



# Breast Cancer Action

*Because no one should face it alone*

QUARTERLY NEWSLETTER

WINTER 2012-13



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### Viva Las Vegas Gala

Take a peek at pictures from the event.

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One of many smiles seen around the Ballroom at Sala San Marco at BCA's Viva Las Vegas Gala on November 16th. Over 250 attendees enjoyed dinner, dancing and a variety of Vegas-style entertainment at our annual Gala which raised over \$10 000 for our programs. Many couples declared their "Hunka, hunka, burning love" for each other in our wedding chapel and bidding was very competitive at our silent auction. Save the date, Friday, November 15, 2013, for next year's Gala, "Hollywood, Then & Now".

Photo by Frank Scheme

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**Deadline for Spring 2013 Issue:**

All submissions for the spring newsletter are due March 15.

## Executive Director's Message

**Karen Graszat**

### Looking Forward to 2013

This year has been an interesting and busy year for BCA. To celebrate our 20<sup>th</sup> Anniversary we held an open house on April 5<sup>th</sup> and Mayor Jim Watson proclaimed the day BREAST CANCER ACTION DAY. We had many great fundraisers: Perky in Pink, Breast Friends FUNdraiser, Quilt Raffle, the Busting Out Great Glebe Garage sale, Manulife Stroll for our Goal, Golf Tournament of Hope and of course the Viva Las Vegas Gala. In October we reached out to women's groups in our community and with the help of members Brigitte, Rhonda, Katie and Betty we visited 10 organizations and spoke to them about breast cancer awareness and Breast Cancer Action.

We finally (!!!) launched our first Peer Support Volunteer Training Program.

How to top a great year? We will be focusing on our core events with a

Hollywood Glam Then and Now Gala on November 15<sup>th</sup> and our 20<sup>th</sup> WALK on June 1<sup>st</sup>. This year we will be introducing a timed run to our Manulife Stroll for our Goal. To celebrate our 20<sup>th</sup> walk we will be offering commemorative T-Shirts, lots of entertainment and prizes. On May 3<sup>rd</sup>, the ladies at the Goulbourn Rec Complex will be hosting the wonderful Breast Friends FUNdraiser where you can dancercise the night away with a plethora of dance styles and instructors.

All of these are great opportunities to market BCA so that the community knows who we are and what we do. We will continue reaching out to organizations and offering speakers to talk about BCA and breast cancer. We will be updating our webpage to facilitate on line pledging, donations and eventually registrations, peer support requests and more.

We are all looking forward to an action packed 2013!

On behalf of the Board of Directors, Lynn, and Sarah, I would like to extend to each of you and your family a Happy Holiday season and our hope for a healthy and great 2013!

With thanks and appreciation to all of you for your support and dedication,

Karen



## Living the Smart Way

**Kathy Smart**

### Christmas Cranberry Muffins

Makes 12 muffins

3 cups of ground almonds

½ tsp baking soda

½ tsp baking powder

¼ tsp salt

1 ½ tsp cinnamon

½ teaspoon of lemon zest (grated lemon peel)

3 whole eggs

1 tsp vanilla extract

½ cup honey

1 ½ cups fresh or frozen cranberries

Glaze-

Melt 3 Tablespoons of butter and 2 Tablespoons of honey and top on muffins when cooled.

Directions:

Preheat the oven to 160°C or 325°F. Line a muffin tin with large baking cups.

Combine the almond flour, baking soda, baking powder, salt, cinnamon and lemon zest in a bowl mixing well. Whisk the eggs, honey, vanilla in another bowl, stir in the cranberries.

Gradually add the dry ingredients to the wet ingredients in three separate turns, mixing well after each addition.

Evenly fill each baking cup with the batter (fill to top of cup, muffin only rises about 1 to 1 1/2 centimetres beyond cup) and bake in

preheated oven for 18 to 20 minutes. Glaze muffins with honey butter when muffins are cool.

