

QUARTERLY
NEWSLETTER



Breast Cancer Action

SUMMER/FALL 2009



PAINT IT PINK 16th Annual Manulife Walk & Fun Run Sunday, September 27 Mooney's Bay Park

Event information and pledge forms available at www.bcaott.ca
or by calling the office at 613.736.5921.

Participate and show your support for breast cancer
patients and survivors in Ottawa!

 **Manulife Financial**

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President's Message



As I write this it is the end of July and one of the few sunny days thus far. By the time you read this message it will be almost fall and the beginning of many activities and classes. Usually summer is a quieter time at BCA but this summer has been different. Our walk which traditionally has been in June will be September 27 and our location at Mooney's Bay is also a new one for us. We hope you will join us and bring your friends and family. This is a walk

for everyone and BCA counts on you and the many whom you get to sponsor you in order to continue to provide the many programs and services we offer. It's also not too early to think about our fall gala dinner and dance. It was a huge success and we are looking to make it even better this year. Mark November 20 on your calendar and come out with friends for an evening of fine food, wonderful auction items, dancing and fun.

As always, check out our fall programs and activities. Call the office, go to our website at www.bcaott.ca or read through this newsletter. We are very

excited to be able to add to our exercise and yoga classes and encourage you to continue or try out a class for the first time.

The staff and our board of directors are here to serve you and we invite you to provide us with your comments and suggestions. We also invite you to consider volunteering at BCA. This is your organization and together we are continually striving to make it even more valuable to the Ottawa and area community.

Diane Ryan
President

Profile: Board Member

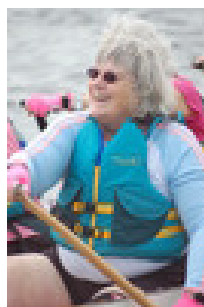
Mine is a story of luck in many ways. Luck is not what most of us think about when we think of being diagnosed with a serious illness like cancer, but I certainly think I'm one of the lucky ones.

After my mammogram in early 2005, tests and a long wait, my family doctor called with the news of my diagnosis. Like many my first reaction was anger, a bit like being caught doing something naughty. I knew my weight was a risk factor so I wasn't terribly surprised.

A colleague suggested that I think of reasons I was lucky, and he was right. With this attitude I was better able to travel the journey of treatment and a roller coaster of emotions, up and down but always somehow moving forward with the support of my husband David along with friends and family. One of the best things is that I now belong to a really caring community. Someone always knows what you're going through. We pass on our nuggets of wisdom

(and always the hugs!) to each other like treasures.

At the pre-operative session put on by BCA and the Cancer Society, I learned about exercise and aquafit programs.



The women in the classes were a varied but always an energetic group who inspired and encouraged me. Two paddlers with the BCA Busting Out dragon boat team encouraged me to come and paddle with them. ("If we can do it Ros, so can you!"). Their attitude has been typical of the people I've met since my journey began. I love paddling and hope to be able to continue for a long time! I'm managing to

"lighten the boat" a little at a time, and am fitter than ever thanks to our expert training and coaching programs. These wonderful friends were there for me when my body took me through a second round of surgery and treatment the next year.

I certainly don't fret about what I'll do now that I'm retired. I made a commitment that I'd find a way to pass on the sense of community I'd found at BCA, and after much thought and some time after my retirement in 2007, I decided that serving on the Board of Directors was the best fit for me right now. I feel good that I'm helping to carry on the work of the organization that helped me the most during my treatment journey, and continues to help others newly diagnosed or going through treatment again.

Rosalind Bell-Stitt
Director

16th Annual Manulife Walk & Fun Run



Join us September 27 to celebrate our Annual Walk & Fun Run by participating in a non-competitive 2km, 5km or 10km walk or run along a scenic route by the canal.

This walk is our major fundraising event. By registering as an individual, as a team member or as a youth participant **YOU** are helping make a difference in the lives of those diagnosed with breast cancer in your community.

REGISTRATION

An individual registration fee is only \$40. Youth 12-18 participate for \$25 while supervised children under 12 years participate for free. Team members register individually, but fundraise

together under a team name.

Registration fees include a t-shirt and BBQ lunch. Live entertainment from Amanda Rheume. Amanda recently returned from Kandahar, Afghanistan where she and her band performed for the troops.

Pre-registration week starts September 21 at BCA's office between the hours of 8:30 a.m. and 3:00 p.m.

Event day registration is between 8:30 and 9:30 a.m. at Mooney's Bay.

TRANSPORTATION

Free parking is available on a first come first serve basis. You will be directed by officials to park either at the Riverside Mall or at the St. Elias Centre (on Ridgewood Avenue) and will be given a parking pass to display clearly in your window.

