

Spring 2016

Hello from BCA!

Let Your Voice Be Heard At Our AGM!

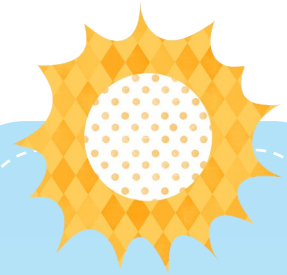
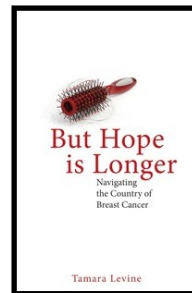
Every year, BCA offers the chance for interested members to really get involved with the decision-making process here at BCA. Our Annual General Meeting allows members to come out and meet the Board Members who will guide the organization for the next year, to learn about the inner-workings of BCA. This meeting features food and drink, a guest speaker, and most importantly a chance to have your voice heard!

Please feel free to join us at our 2016 AGM, which will take place on:
 Monday, June 13th, 2016
 900 Dynes Rd. (in the party room)
 K2C 0J5

Dinner @ 5:30pm
 Guest Speaker @6:00pm
 AGM @7:00pm
 Please RSVP to info@bcaott.ca prior to June 10th!

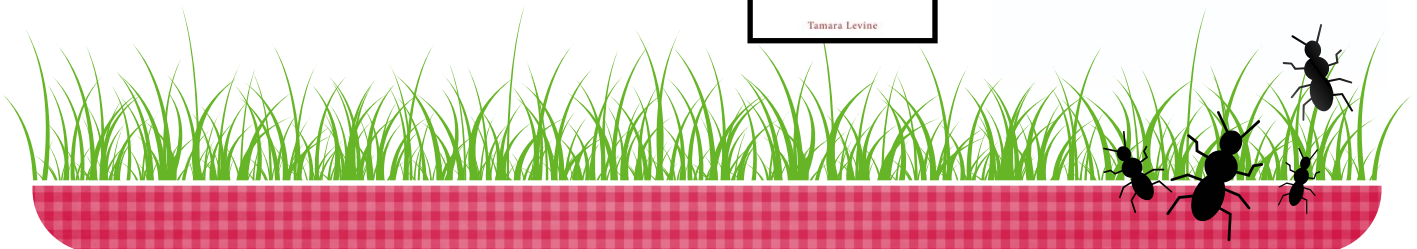
**If you wish to take part in the dinner portion of the evening, please bring \$10 as a donation to BCA, in order to cover costs.

Our guest speaker will be Tamara Levine, author of the book "But Hope is Longer"



Inside this issue

- Program Updates..... 1
- Upcoming Events..... 2
- Dragon Boat Updates..... 3
- Message from the E.D 4



Shimmy Into Summer

BCA's resident Belly Dancing Instructor, Laura Savard, and some of her students will be participating in a wonderful dance showcase fundraiser in June! Proceeds will benefit BCA. Please join us in supporting our belly dancers and all of the talented women coming out to show their support for breast cancer survivors!

June 21st, 2016
6:30pm
Studio Theatre, Centrepointe Theatres
101 Centrepointe Dr.
Nepean, ON
K2G 5K7

Moffat Farm Cycle Club

Moffat Farm Cycle Club will be hosting 6-times-weekly cycle classes benefitting BCA until July 31st, 2016. Classes are \$5 each. Register at:

**www.
Moffatfarmcycleclub
.com**

Bra Program

BCA is happy to introduce a new program in 2016, supplying women in need with mastectomy bras at no cost! If you or someone you know would benefit from receiving a mastectomy bra but cannot afford one, then BCA is here for you!

If you are interested in benefitting from this program, please contact BCA at our office at info@bcaott.ca, or at 613-736-5921.

Lymphedema

In partnership with Haley Rehab, BCA is happy to facilitate regular lymphedema workshops. These sessions are essential for all Breast Cancer patients and survivors! We will be providing information on the effects and symptoms of lymphedema, how to manage your risk, and how to treat it if you get it. We will also be providing free baseline measurements for all attendees.

