



# Breast Cancer Action

*Because no one should face it alone*

## SHAKIN' IT FOR BREAST CANCER ACTION!



On February 28th, we held our 2nd Annual “Shake Your Booty” fitness event to raise money for BCA programs! We are very pleased with the overall success of the event and are proud to announce that we raised over \$7000 for Breast Cancer Action. Participants were encouraged to try many different classes, such as PiYo, Tai Chi, Belly Dance, Zumba and more. Congrats to Elaine Scarboro and Andrea Douglas for winning prizes for the most pledges raised! To all of our participants who raised pledges, bid on auction items, interacted with vendors and took part in all the classes—THANK YOU! For anyone who missed out... Join us on May 8th for the Annual “Breast Friends FUNdraiser”! Details on **page 3**.

## THIS IS YOUR CALL TO ACTION!

**Wondering how to get more involved in the BCA community? Here are some ways you can get involved:**

- ⌘ Become a Peer Support Volunteer!
- ⌘ Join the BCA book club and host a meeting at your home!
- ⌘ Join the Board of Directors or become our Volunteer Coordinator!
- ⌘ Invite your family and friends to attend our events with you!

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## PRESIDENT'S MESSAGE

By Julia Ringma



*Dear Members and Friends of Breast Cancer Action,*

The reason I used that salutation is because it occurred to me that there may be many friends of BCA members who are reading this, as well as members. When you get that diagnosis, you become a member of the "club" that you don't want to be a member of. When that happens, you see who your friends truly are and you come to realize how many more people will become your friends because of this shared experience.

The network of people who are there to support us never ceases to amaze me. Not all of them are survivors, but most of them have had their lives touched in some way by breast cancer. BCA has many volunteers, who help at events, instruct fitness, paddle a dragon boat and more. Together, we form a network for breast cancer patients and survivors, in which BCA is the hub.

I'd like to encourage you to think about volunteering in some small way. We have lots of small events and we have the big ones - the Carnival Mardi Gras (Nov.13), Golf Tournament of Hope (August 13), Shake Your Booty and Breast Friends FUNdraiser (May 8<sup>th</sup>). And there are numerous small ways to help which are not big time commitments, such as joining the board, helping with event prep, soliciting donations, and more!

I was introduced to BCA when I got my diagnosis in 2008, at the

pre-op info session. I joined the board after I was finished treatment as this is where I felt I could help the most. My skill set lent itself to being on the board, but there are many other areas where you could find a use for your skills.

I now find myself moving on. My plan is to complete my MA and go on to a PhD and to do that, I will be leaving Ottawa. I'm not going yet! But I am getting busier than ever before and I need to know that BCA is left in good hands. We couldn't have any better than Karen and Lyndsay who run BCA on a daily basis. You are in great hands with our current dedicated board. But we can always use more volunteers! Come on out to an event and see that volunteering is fun. I can guarantee that you will feel that your time has been well spent.

All the best in solidarity,

*Julia Ringma*

## SPRING CLEANING DONATIONS!

613-736-5921

After the such a cold and frigid winter, it feels amazing to throw open the windows, bust out the cleaning supplies and de-clutter! We would like to encourage all our members to think about what you have & what you could do without. Were you given a gift that wasn't quite "you"? Did you buy something with the best intentions, but never put it to use?

### **BCA is open to donations of new and gently used items for our events!**

Paintings, jewelry, fitness gear, unopened bottles of wine/liquor, books, unused cookware & appliances, and more! Please call us to discuss if your item would be suitable for an upcoming event! We do offer tax receipts for items over \$20 in value.



## KUDOS KORNER

thank  
you!

BCA is a volunteer and survivor driven organization. We provide support and programs to women and men in the Ottawa area who are living with breast cancer diagnosis. We could not do this without the assistance of our amazing volunteers, members and community partners. Kudos to our community partners: **Manulife** sponsoring our Shake Your Booty event, and to **Greenboro Community Centre** for hosting; **Community Foundation of Ottawa** for their generous grant towards our Fitness programs; **Manotick Ladies Curling Club** for Perky in Pink fundraiser; **Blue Bamboo** for the use of their fitness studios and their fundraising for BCA; **Knights of the Inferno Firefighters** Bike Ride; **Shoppers` Drug Mart Ogilvie** Tree of Life; **WestJet** for their annual donation of tickets; **Firkin & Knight** for their awesome fundraiser; **Kelly`s Boutique** and Kelly`s Project; **Goulbourn Recreation Complex**-Breast Friends FUNdraiser; **Ottawa Conference and Event Centre**- hosting our annual Gala (Nov 13, 2015); **Glen Mar Golf Course** for hosting our annual golf tournament; **RideauView** Women Golfers for their support through fundraisers; **Haley Rehab** for our Lymphedema Workshops and Measurement Clinics; **Dessureault** for their sponsorship at the Champagne Ball; **Giant Tiger** for their ongoing support with gift cards and baskets. **Thanks to all our supporters who make it possible for us to ensure that "no one should face it alone."**


