



Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

SUMMER 2011



Inside this issue:

The New President:

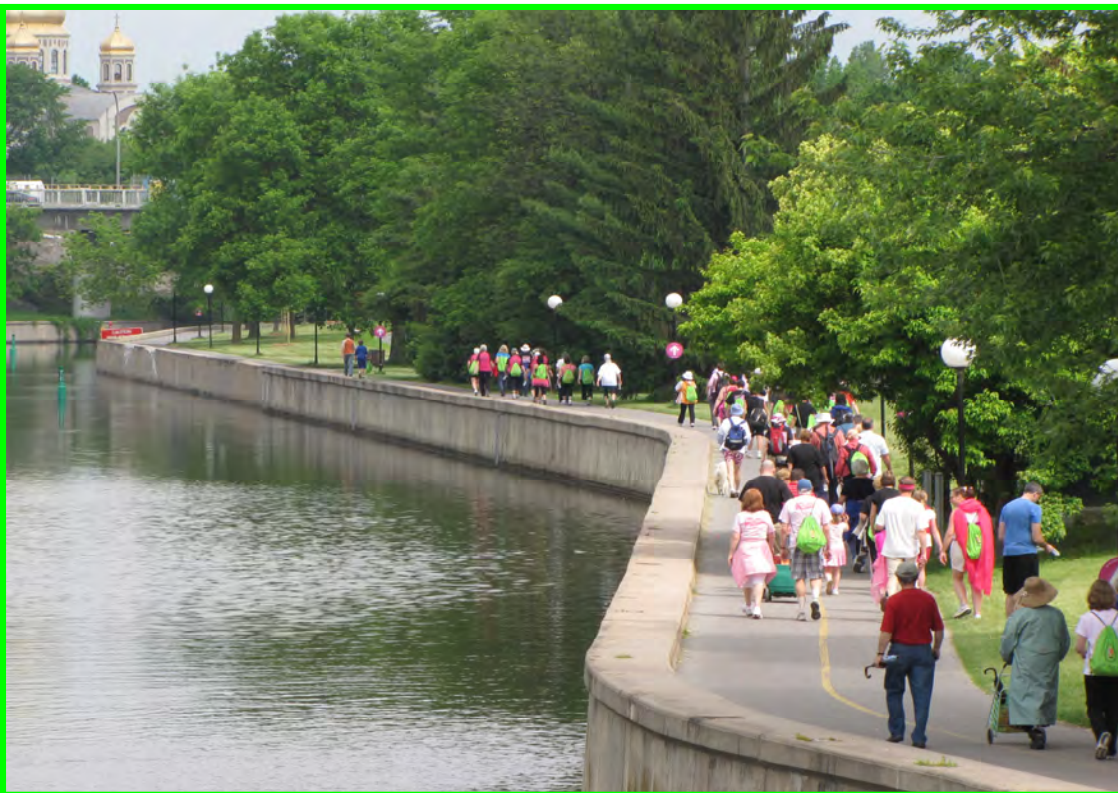
Meet Julia Ringma, the new President of the Board of Directors. Her message is on **page 2** and her bio is on **page 3**.

Breast Friends FUNdraiser:

An amazing evening of fun and laughter that raised a whole bunch of \$\$ for BCA; **page 6**

18th Annual Manulife Walk & Fun Run:

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



The walkers make their way along the Colonel By Pathway during the 18th Annual Manulife Walk & Fun Run for BCA on June 5th. It was a great day for a walk. The sun came out and everyone was in high spirits! Read more about the walk on page 5.

photo by Doug Gee

INSIDE THIS ISSUE:

Executive Director's Message	pg 2	Kudos Korner	pg 5
Board President's Message	pg 2	Manulife Walk & Fun Run	pg 5
Meet the new President	pg 3	Breast Friends FUNdraiser	pg 6
Busting Out	pg 3	Save the Date	pg 6
Home for the Holidays Gala	pg 3	Who We Are	pg 7
Book Club, Pre-op, Lymphedema	pg 4	BCA's Golf Tournament of Hope	pg 8

Deadline for Fall 2011 Issue:

All submissions for the Fall newsletter are due September 15th.



Executive Director's Message

"It takes a village..."

The strength of an organization such as BCA is a direct reflection of its membership. Our members have not only stood beside us but have carried us through our lean times to where we are today. The support our ladies have shown us through their membership fees, participation in our events, donations of funds and items (for our various auctions), creation of separate fundraising initiatives and so much more has been overwhelming.

In particular, the Racquetees (Rideau Tennis Club) understood the challenges we faced in main-

taining quality fitness programs on a shoe string budget. The Racquetees have put their amazing commitment to their fitness programs and BCA by raising extra money for their RTC programs. They have consistently exhibited a strong presence and spirit at our annual walk, winning again the award for the most money raised by a team. They have held many fundraisers for us and consistently donate a few extra dollars when they renew their memberships.

With help from a grant, some really great BCA fundraisers and the combined effort of the Racquetees and our members, we are able to offer a summer fitness ses-

sion of SEVEN programs-three of them at the Rideau Tennis Club.

Thank you ladies for helping us make this possible! Have a great summer, stay fit and healthy.