There is an OC Transpo #87 bus stop on the corner of Riverside Drive and

Ridgewood Avenue (across from Mooney's Bay Park). Please check OC Transpo's website for bus times and route (www.octranspo.com).

PLEDGE FORMS

Pick up your form at our office or download and print from our website.

NEW THIS YEAR!

If you are not available to attend our walk this year, consider sponsoring a friend or family member on our website through PayPal.

We would like to thank our Sponsors for 2009:

*Manulife Financial
/A\ News
Grill Master Express
Adware Promotions
The Country Grocer
St. Elias Centre
Val Roca Management
Vintage Designing Co.*

3rd Annual Golf Tournament of Hope

On Friday, August 7, 100 golfers headed out to their starting holes in our 3rd Annual Golf Tournament of Hope. This year the weather was fabulous! After the golf, everyone settled in for after-tournament stories, a delicious roast beef buffet and a silent auction—all while enjoying the sounds of Robert Côté's soothing guitar music. The evening was emceed by Annette Goerner, from /A\ News and BCA's newer board member.



We were honoured with the presence of Stuntman Stu from the Team 1200 this year.

On the 17th hole everyone had a

chance to beat the Stuntman and earn tickets to a draw for a fabulous Brookstreet package. Golfers also had a chance to compete for a \$200 gift certificate, courtesy of Wild Birds Unlimited, at the putting green. This year the tournament raised over \$15,000 for BCA!

Thank you to this year's Platinum Sponsors (\$5,000): Dynamic Mutual Funds and Stephen Hall and Marg Campbell, who was the tournament coordinator.

Breast Cancer Action would like to thank Marg Campbell, our wonderful tournament organizer for the past three years. Marg's knowledge of the game and dedication to the cause is so passionate. Thank you!

Special thanks to Amy Cailloux, Jo-Anne Turple-Watson, Diane Ryan and Lina and Bridget Mowat, without whom that day wouldn't have gone so smoothly.



Next year's date is August 6, 2010. Glen Mar Golf Club, our wonderful host, has already been booked. Please plan to join us in the 4th Annual Golf Tournament of Hope.

Marg Campbell
Survivor and Tournament Organizer
golf@bcaott.ca

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 [613.798.5555](tel:613.798.5555) ext.19079.

September 17	Breast Cancer Action, 1-3 p.m.
October 1	Canadian Cancer Society, 9-11 a.m.
October 15	Breast Cancer Action, 1-3 p.m.
October 29	Canadian Cancer Society, 9-11 a.m.
November 12	Breast Cancer Action, 1-3 p.m.

Locations:

Breast Cancer Action, 739A Ridgewood Avenue
613.736.5921

Canadian Cancer Society, 1745 Woodward Drive
613.723.1744

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.

Choose from the following dates in 2009:

September 15	1-3:30 pm
November 18	6-8:30 pm

Workshops are held at Breast Cancer Action. Space is limited. Call 613.736.5921 to reserve your seat.

Upcoming Fundraising Events

September 27
16th Annual Manulife Walk & Fun Run
Mooney's Bay Park

November 20
Autumn Gala & Auction
Sala San Marco



HaleyRehab

Strengthening Survivors through Comprehensive Physiotherapy

1000 women in Ottawa will be diagnosed with breast cancer this year.

1000 women in Ottawa will benefit from physiotherapy.

We can help!

613-761-4062

Call now to arrange a consultation with a registered physiotherapist certified in lymphedema management.

www.haleyrehab.ca

Fall Meditation Class

BCA will be offering a fall meditation class that will be given under a grant from the Community Foundation of Ottawa. It will be a four week offering on Thursday evenings from 7-9 p.m. In a fast paced world, this is an opportunity to slow down, de-stress and explore relaxation techniques in a friendly environment.

Class Schedule:

October 22, 29, November 12, 19 (note: there will not be a class on November 5).

Registration:

Call the office at 613-736-5921. Registration is limited to 10 participants.





End-of-Project Update

Submitted by Kathleen Gotts, Project Coordinator

ADVISORY COMMITTEE MEMBERS

Judy Bedell

Dr. Margaret Farncombe

Betty Flack

Anna Kennedy

Louise Killens

Susan Smith

STAFF MEMBERS

Amy Cailloux
Office Manager

Kathleen Gotts
Coordinator

Louise Haley
Consultant

Wanda Jamieson
Evaluator

Caren Weinstein
Designer

Stephanie Woodard
Facilitator

As Breast Cancer Action's **Lymphedema: Take Control** project draws to a close, it is time to reflect back on the achievements of the last two years. First and foremost, the project was made possible with funding from the Community Health Promotion Grant Program of the Canadian Breast Cancer Foundation – Ontario Region. It succeeded in meeting its goal of raising awareness about secondary lymphedema and promoting the role of exercise in risk reduction and management with breast cancer patients and survivors, health-care professionals and fitness instructors in Ottawa.