If you are interested in attending one of these workshops, please contact BCA for the date and time of the next session. E-mail us at info@bcaott.ca, or call us at 613-736-5921!

Support Group

BCA's Support Group will be meeting at 7pm at the Ottawa Regional Cancer Foundation, 1500 Alta Vista Drive, on the following dates:

- Wednesday, June 10
- Wednesday, July 13
- Wednesday, August 10
- Wednesday, Sept. 14

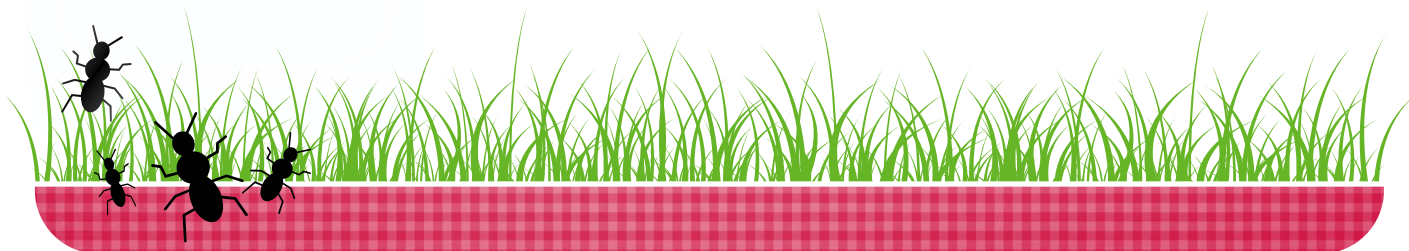
Please feel free to drop in and join the wonderful women who take part in these meetings, or contact Andrea, our facilitator, at support@bcaott.ca!

Heroes & Sheroes Pub Fundraiser

Come and join BCA for a fun night out at our annual pub fundraiser! This year we will be returning to St. Louis Bar & Grill (located at Clyde & Baseline) for our event, celebrating the Heroes & Sheroes who have made the journey through a breast cancer diagnosis!

This event will feature live music, great food, drinks, and a silent auction!

This event will be taking place September 23-24 at St. Louis Pub at Baseline and Clyde!



HOPE Beach Volleyball Summerfest

BCA has been chosen from a large number of applicants to be one of the featured charities for this year's H.O.P.E. Beach Volleyball Summerfest!

As a featured charity, BCA will receive a grant from H.O.P.E. that will allow us to continue offering our fitness program for the next couple of years. This is a huge benefit to our members, and we are very excited to be able to partner with this incredible organization.

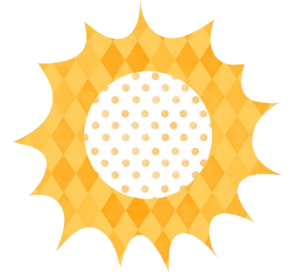
In order to receive this grant, BCA must supply 60 volunteers to work at the event. It is a great opportunity to get out there and meet our staff, our Board of Directors, and many other members! It also promises to be a

great day full of sun, sand and lots of laughs! If you are interested in volunteering with BCA for this event, please contact us at 613-736-5921 or at info@bcaott.ca.

H.O.P.E. Volleyball Summerfest
July 16, 2016
7-11am / 10:30-2:30pm / 2-6pm



"We make a living by what we get, but we make a life by what we give." -Winston Churchill



BCA's 10th Annual Tournament of Hope

Every summer, BCA hosts an incredible golf tournament at Glen Mar Golf Course. This year marks the tournament's 10th anniversary, and we hope that it will be our biggest and best one yet!

Whether you are an experienced or beginner golfer, this is a great opportunity to get out on the green to have sun and support BCA!