Karen



President's Message

The experience of having breast cancer is an intensely personal one. Even if millions of people have had breast cancer, your experience is unique to you. There are certain aspects, however, that are common among survivors and they inform the work that BCA does, in carrying out our mission of enhancing quality of life for patients and survivors.

When people hear that someone they know has been diagnosed with breast cancer, they just want to help. The problem lies in figuring out what they can do. Oftentimes, the journey is a lonely road and there is only so much cooking, cleaning and driving to appointments that friends and family can do.

BCA provides support when the patient is ready, such as our exercise

classes and the dragon boat team. The patient is the focus and has to be ready to accept the assistance that is offered. Our volunteers and members are dedicated to making sure that the support is ready when the patient is.

Everyone can benefit when friends and family looking to comfort a loved one, turn to BCA and offer their assistance generally. Even if you are not doing something in particular to care for your newly diagnosed friend, by working with BCA now, you can benefit many others.

Having cancer can change a person, by shifting priorities and creating new goals. One of the goals I have set for myself is to show others that you can live a good life even after being diag-

nosed. Things will change, of course, and you will set "new normals" for yourself, but life can go on and it is worth living.

I want to continue to get the word out that BCA exists so that no one need feel alone or unsupported. Our "club" is not one you want to be a member of but if you find yourself, or someone you know, diagnosed with breast cancer it's good to know that BCA is there to help.

Julia

Turn to page 3 to meet our new President of the Board of Directors.

Julia Ringma

"I am taking care of two things today and at least one of them is myself."

~ Linda Dackman

Meet our New President of the Board

Julia Ringma

I was born to a military family in Ottawa in 1958. My father's various postings provided me with the unique experience of attending 9 different schools in 11 years in 3 countries. The constant moving helped shape my character and gave me a long term view of the world, a great respect for the planet, and an awareness that people have much more in common than differences.

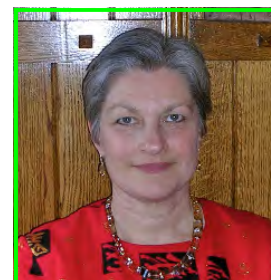
I enrolled at Queen's University in 1975 and majored in Art History. In 1981, I entered law school. During this time I married Peter Reichert, who has been my husband and constant supporter for 28 years. After my call to the bar in 1986, I opened my own practice in Manotick, where I practiced for 9 years. Following that, I lived in Eng-

land and earned a Master of Laws degree from the London School of Economics in 1996. When I returned to Ottawa, I pursued my political interests and worked on Parliament Hill as a legislative assistant and researcher for various Members of Parliament.

After leaving the Hill, I taught law at Algonquin College during which time I learned a lot about teaching and even more about learning. I also volunteered for a second time as a "puppy walker" with Canadian Guide Dogs for the Blind. Even though both puppies I raised did not make the grade as guide dogs, they became much loved pets.

In the summer of 2008, I was diagnosed with breast cancer and as I languished on the couch in the win-

ter of 2009, suffering from the effects of chemotherapy, I decided that I wanted to do something significant with my life when I got better. I ran (unsuccessfully) for city council in 2010 and it was a terrific experience. I joined the board of directors at BCA in 2009 and became President in 2011. I'm back teaching a course at Algonquin, and I'm rewriting two interesting diaries I kept – one in 1995 and the other in 2008. I am looking forward to my mandate at BCA to continue to promote its good works.



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.



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

Sala San Marco, 215 Preston Street
Tickets: \$100
Entertainment: by Espresso
Tickets will be available: August 15th.

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:

July 7 July 21 Aug 4 Aug 18 Sept 1 Sept 15 Sept 29
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 Av, 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 members' homes at 10:30 AM on the second Thursday of every month. Enjoy a cup of coffee or tea over a lively discussion about each selected book. New members are always welcome to join!

July 14: *Nikolski* — Nicolas Dickner

August 11: *Cutting for Stone* — Abraham Verghese

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

Surround Circle Yoga

See ad, page 6



“To possess ideas is to gather flowers, to think is to weave them into garlands..”
~Greek Proverb

Our Ruby Gala Sponsor:

appointments recommended

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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.

Thursday, October 6 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...

...the **Gouldbourn Rec Centre staff & Juliet Greene** for organizing and executing the Breast Friends FUNdraiser on May 6th. What a great time and a fantastic fundraiser for BCA.

...**Dr. & Mrs. David Lee** & their assistant **Elvie Woo** for opening up their home and organizing the Pink Cocktail Reception on April 28th.

...**Ellie Glantz & Jane Perry** for sharing their wonderful musical talent with us and to **Karen McClintock & Wynne Jacobson** for fun jewelry display during the Pink Reception.

... **Dan F, Shannon B, Michael G, David G, James T, Belinda T, Kevin T, Nathalie S, Judith P, Lianne C, Ann D, Jamie M, Lindsay M, Kirstyn M, Isla D, Kim M, Heather S, David H, Jonathan H, Valerie E, Laurie M, Julia R, Doug G, Marg C** for volunteering their time and energy for the 18th Annual Manulife Walk & Fun Run.

