



Breast Cancer Action

Because no one should face it alone

QUARTERLY NEWSLETTER

SPRING 2013



Inside this issue:

Kudos Korner:

Saying thank you to those who go an extra mile in fundraising or volunteering for BCA
page 6

Living the Smart Way:

Amazing Gluten-Free Pizza

Yummy pizza with a surprise ingredient in the crust!

Page 2

Breast Friends FUNdraiser:

Dance or spin to help raise funds for BCA

Page 5



The energy was high at the Zumba Fundraiser for BCA on Friday, March 15th at the South Fallingbrook Community Centre in Orleans. The event, in its second year, attracted almost 200 participants raising almost \$3000 for BCA. Our own Brigitte Davidson and Sandra Armstrong (front row, right) did an amazing job of organizing a fantastic fundraiser for BCA. Participants went home tired but happy and keen to “do it again” next year. Many thanks to all who took part in the event!

Photo by Joao Bettencourt photography@photobrush.ca

INSIDE THIS ISSUE:

President's Message pg 2	Breast Friends FUNdraiser pg 5
Living the Smart Way pg 2	Kudos Korner pg 6
Busting Out pg 3	Free Photo Sessions pg 6
BCA Massage Therapy pg 3	Lymphedema after Cancer pg 7
Book Club, Pre-op, Lymphedema pg 4	Who We Are pg 7
BCA Celebrates Survivorship pg 4	Skills for Healing Retreat pg 8

Deadline for Summer 2013 Issue:

All submissions for the spring newsletter are due June 15th.

President's Message

What is important in life? I think when we ask, "what is the meaning of life," we are asking the wrong question. I think we should ask, "what is my purpose in life?" If we have a purpose, we can decide what that purpose is. We can have many incidental purposes, including sister, friend, wife, aunt. We can also choose to be an inspiration to others.

I have friends who are and have been inspirations to me. I had an aunt who was the unchanging anchor while I was growing up in a military family. I had a friend who, when she passed the age of 90, chose to move herself into a retirement home, so others would not have to make that decision for her. I have a young friend who is handling a bad diagnosis with cour-

age and grace and more concern for those who will survive her, than worry for herself. I have a friend who when he got laid off, chose to go wilderness hiking to meditate on his future, rather than stew about his misfortune.

Aristotle said that each creature has a telos, which is the end or goal of its being. The telos of a horse is to run fast, or the telos of a fish is to swim. Unlike other animals, we have the opportunity to decide what our telos should be. It is important that we make that decision. I think we often forget this, when we are asking "what is the meaning of life." I choose to pursue my passion which is philosophy, but I also choose to be mindful in the conduct of my life.

Sometimes, we think that life makes our choices for us. And life does make some of them - when we are born, and when we die. But we get to choose how we live in the middle. It is the decisions we make in the middle, that is what is important in this life. Today, I choose to honour my commitments. I choose to help a friend. I choose to be happy.



Living the Smart Way

Amazing Gluten-Free Pizza

Preheat oven to 350 degrees

1 cup grated cauliflower
1 cup grated mozzarella cheese
1 egg
1/2 teaspoon garlic salt and dried oregano
Favourite pizza toppings

Steam cauliflower until just slightly soft(5-8 minutes)

Whisk egg, cheese and spices together.

Stir in cauliflower.

Spread cauliflower mixture in a pizza shape on a baking pan lined

with parchment paper.

Do not skip on the parchment paper or the pizza will stick.

Bake for 10 minutes.

Removed from oven and add desired toppings and bake for an additional 10 minutes.

Gluten Free
Wheat Free
Low Glycemic
YUMMY

Both Karen & Lynn have tried this recipe and it is DELISH!

Kathy Smart



“Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't.”

— [Steve Maraboli, *Life, the Truth, and Being Free*](#)

Busting Out: Dragon Boat Team

Shelagh Needham

A New Season for Busting Out

The 2013 Busting Out Annual General Meeting was held at St Elias Antiochian Orthodox Church on Thursday, February 28. Several proposed executive members were presented to the team and elected. Festivals were chosen for the upcoming season and we said a sad farewell to our coordinator, Susan Burns-McIntyre.

