast cancer diagnosis; and

WHEREAS, Breast Cancer Action is a survivor-directed, voluntary organization that supports breast cancer patients with programs and services to assist in their journey towards an active, healthy recovery; and

WHEREAS, Breast Cancer Action Day recognizes 20 years of helping and caring in Ottawa and reinforces our commitment to our community "BECAUSE NO ONE SHOULD FACE IT ALONE";

THEREFORE, I, Jim Watson, Mayor

of the City of Ottawa, do hereby proclaim **Thursday, April 05, 2012, Breast Cancer Action Day** in Ottawa.

What a wonderful way to commemorate an organization that has worked tirelessly for twenty years to fulfill the vision of those ladies, who sat around a table one day and decided to make a difference. I hope they are as proud of their accomplishment as I am.

Karen



President's Message

As BCA is in its 20th year of operation, I thought it would be good to look back at our origins. When BCA was incorporated, among its charitable objects were:

to provide an ongoing support network...

to promote understanding...

to initiate and maintain programs...

As an individual, we all want to help those we love get through the tough times. As a charity, BCA is obliged to have purposes that are beneficial to the community as a whole, so it is not just breast cancer survivors who BCA supports. By helping specific breast cancer survivors, BCA helps their friends

and family, their co-workers, people who rely on them, the people with whom they are connected.

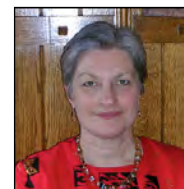
BCA helps the entire community by being here to provide programs for breast cancer survivors.

Anyone can become a member of BCA if they want to further its objectiveness. Not all of our members take part in our programs, nor are all members necessarily survivors. To help those truly in need, BCA embraces a wide diversity of members while staying true to our original objects. In the same spirit, we accept financial support from a variety of philanthropists including banks, insurance companies, various businesses and of course, indi-

viduals with as many reasons as there are members.

Going into my second year as president, I would like to broaden our profile in the community so that we can help more people and in turn, be supported by more people who realize the connection they have with our cause. Remember the old saying, "many hands make light work." The more people we have involved with BCA, the easier is the load on each of us.

Julia



Julia Ringma

Winning isn't everything, but wanting to win is.
~ Vince Lombardi

Busting Out: Dragon Boat Team

The 2012 Busting Out Annual General Meeting was held at the Dulude Arena on Tuesday, February 21. The new executive was presented to the team and festivals were chosen for the upcoming season.

Many of us attended the winter fitness classes at the arena. Others took part in BCA exercise sessions or joined individual exercise programs to keep themselves in tip-top condition. In April we will again paddle at Ottawa's Champagne Pool. We will learn water safety and submerge ourselves wearing paddling clothes, including life jackets and shoes. As usual a training weekend will be held in Chelsea to kick off the season and blow away those cobwebs. We are also getting new carbon fibre paddles which means there should be no excuse for not winning all our races!

From May to early October we will continue training on the water at Mooney's Bay, with practices on Tuesday and Thursday nights. In early June, Busting Out will race in Welland. At the end of June, we will take part in the Ottawa Festival with cheers from family and friends. In July we'll race in Windsor, in August we'll be in Barrie and in September we'll paddle in Carleton Place and Stratford.

If you are interested in joining the team for the 2012 season, or just like to learn more, contact Margot Silver (msilverdumas@sympatico.ca), who will be holding orientation sessions. Don't forget the annual fees of \$115 (BCA - \$40 and Busting Out - \$75) were due by March 31. New paddlers have until May 31 to pay. Please contact BCA for more information.

Shelagh Needham

The 2012 Executive members are:
 Susan Burns-McIntyre – Coordinator
 Susan Lim – Secretary
 Rosemary Swan – Treasurer
 Margot Silver – Membership and Teambuilding
 Sheila Murphy – Race Coordinator
 Janet Alexander – Fitness
 Shelagh Needham – Communications
 Yolande Trottier – Equipment and Supplies
 Karen Whillans – Fundraising and Sponsorship



Mark your calendars!

Upcoming BCA events to get involved in.

May 4: Breast Friends Fun(d)raiser Dance, spin and exercise to raise funds and awareness!

Goulbourn Rec Complex

June 10: 19th Annual Manulife

Stroll for Our Goal (formally Walk & Fun Run) Participate or pledge!

Rideau Canoe Club

Aug 16: 6th Annual Golf Tournament for Hope

18 holes of fun!

Glen Mar Golf & Country Club

Check out our website for more details about these events!

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 still available for May and onwards 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**:

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

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!

April: Remains of the Day by Kazuo Ishiguro
 May: The Cat's Table by Michael Ondaatje
 June: The Weed that Strings the Hangman's Bag by Alan Bradley

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.



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.

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

...to all the wonderful volunteers who came out to shopping malls, stores and events to sell raffle tickets for The Lily of Hope quilt. They include: **Ann K, Jessica R, Martha R, Carmelina C, Hoda N, Connie C, Betty F, Holly H and her husband Kok, Katie E, Ann D & her sister Helen, Sarah W, Monique C, Brigitte D, Marija J, Mona T, Karen M, Anne Marie F, Elaine D, Yolande T, Wendy Mc, Margaret J, Jai M, Carolyn B, Hemantha P, Ariene D, Nancy H, Rhonda E.** We have raised **over \$4000** for BCA programs from the raffle.