Benefits:

High in Protein

Dairy Free

Easy to Make

Gluten and Wheat free

Low Glycemic

No Added Refined Sugars

Vegetarian



“I may not have gone where I intended to go, but I think I have ended up where I needed to be.”

— Douglas Adams, *The Long Dark Tea-Time of the Soul*

## Busting Out: Dragon Boat Team

Shelagh Needham

### A New Season Begins

It's time to look forward to the 2013 dragon boat season! The Executive Committee of the Busting Out Dragon Boat team is already planning the coming year and the boats are registered for the Ottawa Dragon Boat Festival in June.

In the meantime, team members are continuing with their winter fitness programs – yoga, weight lifting, aerobics and much more. In April they'll begin pool paddling before the dragon boat season begins in early May.

The Annual General Meeting will be

held on Thursday, February 28 at St Elias Antiochian Orthodox Church, 750 Ridgewood Avenue (directly across from Mooney's Bay) when, among other matters, the Executive will present the festival choices for 2013. There is plenty of parking at the back of St Elias. The meeting will be held in the hall at the side of the church.

As usual, BCA staff will attend the meeting to process memberships on-site via credit cards, cheque or cash.

The annual fee is \$115, which includes membership to both BCA and Busting

Out.

Anyone who is interested in finding out more about Busting Out is most welcome to join us – we are always looking for potential new team members. Or you can contact us at

[info@bustingout.ca](mailto:info@bustingout.ca)



### Mark your calendars!

Upcoming BCA events to get involved in.

#### Giggle for the Girls

Absolute Comedy

Feb 21, 2013

#### Perky In Pink Curling Bonspiel

Manotick Curling Club

March 2, 2013

#### Breast Friends FUNdraiser

Goulbourn Rec Complex

May 3, 2013

#### Manulife Stroll for our Goal

St. Paul's University

June 1, 2013

Check the BCA website for more details.

### 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 February and onwards at 613-736-5921.**

## *The Dianne Hartling Book Club*



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.

## 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:**

December 13  
January 3, January 17, January 31  
February 14, February 28  
March 14, March 28

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



*“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”*

~ *Albert Einstein*

### *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.

2013 Dates:

Jan 17, 6-8:30	March 5, 1:30-4
May 15, 6-8:30	June 27, 1:30-4
Sept 16, 1:30-4	Nov 27, 6-8:30

900 Dynes Road (Rideau Room)

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



Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

## BREAST CANCER ACTION GO WITH THE FLOW SESSION CHOICES

Your registration is complete upon Breast Cancer Action receiving **the waiver and your session choices**. You can **mail or hand deliver** to Breast Cancer Action, 301-1390 Prince of Wales Dr, Ottawa, ON K2C 3N6 OR **scan and email** to [info@bcaott.ca](mailto:info@bcaott.ca). ***We are accepting registration forms by mail, email or hand delivery only. No faxes or phone calls please! Thank you!*** Last year's waiver is now expired. **You must sign a new one BEFORE starting any class.** It will be held on file until August 31, 2013. Please put your name & phone number at the top of this form.

Please indicate your 1st, 2nd and 3rd choices by an X. **Please understand that we will do our best to make sure everyone gets their first choice, however, second or third choices will be given only after registration time is complete and only if there is space available in the class.** Our goal is to offer these programs to as many different participants as possible. Most classes have a maximum number of participants due to space size. **Please choose no more than 3 classes and you cannot have 3 first choices.**