Many of us attended the Winter fitness classes which were held at St Elias on Tuesday and Thursday evenings. Some of us took part in BCA exercise sessions or joined individual exercise programs to keep themselves in tip-top condition.

In April we will paddle at Ottawa's Champagne Pool. Those members who have not yet done so will learn water safety and submerge themselves wearing paddling clothes, including life jackets and shoes. They will also be expected to swim a length or two of the pool in this gear.

On Saturday, May 4 a training day will once again be held in Chelsea. This is always a wonderful occasion with excellent instruction, plenty of paddling and great food!

Our first festival this year takes place on May 24-26 in Moncton, Nova Scotia. On June 20-23 we will paddle in the Ottawa festival. On Saturday, July 6 we will be racing in Hamilton. On August 3-4 we'll be in Burlington, Vermont and on Saturday, September 7 we'll race in Carleton Place. Our final paddling event will be the Cayuga River Run, near Dunnville, on Saturday, October 5. This is a leisurely 26 km paddle down the Grand River, stopping for lunch along the way. It's a lot of fun. If you are interested in joining the team for the 2013 season, or would just like to learn more, contact Margot Silver (msilverdumas@sympatico.ca) who will be holding orientation sessions.

Don't forget that your annual fee of \$115 (BCA 0 \$40, Busting Out \$75) are due by March 31. New paddlers have until May 31

to pay. Please contact BCA for more information.

The 2013 Executive Members are:
Gisele Doyle – Coordinator
Frances Sanford-Smith – Race Coordinator
Margaret Jaekl – Treasurer
Margot Silver – Membership and Team building
Shelagh Needham – Communications
Susan Schmidt – Fitness
Susan Lim – Secretary



Introducing a NEW program for active BCA members!

BCA member Hannah Lemire is a certified Reiki Master and has offered to us **60-minute Reiki sessions at no charge** to active BCA members. Reiki is a Japanese word meaning "Universal Life Force Energy" and is a hands-on technique helping to increase your concentration, improve circulation and helps you to relax and manage stress.

The first session will be Tuesday, April 30th at the BCA office. If you are interested in booking a 60 minute session, please call us at the office, 613-736-5921. Appointment times are: 10:00, 11:30, 1:00 and 2:30.

NEW

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.."

~ Oprah Winfrey

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 June and onwards at 613-736-5921.

The Dianne Startling 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.

BCA Peer Support 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 soon. 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.

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.

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:**

April 11	April 25
May 9	May 23
June 6	June 20

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



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:

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.

BFF (Breast Friends FUNdraiser) for Breast Cancer Action



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

Snacks & Beverages

ZUMBA

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

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

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



Friday May 3, 2013

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



Breast Cancer Action

Because no one should face it alone

Kudos Korners

A big Thank You

...to Denise Bellingham and the rest of the organizing committee from the Manotick Curling Club who put together the Perky in Pink Ladies Invitational Curling Bonspiel for BCA on March 2nd. The event was a lot of fun and they raised over \$3000 for us!

...to Brigitte Davidson, Sandra Armstrong, the rest of the organizing committee and the many Zumba instructors who put together a fabulous evening of Zumba on March 15th. The South Fal-lingbrook Community Centre was alive with excitement as the almost 200 participants were put through their paces for 2 hours, raising almost \$3000 for BCA!

...to our 2012 United Way Workplace Campaign supporters in Ottawa, Toronto & Kingston.

PROFESSIONAL PHOTOGRAPHERS OFFER FREE SESSIONS TO WOMEN FIGHTING OR SURVIVING BREAST CANCER

Jiji Photography from Ottawa joins Professional Photographers from the United States, Canada, Spain, Germany, the U.K., Australia and New Zealand to provide free portrait sessions to breast cancer patients and survivors.

I Picture Hope is an international association of professional photographers, makeup artists, and stylists founded in September 2011 by a professional photographer Camille Neighbors of Camille Denae - Portraits Celebrating Beauty in Post Falls, Idaho.