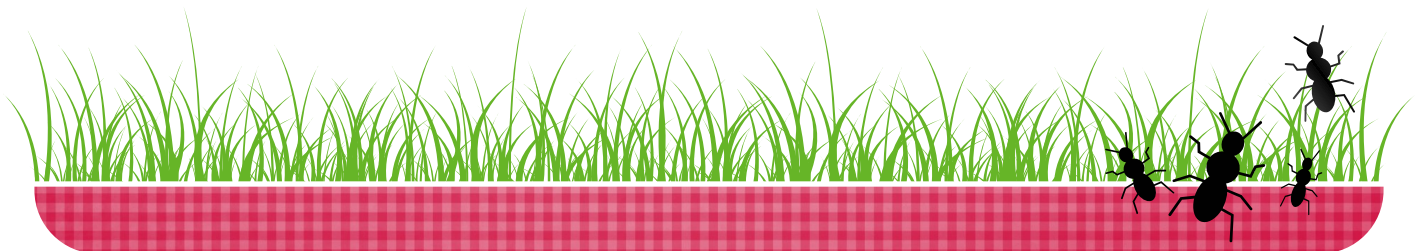
10th Annual Golf Tournament of Hope
Glen Mar Golf Course
Thursday, August 11, 2016
Registration: \$125, sign up online at
www.bcaott.ca/events/golf

Twins for a Cause Tournament, Benefitting BCA

This summer, we are happy to announce that we will be one of the chosen charities benefitting from the Twins' Cause Tournament!

Registration details to come!

Twins' Cause Golf Tournament
Hammond Golf Course
Friday, August 26, 2016



Busting Out: Message From the Team Coordinator

My name is Sheila Murphy, the Team Coordinator for Busting Out – Ottawa's only Breast Cancer Survivor Dragonboat team. We are a group of 60 women who have come together to improve our physical fitness through dragon boating and to support and encourage each other. We are living proof that there is quality of life after a breast cancer diagnosis.

Busting Out: Season Updates

We have a busy and fun season planned for the team this year. Every spring we start using the muscles that we have been exercising during the winter season with the Breast Cancer Action classes and other winter activities. Now the boats are ready and we are ready to bring out our inner dragons and zoom-zoom our way across the waters with new and old friends, rain or shine. Our practices are every Tuesday and Thursday evening and finish off

Busting Out: Our Season Schedule

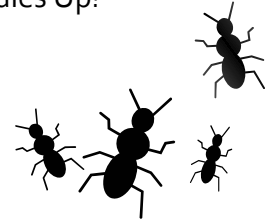
Practices are at the Rideau Canoe Club every Tuesday and Thursday evening from 5:30 to 7pm.

May 28—Great Glebe Garage Sale, one of our main fundraisers

June 5—Training Day for anyone interested in joining our team. If you are interested, please send a note to info@bustingout.ca

June 24-26—Ottawa Dragon Boat Festival - come and see what we are all about. There are two Breast Cancer Survivor teams com-

We had our first practice on Tuesday May 10, 2016 and we will hang up our paddles for the season sometime in October. We are looking forward to another great season full of paddling, going to festivals, camaraderie, support and most of all fun! Paddles Up!



with a sense of personal accomplishment mixed with a burst of excitement that you actually made it through the practice. Our competition weekends with other Breast Cancer Survivor boats culminate with the adrenaline rush that comes from full-on paddling and crossing the finishing line, hopefully ahead of everyone else! We also have other kinds of fun that require a bit of work, lots of laughs and the sense of being part of a team.

peting with us this year, from Montreal and Toronto.

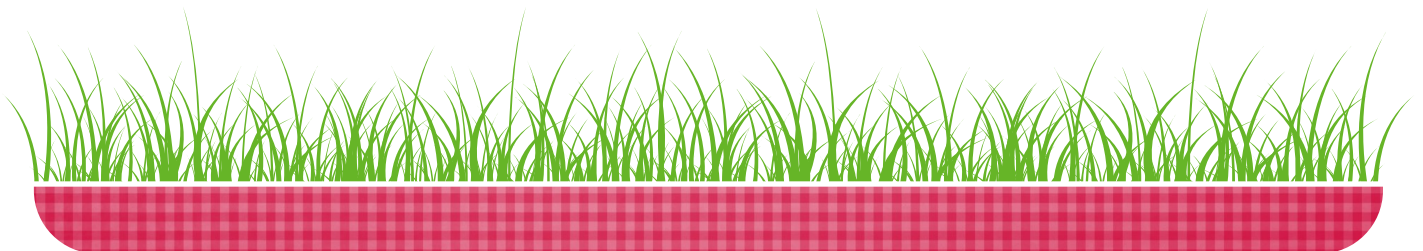
July 23—Arnprior Dragon Boat Festival

August 13—Wellington Dragon Boat Festival

Sept. 10-11—Toronto Dragon Boat Challenge

Enjoy!