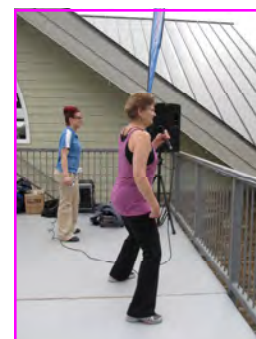
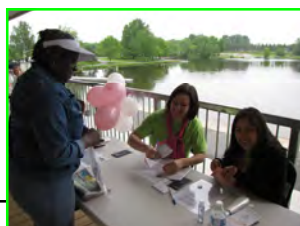
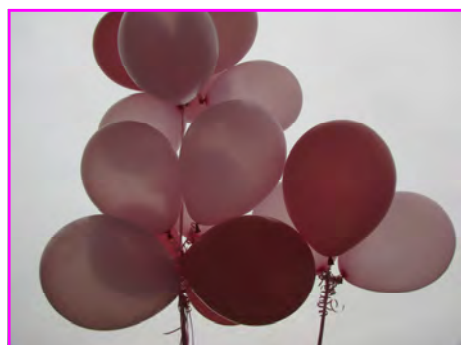
...**Majic 100 and Highland Mist** for bringing us music to the walk; to **Anita Findlay** for warming us up, to **Siddiqah & the Anadil Belly Dancers** for cheering us on; to **Tim Hortons Rogers Community Cruiser** for the coffee and Timbits; to **Tyler & Genesis** for making us wonder just how did they do that?

...**Trish & Angela** from TD Canada Trust for volunteering to count all that money

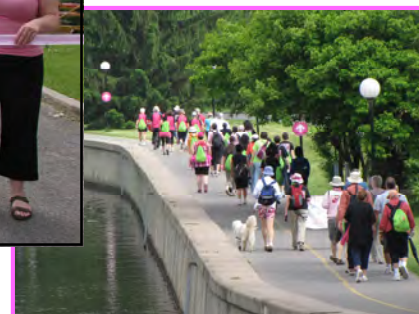
...**Rideau Canoe Club** for letting us use their facility for walk HQ

...**Kristina K, Rhonda E and Marija J** for their dedicated commitment to the walk committee.

...**Manulife Financial** for their very generous annual contribution to our organization



Photos by Doug Gee

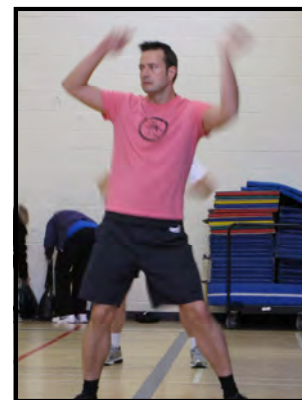


Thank you to everyone who participated in the 18th Annual Manulife Walk & Fun Run and made the event a big success. Together we raised over \$42,000! Congratulation to our top earning team, **The Racqueteers**, who raised \$4810 and to our individual top earner, **Diane Ryan**, raising \$1370!! It was a beautiful day for a walk along the Rideau Canal.

Breast Friends FUNdraiser

Gouldbourn Rec Centre

It was an evening to get down and have fun! BCA's Juliet Green and the staff of the **Gouldbourn Rec Centre** in Stittsville organized and executed a brilliant Breast Friends FUNdraiser on May 6th that raised over **\$6000** for BCA. There were several local business that set up booths, a silent auction, and halftime shows with adult cheer-leading and martial arts demonstrations. Then there was the 3 hours of Zumba, Groove and The Party dance, fitness and fun for the over 200 participants who paid \$5 each to join in! Thank you to **Anita, Alison, Sherry, Chantal and Juliet** for a great time!



Save these dates!

July 16th: H.O.P.E. Volleyball

August 5th: 5th Annual Golf Tournament of Hope

November 18th: Autumn Gala & Silent Auction

www.bcaott.ca

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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
 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

Staff

Karen Graszat, Executive Director
executivedirector@bcaott.ca

Lynn Gee, Office Administrator
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info@bcaott.ca



**Have a safe and
 happy summer!**





Friday, August 5, 2011 Glen Mar Golf and Country Club

7967 Fernbank Road, Stittsville 613.257.5181- www.glenmar.ca

PRICE:

Registration cost is \$125 per person (payable at time of registration).

WHICH INCLUDES:

18 holes of golf, use of a cart, prizes, putting contest, dinner and a \$50 charitable tax receipt from Breast Cancer Action.

REGISTRATION:

You can register as a single, twosome or foursome by filling out the registration form and mailing it and a cheque made out to Breast Cancer Action to the address below **OR** call us, 613-736-5921, with your credit card information and we will be happy to process your registration.

Breast Cancer Action is a local charitable organization operating a support and resource centre for breast cancer patients and survivors for the past 19 years. We offer exercise programs, workshops, resources and support as we recognize that no one should face a diagnosis of breast cancer alone.

**For further information,
please contact:**

**Marg Campbell
Event Coordinator
golf@bcaott.ca**

**Breast Cancer Action
301-1390 Prince of Wales Dr
Ottawa, ON K2C 3N6.
613.736.5921**