## UPCOMING EVENT

## Breast Friends FUNdraiser

# Breast Friends FUNdraiser

for  
**Breast Cancer Action**  
*Because no one should face it alone*


**THE PARTY**  
Fun-filled cardio dance - then move to the GROOVE



**THE SPIN**  
Pedal your support in our LEGendary Spin-a-thon



**DOUBLE DOG DARE YOU!**  
Exercise Your Inner Beast




**THE SKATE**  
Family skate-a-thon for all ages 6 - 8 p.m.



\$shake your thing - cha-çhing, çha-çhing

Friday May 8th, 2015  
Drop in any time from 6 - 9 p.m.  
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](http://www.bcaott.ca)

Entrance \$10 for one, \$15 for two - get \$50 in pledges and you get in free!  
Everyone is welcome but you must be Age 13 or older to participate in the gym

Ask your friends and family to help pledge you for this awesome event!

On Friday **May 8th**, Goulbourn Recreation Complex will be hosting it's annual fitness fundraiser for Breast Cancer Action! Entrance \$10 for one, \$15 for two or raise \$50 in pledges and you get in free!

- ⌘ Cardio-Dance & Zumba classes!
- ⌘ Take part in the Spin-a-thon!
- ⌘ Bring your family to the skate-a-thon from 6-8pm!
- ⌘ Silent Auction Prizes to be won!
- ⌘ A wide range of local health, fitness & wellness inspired vendors!
- ⌘ Fun & activities for all ages!

More information is available online at:  
[www.bcaott.ca/events/bff](http://www.bcaott.ca/events/bff)  
Or call us at 613-736-5921!

**WE CAN'T WAIT TO SEE YOU THERE!**

# Call to Action—Getting Involved!

## \*New Program Alert\*

### BCA “Beyond the Book” Club!

We are happy to announce that we are starting a new members-only book club! If you are interested in joining, please contact Lyndsay at [info@bcaott.ca](mailto:info@bcaott.ca) or **613-736-5921**

We are still in the planning stages, but we plan to launch this summer! The club will focus around a monthly book reading and will also go “beyond” to provide a community for those with the shared experience of breast cancer.



### Board of Directors

Julia Ringma, President  
Rhonda Evans, Co-chair  
Wendy Loschiuk, Treasurer  
Diane Hayes, Secretary  
Yvonne Cashen, Director  
Marija Jaworskyj, Director  
Brigitte Davidson, Director  
Louise Haley, Director  
Cindy Strugnell, Director  
Andrea Douglas, Director

### Staff

Karen Graszat,  
Executive Director  
  
Lyndsay Burman  
Office Admin

**Office:** 613.736.5921  
**Fax:** 613.736.8422

[info@bcaott.ca](mailto:info@bcaott.ca)  
[www.bcaott.ca](http://www.bcaott.ca)



**Breast Cancer Action**  
*Because no one should face it alone*

## Are you an RMT?

### Do you know someone who is?

If you know a **Registered Massage Therapist** who is willing to volunteer their time and skills one or two days a month, please contact the office. The ideal candidate would start ASAP!

## Peer Support Volunteers Needed! (PSV)

Please contact BCA if you are interested in becoming a peer support volunteer! We are looking for individuals with diverse backgrounds, language skills, and more! Everyone's experience with breast cancer is unique, and we want to ensure that we can provide the best support for our new members.

### All PSVs are required to:

- ⌘ fill out an application
- ⌘ meet with our peer support coordinators
- ⌘ attend a brief Breast Cancer Action orientation
- ⌘ complete a mandatory 2 day PSV training program

**We will be holding another training session soon! If you are at least one year post-treatment and you would like to volunteer as a PSV please email Karen at [executivedirector@bcaott.ca](mailto:executivedirector@bcaott.ca).**

# PADDLES UP FOR BUSTING OUT!

By Desiree Bonner



## Spring is here, and Busting Out is gearing up for a great season on the water!

BCA's "Busting Out" Dragon Boat team is the only breast cancer survivor team in Ottawa! We will start our 2015 season in early May and will paddle weekly on Tuesday & Thursday evenings for 1-hour at the Rideau Canoe Club. We will also be supporting many local festivals this season, as well as a few away ones.