-Suzanne Hudon,
Communications & Marketing





A Message From the Executive Director: Supporting Those Going Through Treatment

We are often asked by friends and family members for ideas and suggestions about what they can do to help or support a loved one going through cancer treatments. As supporters, we often want to do something but are often at a loss as to what. We are hoping to put together a guide of sorts, with suggestions, ideas and thoughts that those going through treatments can share with their friends and family.

During your cancer treatments (diagnosis, chemo, radiation, drug therapy), what are some of the things that people did for you? What are some of the things that you wished for? In retrospect, what would have been welcomed? Please share your personal favourites with us, so that we may share them with others! Please send your ideas to:

executivedirector@bcaott.ca

Suggestions can include gifts (like quilts), help with everyday things (dooking, driving to appointments, dog-walking), upbeat cards or e-mails, and organizing company or get-togethers like movie nights!

Thank you in advance for any contributions!

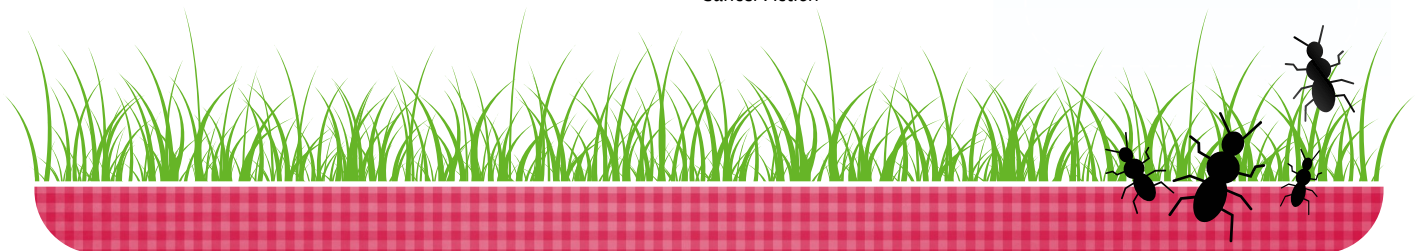


*Karen Graszat, Executive Director, Breast
Cancer Action*

“Unless
someone like you
cares a whole
awful lot,
nothing is going
to get better.

It’s not.”

-Dr. Seuss



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

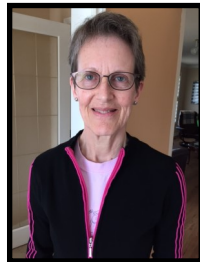
Phone: 613-736-5921
E-mail:
info@bcaott.com

Changes On The BCA Board Of Directors

We here at BCA are always looking to expand our skill– and knowledge-base in order to better serve our members and those diagnosed with breast cancer in the Ottawa area. One way that we look to do this is by ensuring that our Board of Directors reflects a wide range of experience within the Breast Cancer community. With that said, we are happy to introduce to you our two newest Board members:



Nicole Hood is a young woman who began her trek through breast cancer treatment maze after being diagnosed in February of 2014 at the age of 31. She uses her expertise as a socio-legal researcher and her recently acquired knowledge of breast cancer to assist other young women in navigating the world of breast cancer and the everyday realities that medical professionals don't always address.



Susan Gick is a community-based palliative care physician, formerly a family doctor, and has been practicing in Ottawa since 1981. She is now semi-retired, having stepped back after being diagnosed with breast cancer in 2013 in order to pursue other ways of helping the people in her community. As part of BCA's Board of Directors, Susan is focusing on creating a comprehensive network of accessible, community-based services to serve women living with a breast cancer diagnosis.

If you are interested in learning about the rest of our wonderful Board of Directors, please visit our website at www.bcaott.ca!