...a HUGE Thank You to all the members of **The Tangled Skeins and The Frayed Knots** who worked hard to produce their lovely masterpiece. These groups also sold tickets on our behalf.

...to **Merivale Mall, Westgate Shopping Centre, Place d'Orleans, Billings Bridge, Lincoln Fields, Loblaws at South Keys, Gloucester Centre & Earl Grey, Quilty Pleasures and Dragonfly Fabrics** for allowing us to come in and set up shop to sell quilt raffle tickets.

...to **Denise Bellingham and her fantastic crew at The Manotick Curling Club** who, for the second year in a row, organized and executed a fabulous fundraiser for BCA, **Perky in Pink Curling Bonspiel** on March 3rd. That event raised **over \$3200** for BCA programs.

...to **Vero, Hummingbird Medispa, Hummingbird Yoga & Goodlife Innes Rd** for a fun and fabulous charity yoga fundraiser for BCA. This event raised **\$800**.

...to **Danielle, our RMT**, who volunteers one whole day a month to giving massages to our members. They all have smiles on their faces afterwards

...to **Eric Racine** from **Meridian Bank** for his continued support to BCA.

...to the radio stations that have generously agreed to run Breast Cancer Action's Public Service Announcements: **CHEZ FM 106.3, Y105 FM, KISS FM 105.3, JACK FM 92.3, ALL NEWS AM 1310**

...to **United Way donors** who last quarter gave us \$2928.

...to our co-op students, **Alexandra, Ariane, Sarah and Victoria**. While they are doing required work placement for graduation, they have "gone the extra mile" for BCA.

...to **Linda Egan and the Maplesoft Center** for partnering with us and housing 2 of our fitness programs.

Breast Cancer Action Annual General Meeting

Wednesday, May 23, 2012

900 Dynes Rd

5:30 chili dinner (\$5)

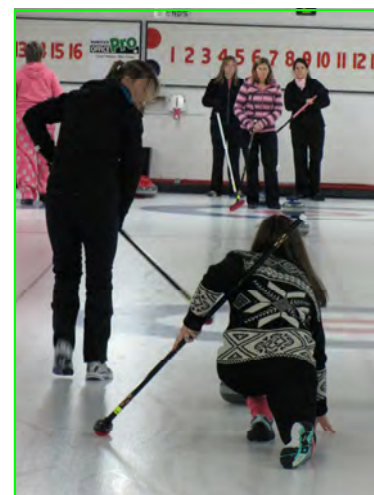
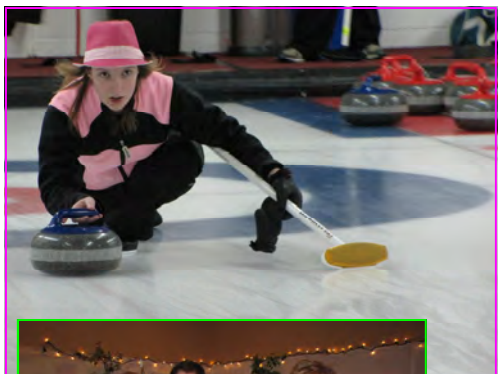
6:30 meeting

7:00 guest speaker, Kathy Smart:

Healthy Living Consultant &

Host of Rogers TV's Living Smart

RSVP 613-736-5921



They certainly were “Perky in Pink” at the Manotick Curling Club on Saturday, March 3rd. 48 curlers came together in a spirit of friendly competition to raise funds for BCA. Thank you ladies!!

Photos by Doug Gee

2011 Gala Sponsor



2012 Walk Sponsor



Join us for the 19th Annual

Manulife Financial's Stroll for Our Goal For Breast Cancer Action *

Sunday, June 10, 2012
Rideau Canoe Club
Participate or Pledge,
It is up to you!

<http://bcaott.ca/events/stroll-for-our-goal>

(*formally known as the Walk & Fun Run)

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
 Rhonda Evans, Director
 Yvonne Cashen, Director
 Marija Jaworskyj, Director
 Katie Evans, Director
 Marie Helene Zahles, Director
 Erin Reynolds, Director
 Karen Martinson, Director

Staff

Karen Graszat, Executive Director
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Lynn Gee, Office Administrator
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www.bcaott.ca



BFF (Breast Friends FUNdraiser) for Breast Cancer Action



Dare

to

Wear

Something

Pink

GROOVE

Dance for the health of it and for everyBODY. Learn simple moves then dance them your own way - Unique!

THE PARTY

Our fun-filled cardio dance session will get your pulse racing.

Or just take it easy and join in the fun!

Door Prizes

Massages and Manicures
Fabulous Silent Auction
Amazing Cake-walk Auction
Snacks & Beverages

ZUMBA

Latin rhythms and easy steps from salsa, méréngue, hip-hop and reggaeton - Warning: Highly addictive!

Donate \$5 per person and join our BFF Party in Pink!

\$hake your thing - Cha-Çhing, Çha-Çhing

Ages 13 and above, beginners welcome



Friday May 4, 2012

Drop in any time from 6-9 pm

Stay for a while or the whole 3 hours

Goulbourn Recreation Complex, Stittsville

1500 Shea Road, Stittsville, ON K2S 0B2

Tel: GRC (613 831 1169) or BCA (613 736 5921)

www.bcaott.ca



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