Foundation funding made the project possible. The drive, dedication, knowledge and expertise of the project's part-time staff and Advisory Committee members brought it to life with their determination to see the best practices of breast cancer rehabilitation and lymphedema education put into place during the project's lifetime – and for the long term.

Objectives

- To increase the knowledge, ability and confidence of breast cancer patients and survivors to exercise safely and appropriately to reduce their risk of secondary lymphedema or manage the condition.
- To increase fitness instructors' awareness and knowledge of secondary lymphedema and appropriate exercise for its risk reduction and management.
- To strengthen linkages with the health, wellness and fitness sectors in Ottawa.

Achievements

- Evidence-informed approach: the project was grounded in current knowledge and evidence on the impact of education and exercise on secondary lymphedema risk reduction and management.
- Credible, accurate and up-to-date educational resources and activities: designed to build knowledge, instill confidence, and improve quality of life.
- Educational materials (print and web): distributed within Ottawa and across Ontario to over 130 breast cancer support groups and lymphedema care organizations and more than 45 lymphedema therapists.
- Go With The Flow: 8-week progressive aerobic exercise program designed for breast cancer patients and survivors, offered over seven sessions of 27 classes to 278 participants in eight venues across Ottawa.
- Training for fitness instructors and allied health professionals: half-day accredited training workshop delivered to 102 participants in 11 workshops.
- Four community workshops with 171 participants to raise awareness about secondary lymphedema and the role of exercise in breast cancer survivorship.
- Enhanced linkages with cancer care service providers, community-based lymphedema support services, and fitness providers in Ottawa and across Ontario.
- The project helped to increase BCA's community profile. Its approach, findings and lessons learned offer BCA the opportunity to enhance its leadership in lymphedema education and exercise programming for breast cancer patients and survivors.

Online Outreach —New Website

The information and resources developed by the project, have been posted online with a new website at www.bcaott.ca/lymphedema/info. Please share this resource with others.

Thank you to everyone who participated in the project and helped make it a success.

Funded by
CANADIAN
BREAST CANCER
FOUNDATION*
FONDATION
CANADIENNE DU
CANCER DU SEIN*
Ontario

Go With The Flow Fitness Classes

Stretch & Strength

Improve your strength, flexibility and overall well being in an instructor lead group fitness program.

- ◇ **Rideau Tennis Club, 1 Donald Street**
◇ Monday ◇ Wednesday ◇ Friday—9-10 a.m. September 9—December 18
- ◇ **Goulbourn Recreation Complex, 1500 Shea Road (Stittsville)**
Wednesday—3-4 p.m. September 9—December 9
- ◇ **Walter Baker Sports Centre, 100 Malvern Drive (Barrhaven)**
Wednesday—4-5 p.m. September 9—October 28
This class, taught by a twenty year breast cancer survivor, features a warm-up, stretching and light weights, a variety of cardio moves all done to fun music, and is followed by a cool-down and relaxation.
- ◇ **Nepean Creative Arts Centre, 11-35 Stafford Road**
Thursday, 10:45-11:45 a.m. September 10—December 17
This class, taught by a twenty year breast cancer survivor, features a warm-up, stretching and light weights, a variety of cardio moves all done to fun music, and is followed by a cool-down and relaxation.

Tai Chi

Auxiliary Tai Chi exercises for warm-up, meditation, relaxation and flexibility will be incorporated into the class routine. Exercise mind-intent, whole body, tendons, ligaments, energy flow, and joints. Improve energy circulation, blood circulation, flexibility, stamina, leg strength, balance, posture and mental clarity.

- ◇ **Breast Cancer Action, 739A Ridgewood Avenue**
Saturday—10-11 a.m. September 12—December 19
- ◇ **Ray Friel Recreation Complex, 1585 Tenth Line Road (Orleans)**
Friday—10-11 a.m. September 11—October 30

Yoga

A yoga program for breast cancer patients.

- ◇ **Rideau Tennis Club, 1 Donald Street**
Thursday—1-2 p.m. September 10—December 17
- ◇ **Astral Fitness, 44 Iber Road (Stittsville)**
Monday—10:30-11:30 a.m. September 14—December 14
- ◇ **Astral Fitness, 44 Iber Road (Stittsville)**
Tuesday—10:45-11:45 a.m. September 8—December 15

All participants **must register** in order to attend by calling the office at 613-736-5921.
Registration and participation is free. Classes are delivered in English.



Volunteer Program

Finding the time to volunteer is hard – or is it?