There will be a few events in May to watch out for. Busting Out's annual attendance at the Glebe Garage Sale is al-

ways a big fundraiser for our team. We are accepting gently used books, some baking and bedding plants for our table to sell. If you have items you can donate, please contact us at info@bustingout.ca. Also, new this year: Busting Out and BCA will be teaming up to plan a "Season Opener" event! Details will be emailed to all members when everything has been finalized. It is sure to be a great evening for BCA members to attend and learn a bit more about the team.

This summer holds many exciting events for us. June 13th will be a very special day for all supporters of Breast Cancer Dragon Boating - it marks 20 years of dragon boating as a means of recovery and awareness for breast cancer. It is also the Peterborough "Survivors Abreast" team's 15th anniversary in the dragon boat sport! The Busting Out team is excited to attend this festival, and also record the event along with teams all over the world who are coming together to support breast cancer dragon boating origins in Vancouver, BC. Following this event, Busting Out

will join hundreds of paddlers in Mooney's Bay on June 27-28th for the annual Tim Horton's Ottawa Dragon Boat Festival. Other festivals Busting Out will be attending, is Arnprior, Carleton Place and Stratford. We hope to promote our Ottawa team and keep it local in Ontario!

In local news, the Rideau Canoe Club is now ready to build the new Mooney's Bay Canoe/Kayak and Dragon Boat Racecourse thanks to a grant from the Ontario Trillium Foundation (OTF). It will be an exciting addition for the Ottawa area, and especially for Busting Out!

Anytime you would like to have an opportunity to see what we are all about, please do not hesitate to contact us! If you are a survivor, in treatment, or know of someone with breast cancer; we would love to have you visit a practice. The Rideau Canoe Club is a beautiful place to sit and relax in the evening and watch the paddlers. Someone is always there at practice to answer any questions you might have.

Even if you just need some support, we are here for you!

### **Busting Out 2015 Executive**

- Team Co-ordinator..... Sheila Murphy
- Treasurer..... Susan Burns-McIntyre
- Secretary..... Sandra Stafford
- Membership..... Kelly Glynn
- Communication..... Desiree Bonner
- Race Co-ordinator..... Carolyn Brennan
- Fitness..... Karen Whillans
- Fundraising..... Ophelia Webster
- Equipment..... Bev Ruddy



# Memories of a Winter Gone By!

“LIFE ISN'T A MATTER OF MILESTONES, BUT OF MOMENTS.” - ROSE KENNEDY



Representing BCA at the Bust A Move event!



Thank you Aloette for your support & dona-



Working up a sweat in the Shake Your Booty Barbell Challenge!



Pilates/Yoga at Shake Your Booty—not as easy as we thought!



Mastering the shimmy in Laura's Belly Dance class!



Send us your Spring/Summer BCA photos for a chance to be in the next newsletter!

Thank you Shopper's Ogilvie for choosing us for your Tree of Life charity!

## A PERSONAL MESSAGE

By Andrea Douglas



Chances are if you are reading this newsletter, then you have been where I have been, or you may be following along behind me. I really don't like the word journey. But what else can we call it? It's not walk in the park. It's more like a marathon of endurance. Enduring emotional upheaval, pain and fear. A marathon is something someone chooses to do.

Breast cancer isn't a choice. I remember sitting in the Women's Breast Health Centre pre-op session just 10 months ago. I was terrified and I didn't know where to turn. After my initial diagnosis was delivered by my GP, I spent 5 days in emotional hell until I met with my surgeon.

My only thought was that "invasive" ductal carcinoma meant my entire body had been invaded by cancer. There has to be a better way to deliver a message!

I want to help find that way. I now know BCA could have helped me with that. If only I had figured it out sooner.

My first experience with BCA was finding the FIT & FAB fitness program. When I registered I couldn't even dream of doing a leg raise, let alone a jumping jack.

I started slowly enough. Every time I went to a class, I felt a huge sense of accomplishment. I felt a little bit stronger, a little more confident. All around me were other women who have felt what I was feeling. Some had hair, some didn't. Some had two breasts, one, or none at all. No one judged. Everyone welcomed. I huffed and puffed and sweated under my head scarf. But the exercising empowered me, energized me and made me more strong. All around me were smiles. And that is an important part of healing emotionally too.

I was recently asked to become a board member of BCA. I immediately said yes. If BCA can be thought of as a net for the diagnosed, I want to be part of that net. I want to make that net stronger. It's important for me in my own healing process to be able to help, to make a difference, and to feel that I have contributed positively. I want to be a part of making BCA become the 911 of breast cancer for women in the Ottawa area.