Camille's mother was diagnosed with breast cancer in 2010. "Having someone you love go through something like cancer forces you to see things you might have missed before," Camille explained. "I saw such beauty in my mom as she endured treatments, declared a war against cancer, had her grandchildren help shave her hair to make it less scary for them, and we walked around with our matching shaved heads. At every moment, my mom was beautiful to me. I'm blessed that her fight with breast cancer was victorious, and I feel compelled to do something to help other women see beauty in themselves when breast cancer has threatened to take it from them. "After setting up a temporary webpage with a little information I was receiving emails everyday from people around the world wanting help. Photographers from countries all around the world had applied for I Picture Hope in less than 48 hours of its inception. Now there are makeup artists and stylists joining as well. It is inspiring to see how many people are willing to use their talents for such a great purpose."

I Picture Hope not only offers women with breast cancer a free photo session, every client receives fully edited digital files from their session which they are free to print for personal use. There is no obligation to purchase anything. "It's just our way of saying "You are beautiful. You're still a woman, no matter what cancer has taken from you."

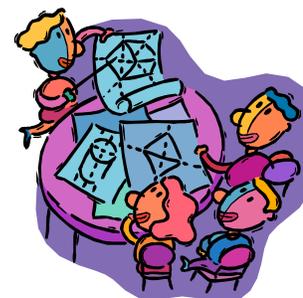
For more information please contact *Marjan Tropper*, 613-862-7210
Email: info@jijiphotography.ca Web Address: www.ipicturehope.com



Would you like to help develop a supportive program for people with lymphedema?

Lymphedema after Cancer

We are seeking men and women who are interested in sharing their experiences of lymphedema and who would like to participate in workshops.



These workshops will:

- Involve group discussion and sharing coping strategies
- Include a variety of creative activities
- Help our team improve a program

This research may help health professionals to better support people and may help those living with secondary lymphedema. Space for the workshops has been generously provided by Maplesoft Centre – Ottawa Regional Cancer Foundation.

Free lunch and refreshments will be provided!

For more info contact Liz Pigott & Roanne Thomas 613-562-5800 x4564 epigott@uottawa.ca

<p>Board of Directors Julia Ringma, President Corien Kershey, Vice-president Wendy Loschiuk, Treasurer Laurie Maybury, Secretary Yvonne Cashen, Director Marija Jaworskyj, Director Peter Platt, Director Karen Martinson, Director Brigitte Davidson, Director Rhonda Evans, Director & Volunteer Coordinator</p>	<p>Staff Karen Graszat, Executive Director executivedirector@bcaott.ca Lynn Gee, Office Administrator info@bcaott.ca</p> <p>Contact Us Breast Cancer Action 301-1390 Prince of Wales Dr Ottawa, ON K2C 3N6</p> <p>Office: 613.736.5921 www.bcaott.ca Fax: 613.736.8422 info@bcaott.ca</p>
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Save the date!!
 Upcoming BCA Events to get involved in.

May 3rd
Breast Friends FUNdraiser
Goulbourn Rec Complex
(see flyer in this newsletter)

June 1st
Manulife Stroll for Our Goal
St. Paul's University

See the BCA website for details

2013 TitleWalk Sponsor

2012 Ruby Gala Sponsors



2012 Jade Gala Sponsor

*Nancy & David
 Nicholson*



Thank you for your support at these events!

SKILLS FOR HEALING

Cancer Weekend Retreat



April 26-28, 2013
 Friday 5:30-8:30, Saturday 9-4, Sunday 9-3 | Ottawa



Dr. Rob Rutledge
 Radiation Oncologist
 Dalhousie University
 NS Cancer Centre



Dr. Chandra Martens
 McGill University
 Oncologist, Gatineau Cancer Centre
 Medical Director, Oncology Options

Learn about:

- How to get complete cancer care
- Empowering the body
- Stress reduction and mind-body techniques
- Working with difficult thoughts and emotions
- Meditation & informal discussion

Cost: Suggested donation \$175 per person. Free to those with limited finances.

Open to: Anyone who has been given any cancer diagnosis. May bring a loved one.

To register and for more information please contact:
 Jennifer Turner at 613-422-8665 | Email: oncologyoptions@gmail.com

Oncology
Options

www.HealingandCancer.org
www.OncologyOptions.ca