Class Description	Choice 1	Choice 2	Choice 3
<b>Lian's Tai Chi</b> Saturdays 11:00 AM-12:00 Hunt Club Riverside Park Community Centre, 3320 Paul Anka Drive Jan 12-Mar 23			
<b>Pink Swan Ballet</b> Wednesdays 6:30-7:30 PM Maplesoft Centre, 1500 Alta Vista Drive Jan 9- Mar 19			
<b>Belly Dancing*</b> Fridays 12:00-1:00 PM Hunt Club Riverside Park Community Centre, 3320 Paul Anka Drive Jan 11-Mar 15			
<b>Yoga</b> Tuesdays 10:45-11:45 AM Blue Bamboo Yoga Studio 6081 Hazeldean Rd Jan 8-Mar 18			
<b>Yoga</b> Fridays 11:00 AM-12:00 Blue Bamboo Yoga Studio 6081 Hazeldean Rd Jan 11-Mar 21			
<b>Yoga</b> Thursdays 1:00-2:00 PM Rideau Tennis Club 1 Donald St Jan 10-Mar 21			
<b>Stretch &amp; Strength</b> Mondays 9:00-10:00 AM Rideau Tennis Club 1 Donald St Jan 7-Mar 17			
<b>Stretch &amp; Strength</b> Wednesdays 9:00-10:00 AM Rideau Tennis Club 1 Donald St Jan 9-Mar 19			
<b>Stretch &amp; Strength</b> Fridays 9:00-10:00 AM Rideau Tennis Club 1 Donald St Jan 11-Mar 21			
<b>Stretch &amp; Strength</b> Wednesdays 2:30-3:30 PM Goulbourn Recreation Complex (no class Mar 13) 1500 Shea Rd Jan 9- Mar 20			
<b>Stretch &amp; Strength</b> Thursdays 10:45-11:45 AM Nepean Creative Arts Centre (no class Mar 14) 35 Stafford Rd Jan 10-Mar 21			



\*Due to the nature of this class,  
no new registrations will be  
taken after February 1st

**If you are ill, do not attend class. Some of our participants are in treatment and are more susceptible to cold and flu germs. Stay home, rest and get better before returning to class. Thank you.**

**Please take care to complete your form correctly. Forms not completed correctly cannot be processed. Thank you.**

## Kudos Korners

## A big Thank You

...to **Kevin from Glu Productions & the management of Mansion Nightclub** for raising **\$1000** for BCA at their **Inked for Breast Cancer** fundraiser on Oct 20th.

...to **The Ottawa Valley Rock & Garden Horticultural Society** for their donation of **\$75** in honour of **Dr. Agnes Labonez-Bacskai** in lieu of her speakers fee at their monthly meeting in October.

...to **Susan Lindsay** for organizing a gathering of friends fundraiser, **Bucks for Breasts**, raising **\$770** for BCA.

...to **Dan Burgess, Krystal Caring, Karine Hamel, Alan Campbell, Jean Labelle & Frank Scheme** for donating their **time, talents and energy** to the **Viva Las Vegas Gala**. You made it all come together!!

...to the **woodworking class at Rideau High School** for creating the wonderful centerpieces on our gala tables.

...to **Louise Boardman** who created the fantastic showgirl outfits for the gala.

...to **Chantale, Kathryn, Rhonda, Brigitte, Marija, Peter, Shelby, Kiley**: the volunteers on the Gala committee for planning and executing a fabulous fundraiser for BCA.

...to **Lauren, Allie, Alison and Courtney**, our additional volunteers at the Gala.

...to the **members of BCA and the fitness classes** who donated baskets and items for our silent auction. **Over \$8,000** was raised at the silent auction tables.

...to **Danielle van Holst**, our RMT, who volunteers one day a month to come into the office to give free massages to our members. She has quite the faithful following here who float out of the office after spending 45 minutes with her!

...to **Diane Ryan** for developing & facilitating an new & informative Peer Support Volunteer Training.

### Breast Cancer Action Launches NEW Peer Support Training Program

Thanks to the generosity of a H.O.P.E. grant, we have, with the assistance of our veteran peer supporter and former BCA Board president Diane Ryan, developed a new PSV criteria, screening process and training tool. Our first training sessions were held at the end of November and the beginning of December.