BCA's grassroots message is "Because no one should face it alone". Truer words were never spoken. When one in eight of us faces this diagnosis, it's a pretty big picture issue. But when you first learn what you are facing, it feels like it's only happening to you. I spoke recently with a well respected educator in our community who has faced multiple cancer and health challenges. Rarely have I met anyone with more zest and energy for life and living. His words will stay with me. He said "At first I said 'why me'? But then I turned it around and said 'why not me'?" And he took control.

And so will I.

## DINING CARD FUNDRAISER

**\$25 per card**

Saving while dining out is easy! You could save up to \$450.00 by presenting your Ottawa Best Dining Card at select restaurants! Breast Cancer Action is selling the cards for \$25 each, and 50% of the proceeds will be donated back to BCA! How can it help you save? Simply present your Ottawa Best Dining Card at select restaurants (contact BCA for list of restaurants) , order one adult main course, and receive the second main course free! **LIMITED CARDS AVAILABLE—Call the office to reserve yours!**



## THE KELLY PROJECT

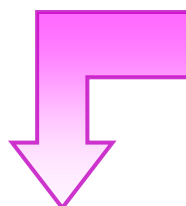
The Kelly Project was established in 2007 by Diane Hayes of Kelly's Boutique. It was named after Kelly Sauvé who was the inspiration behind the naming of the store. Kelly was a vibrant 31 year old woman whose life suddenly and drastically changed in 2002 with a Stage 4 inflammatory breast cancer diagnosis that would eventually take her life in February 2005. Kelly was the sister-in-law of the owner Diane Hayes.

As an ongoing tribute to Kelly, Diane decided to start the Kelly Project. This is a program that provides women with a post-op surgical camisole designed for women after they undergo a mastectomy at no cost to them. Diane has held various fundraising events and continues to raise money in a variety of ways to support this project. The Amoena camisole garment comes with drain containment device with zip front closure and padded, stretchable fabric straps that fasten in front. The ultra-soft fabric infused with vitamin E and aloe microcapsules continually releases moisturizing benefits to the skin; it includes two Fiberfill Post-surgical forms and two removable drain pouches. The garment provides a little compression so that women can wear garment that provides some support and comfort.

When women come in for the camisole, especially before their surgery, it provides them with the opportunity to visit the store and see just how much is available in the form of prosthesis, mastectomy bras, and specialty clothing that is specially designed for women who have undergone breast surgery. Most are so surprised by the vast selections that Kelly's offers and we often hear women saying that this was not at all what they expected and they are pleased to have been referred to us by their nurse, the surgeon or the clinic. The impact this has before the surgery is so beneficial.

We thank you for your interest in and your contribution to the Kelly Project and if you have any questions, please feel free to contact the Project's coordinator, Diane Hayes.

## Cruise for the Cure



**Don't miss this fundraiser!** The Cruise for the Cure Ottawa is a 7 Day Cruise to Bermuda, raising money for the Kelly Project!

### Cruise for the Cure Ottawa Croisière pour la cause Ottawa



September 19-27 septembre, 2015

The Kelly Project

Raising funds for the Kelly Project to provide every woman in the Ottawa area with a post-operative camisole at no charge when she has a mastectomy. A collaboration project between Kelly's Boutique and Breast Cancer Action Ottawa

### 7 DAY BERMUDA NO FLY CRUISE

Return deluxe coach from Ottawa to Newark NJ  
Overnight 4\* hotel stay with breakfast  
Guided New York bus tour before embarkation port of Manhattan

#### COSTS

Balcony-from-\$1979 Cdn pers.\*\*  
Ocean view - from-\$1789 Cdn pers.\*\*  
Inside cabin - from-\$1569 Cdn pers.\*\*

Single cabin and other categories available  
Call Mike or Elliot  
(613) 831-9100

DEPOSIT \$300/PERS. RESERVES YOUR CABIN  
UN DÉPOT DE 300\$ RÉSERVE VOTRE CABINE

Deposit is fully refundable until final payment is due May 8, 2015 but a \$50.00 administration fee applies after Jan. 31, 2015

Cruise for the Cure events in addition to on board activities

7 night Bermuda no fly cruise sailing aboard Norwegian Cruise Line's Norwegian Breakaway  
\*\* Prices are per person, based on double occupancy

Our Sponsors—Nos commanditaires



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Book now with  
Mike Verreault or—ou Elliot Finkelman



Breast Cancer Action  
Because no one should face it alone

Charitable registration  
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### ITINERARY—ITINÉRAIRE

\*\*certain restrictions apply

New York, New York - At Sea - en mer; At Sea - en mer; King's Wharf, Bermuda - Bermudes- King's Wharf, Bermuda - Bermudes; - King's Wharf, Bermuda - Bermudes; - At Sea - en mer; New York, New York