

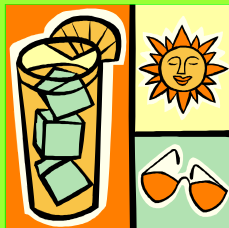


Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

SUMMER 2012



Inside this issue:

Manulife's Stroll for Our Goal:

Take a peek at pictures from the event.

Page 6

Kudos Korner:

Saying thank you to those who go an extra mile in fundraising or volunteering for BCA **page 5**

Living the Smart Way:

Yummy & healthy summer treat for the BBQ!

Page 2



Members of BCA's dragon boat team, Busting Out Again, celebrate their win of The Breast Cup Race at the Tim Horton's Ottawa Dragon Boat Festival on June 23rd. The two teams, Busting Out and Busting Out Again, made up entirely of breast cancer survivors, practice twice weekly from May to October at the Rideau Canoe Club. If you would like to join this team of amazing people please contact the membership coordinator, Margo Silver, at msilverdumas@sympatico.ca. Well done team! Paddles up!!

INSIDE THIS ISSUE:

Executive Director's Message pg 2	Kudos Korner pg 5
Living the Smart Way pg 2	Summer Fitness pg 5
Busting Out pg 3	Stroll for Our Goal pg 6
BCA Massage Therapy pg 3	Who We Are pg 7
Book Club, Pre-op, Lymphedema pg 4	Meet Sarah Wade pg 7
BCA Celebrates Survivorship pg 4	6th Annual Golf Tournament of Hope pg 8

Deadline for Fall 2012 Issue:

All submissions for the spring newsletter are due September 1st.

Executive Director's Message

Now that **Manulife Financial's Stroll for our Goal (Walk #19)** is under our belts, I would like to take this opportunity to thank the many people who helped make it possible. First and foremost the committee: Rhonda, Marija, Sarah and Lynn- we all worked really hard and the event was exceptionally well organized and executed. Kudos to our awesome committee!

BIG THANKS TO:

Manulife Financial, our titled sponsor, for their generous and continued support

All of our wonderful, fabulous **VOLUNTEERS**
Tim Horton's Roger's

Community Cruiser for plying us with coffee and waking us up
Highland Mist for their lovely morning concert
Our money counters Trish and Angela from T.D. Bank
Doug Gee our official photographer
David Honsberger and Julia Ringma, our bike patrol
James Tam for our Tai Chi warm up
DND for the use of the tents
Wal-mart and Giant Tiger for their donations of granola bars, fruit and water.
Siddiqah and her fantabulous Belly Dancers
Tyler Rourke our Magician

Karen Graszat

The Rideau Canoe Club
AND LAST BUT NOT LEAST...

The RACQUETEERS
(Rideau Tennis Club Fitness Ladies) who raised a whopping \$6757.10 in pledges!!

STAY TUNED FOR DETAILS FOR OUR 20TH WALK IN 2013; Plan now to join us for the fun next year!



Living the Smart Way

Colourful Salmon Skewers for the BBQ (serves 4)

6 ounces wild salmon fillets, cut into bite-size pieces
1/2 green pepper, cut into bite-size pieces
1/2 yellow pepper, cut into bite-size pieces
1/2 red pepper, cut into bite-size pieces
1 medium red onion, cut into bite-size pieces
Cracked black pepper, cut into bite-size pieces
4 large or 6 small wooden skewers

Soak the wooden skewers for 20 minutes before BBQ-ing to prevent them from burning.

Take the skewer and spear a piece of onion, pushing to the bottom of the skewer. Add a piece of salmon, push it down to meet the onion, then add a piece of pepper and keep layering vegetables and fish until the skewers are full.

Sprinkle each skewer with the cracked black pepper.

Grill until the salmon is cooked and the vegetables are tender-crisp, about 6-10 minutes.

Recipe Accolades:

Easy to make
Gluten & wheat free
Dairy free
No added refined sugars
Diabetic friendly
High in protein
High in Omega 3 fats
Delicious!



Kathy Smart

In the hopes of reaching the moon men fail to see the flowers that blossom at their feet.
-Albert Schweitzer

Busting Out: Dragon Boat Team

Shelagh Needham

On May 19, nine members of Busting Out (Elaine Ang, Jane Dudley, Samia Hage, Christine Henry, Susan Lim, Shelagh Needham, Marilyn Stegenga, Yolande Trottier and Ofelia Webster) joined Canadians Abreast for Israel's first ever dragon boat festival. Nine hundred paddlers took part in the two-day event, which was held at Kibbutz Ma'agan's Holiday Village on the southern tip of the Sea of Galilee (or the Kinneret – Hebrew for harp – as it is known in Israel).

Twenty of the teams were Israeli and 19 were international, mostly from Canada. Canadians Abreast, a national team, sent three boats of breast cancer survivors, most of whom had taken a ten-day whirlwind tour of the country before arriving in the north.

Despite fierce winds two nights previously, race day dawned bright and calm. Six dragon boats, newly arrived from

China and funded by Canadian and Israeli sponsors, bobbed on the water. People were helped into the boats by enthusiastic volunteers. Racing on the Sea of Galilee was a magical moment for the teams.

“The landscape around the lake was breathtaking,” said Yolande Trottier. “We could see the beautiful mountains of Jordan and Syria. Israel is an amazing country and I can only give two thumbs up for the organizers of the festival.”

The festival was the brainchild of Debbie Halton-Weiss, the chair of the Jewish Federation of Ottawa. It was such a success that the next festival has already been announced for May 2013.

The night before the races, a gala dinner was held outdoors at Hamed Gader, a nearby spa, where close to 1,000 guests enjoyed a magnificent BBQ and entertainment.