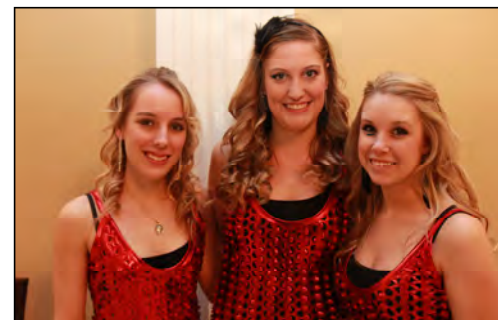
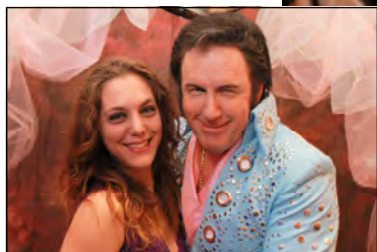
All Peer Support Volunteers are required to:

- \* fill in an application
- \* meet with our peer support panel (appointment time to follow your acceptance)
- \* attend a brief Breast Cancer Action orientation and complete a mandatory 2 day training program

We will be holding another training session in the Spring. If you are *at least one year post-treatment* and

you would like to volunteer your services as a BCA Peer Supporter please email Karen at [executivedirector@bcaott.ca](mailto:executivedirector@bcaott.ca). Feel free to call Karen at 613-736-5921 if you have any questions or would like to discuss anything related to Peer Support.

Congratulations to our new PSVs: Betty, Brigitte, Diane, Marija & Margaret!



Photos by Frank Scheme

*Viva Las Vegas Gala: November 16, 2012.*

*2012 Title Walk Sponsor*



*2012 Jade Gala Sponsor*



*2012 Ruby Gala Sponsors*



*Nancy & David  
Nicholson*

*Thank you for your support at these  
events!*



# Experiences of Secondary Lymphedema and Activities of Daily Living: A Photovoice Study



## An Invitation to Participate in Research about Experiences of Secondary Lymphedema

### We are seeking:

Adults aged 18 years or older, who are experiencing lymphedema after cancer, to take part in a research study using photography and interviews. Participants must be fluent in English, have completed acute cancer treatment, been diagnosed with secondary lymphedema related to cancer, and be interested in taking photographs reflective of their experiences and participating in audio recorded interviews.

### Why?

To learn more about how secondary lymphedema affects the lives of cancer survivors and what types of support are needed with the hope that the information shared may lead to future improvement for others who experience lymphedema.

If you are interested in learning more about this study, please contact Dr. Roanne Thomas, Jessica Belanger, Krista Charland, or Michelle Seperich by phone: (Dr. Thomas: 613-562-5800 ext. 8645, Jessica: 613-620-4439; Krista: 613-299-1965; Michelle 613-410-9558) or email: [Roanne.Thomas@uottawa.ca](mailto:Roanne.Thomas@uottawa.ca), [jbela069@uottawa.ca](mailto:jbela069@uottawa.ca); [kchar048@uottawa.ca](mailto:kchar048@uottawa.ca); [mspepe011@uottawa.ca](mailto:mspepe011@uottawa.ca) and more details will be provided. Please note that participation is on a first-come, first-served basis, however you are under no obligation to participate if you call or email. This research is funded in part by Dr. Thomas' Canada Research Chair funds.

**Julie Keon is looking for a volunteer:** I am a caster of women's torsos located in the Ottawa Valley. Although the majority of my casts are of pregnant women, I also cast women who are about to have a mastectomy or who have had a mastectomy. Casting can be very therapeutic as a way of remembering the body as it was or as a way of honouring the body as it is now. I have been contacted by a Photo Journalist at the Ottawa Citizen who is interested in photographing the casting process from start to finish. I am looking for a woman who is dealing with breast cancer, who would be interested in being casted prior to surgery and who would be willing to be a part of a photographic journey such as this one. Please pass this around and share as you please. **For those interested, please contact me by email at [julie@mncs.ca](mailto:julie@mncs.ca).**

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[info@bcaott.ca](mailto:info@bcaott.ca)  
Sarah Wade, Events & Volunteers  
[volunteer@bcaott.ca](mailto:volunteer@bcaott.ca)

#### Holiday Office Hours:

**Closed December 22, 2012 to January 1, 2013 inclusive:  
We reopen January 2, 2013, 8:00 AM**

#### Contact Us

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