Following the festival, several members of Busting Out went on to visit Petra in Jordan.



Mark your calendars!

Upcoming BCA events to get involved in.

Aug 16: 6th Annual Golf Tournament for Hope

18 holes of fun!

Glen Mar Golf & Country Club

Nov 16: Viva Las Vegas Gala & Auctions

Dinner, dancing, silent & live auctions, wedding chapel, photo booth, entertainment!

Sala San Marco Banquet Hall

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 available for **September 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: July 5 July 19 Aug 2 Aug 16 Aug 30 Sept 13**

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

The Dianne Hartling Book Club



As the one year anniversary of Dianne's passing moves towards us (August 28th), we want to honour her by naming our book club "The Dianne Hartling Book Club." From the early days of Breast Cancer Action (BCA) in 1993, Dianne was a volunteer and became a member of the Board of Directors followed by four years as President of the Board. Her love of books and her unflagging dedication to helping others cope with breast cancer was the ground work for obtaining a grant to set up the BCA Library to ensure that maximum information was available to those who needed it. By extension, Dianne organized those members who shared a love of reading to form the Breast Cancer Action's Book Reading Club. From time to time as members came and went it was Dianne who was the glue that kept the book club going. During the last year as Dianne's cancer progressed, the book club was one of her passions. Her love of reading enabled her to transcend, for a time at least, her fight with cancer. Those of us who knew and loved Dianne would like to honour her through our shared love of books and what they have to offer.

The group meets at a member's home once a month. Enjoy a cup of coffee or tea over a lively discussion about each selected book. New members are always welcome to join! 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.

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.

Sept 11 1:30-4 OR Nov 28 6-8:30 900 Dynes Road

There is **no charge** to attend this workshop. Call 613-736-5921 to register for this workshop.

Kudos Korners

A big Thank You

...to **Brigitte Davidson** and her crew of organizers for putting together a fabulous evening of Zumba at the South Fallingbrook Community Centre in Orleans. They raised close to \$1,200 for BCA all in honour of a friend's birthday! Way to go, Brigitte!



...to all the BCA volunteers who helped BCA staff put on a marvelous Stroll on June 10th. A big thank you goes out to **Marija J, Rhonda E, Kristina K, James T, Kevin T, Kevin C, Valerie E, Kathryn B. Heather C-S, Ann D, Nathalie S, Sharon W, Doug G, Julia R, David H, Marg C, Paulette C, Laura S & her dancers, Mary V, Jean G, Maisaloon H, Fathyia W, Adna W, Alana C, Kennedy W, Connie C, Maria P, & Ayah M.** Volunteers are the lifeblood of this organization!

...to **Highland Mist, Tim Hortons Community Cruiser, Avon, Tyler Rourke, Cody Jeffreys, Yves Lacroix, the Rideau Canoe Club, Dept of National Defense, TD Money Counters Pat & Angie, Wal-mart, Giant Tiger & Quality Entertainment** for their contributions to our Stroll. We appreciate your generosity, your time and your energy that just added so much to the day!

...**staff & students from Rideau High School** who in early June had a school-wide breast cancer awareness/fundraising event called Rideau High Fights Breast Cancer . They sent us the proceeds of the event totaling \$387.25.

...**Angie's Models & Talent Agency** for a generous donation in honour of Angie Sakla-Seymour.



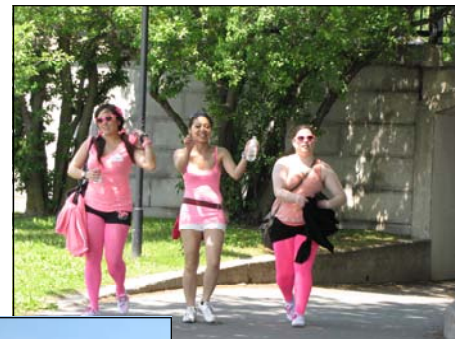
Breast Cancer Action Summer Fitness Session



YOGA: Tuesdays, 12:00-1:00, starting July 10th
Blue Bamboo Studio, 6081 Hazeldean Rd, Stittsville

STRETCH & STRENGTH: Wednesdays, 9:00-10:00, starting July 11th
Rideau Tennis Club, 1 Donald St, Ottawa

These classes will be run on a drop-in basis. You must sign the BCA waiver before you start your first class and the waiver is available at the facility. If the class is full when you arrive, you must try again another time. Call 613-736-5921 for more details.



It was a great day for a STROLL and as always the walkers and runners had a good time. James Tam warmed them all up and Cody Jeffreys said some encouraging words and off they went!!



Photos by Doug Gee

2011 Gala Sponsor

FRM

FARBER ROBILLARD MARTINEZ LLP

2012 Walk Sponsor



Manulife Financial
For your future™



Save the date: Viva Las Vegas Gala & Auction

Friday, November 16, 2012

Sala San Marco, 215 Preston St

Cocktails 5:30 Dinner 6:30

Tickets \$75 each or \$700 for a table (10)

Live & silent auctions, entertainment,
wedding chapel, photo booth, prizes, dancing

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
executivedirector@bcaott.ca

Lynn Gee, Office Administrator
info@bcaott.ca

Sarah Wade, Events & Volunteers
volunteer@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

www.bcaott.ca
info@bcaott.ca



Meet Sarah Wade, our newest staff member! Sarah is an Algonquin College Events Management student who will be working for BCA part time as a Event Planning and Volunteer Assistant. She started out as a student doing her course placement with BCA and we are happy to have her continued energy and excellent work ethic in helping us plan and execute our many events. Sarah works Wednesdays and Fridays at the office. Her contact email is volunteer@bcaott.ca. Welcome, Sarah, to BCA!





Thursday, August 16, 2012 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 20 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**