According to the *2007 Canada Survey of Giving, Volunteering and Participating* recently released by Statistics Canada, volunteers were most likely to indicate that they did not contribute more hours because they did not have the time (75%). About half (52%) reported that they were unable to make a long-term commitment to volunteering.

Between work, grandchildren, children, aging parents, homes, hobbies, friends and other commitments, you may not think you have much time left over. Time is a precious commodity to each and every one of us. However, volunteering with BCA doesn't have to require a large time commitment on your behalf, your involvement can be as much or as little time as you choose. We welcome and encourage sporadic volunteers who help out at our special events, provide peer support, assist

with mailings and are merely “on call” as we need them. This approach to volunteerism, known as “episodic” volunteering recognizes the many demands on people’s time and attempts to accommodate this.

While we always appreciate our in-office volunteers, committee and board members, there are many other opportunities available to assist and support Breast Cancer Action that does not require an extensive time commitment on your behalf. Some volunteer opportunities can be as little as 5 to 10 hours a year depending on the events you choose.

Upcoming Volunteer Opportunities

- There is still time to register to volunteer for our 16th annual Manulife Walk and Fun Run on Sunday, September 27, 2009. Volunteers get free lunch and a free “volunteer” t-shirt.

- Join our Gala Planning Committee as we prepare for our 2nd annual Autumn Gala and Auction taking place Friday, November 20th at Sala San Marco.

Call or email to discuss the possibilities and join the roster of BCA’s volunteers today!

Breast Cancer Action extends a warm welcome to all our new and “renewed” volunteers!

Reminder: Kindly turn in any outstanding paperwork needed to complete your volunteer registration, including record checks.

Volunteers do not necessarily have the time; they just have the heart.

- Elizabeth Andrew

Volunteer Spotlight: What volunteering means to me...

After finishing my second year in law school at the University of Ottawa, I decided to take some of my summer vacation time to volunteer for Breast Cancer Action. I have always wanted to get involved within the women's community. It is nice to know that I can

make a difference, just by taking a few hours of my week to volunteer for Breast Cancer Action. Throughout the summer, I have helped out in the office by working on power point presentations, making phone calls or by simply doing mail outs. What I like most about

Breast Cancer Action is that it is an organization that is truly oriented towards the needs of people whose life are affected by breast cancer.

Stéphanie Bélanger



Julie Dagenais-Watson, RMT
Certified Lymphedema Therapist
'Providing cancer rehabilitation through Massage Therapy'

2249 Carling Avenue • Suite #404 • Ottawa, Ont. • K2B 7E9
Tel. #: (613) 255-2255
Email: info@cancerrehabmassage.com
Website: www.cancerrehabmassage.com

PROVIDING TREATMENT FOR:

<ul style="list-style-type: none"> • Lymphedema management through Combined Decongestive Therapy and educational awareness • Restoration of joint mobility and muscle strength • Scar tissue management • Wound care therapy • Correction of muscle and postural imbalances 	<ul style="list-style-type: none"> • Pain management • Home exercise and self-care programs • Post-op management of breast reconstruction • Kinesiotape Certified • A.D.P. Authorizer - Lymphedema Compression Garments
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★ Trained in the specific needs of cancer survivors ★

Book Club

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 the BCA office for 10 a.m. 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!

The book selection for the Fall/Winter season are:

- September 10—A Fine Balance** by Rohinton Ministry
- October 8—Too Close to the Falls** by Catherine Gildiner
- November 12—The Blind Assassin** by Margaret Atwood
- December 10—The Secret Life of Bees** by Sue Monk Kidd

ROCHE CANADA PRESENTS

An Evening with Abigail

You are cordially invited to walk the **pink** carpet with Honorary Chair Janet Yale and patron Elizabeth Manley, in support of research and patient care for all women's cancers at the Ottawa Regional Cancer Foundation.

Don't miss this magical cabaret evening featuring music, celebrity auctioneers and live and silent auctions of extraordinary one-of-a-kind art, romantic getaways, unforgettable embassy dinners, and dazzling couturier bears of all kinds!

PINK TIE OPTIONAL

Wednesday, October 7, 2009 at 6:30 p.m.

Sumptuous cocktail reception and Abigail's Pink Martini Bar

Irving Greenberg Theatre Centre
1233 Wellington Street West
(at Holland Avenue)

TICKETS \$125
(partial tax receipt issued)

You can purchase your tickets ONLINE through **www.aneveningwithabigail.com** or by calling **613-236-5196** and in person at the Irving Greenberg Theatre Centre, Ottawa.



Registered massage therapist / Massothérapeute

Catherine Croteau
 BSc Hon, BA, Dip. MT

Vodder-certified for lymphatic drainage

www.CroteauRMT.ca

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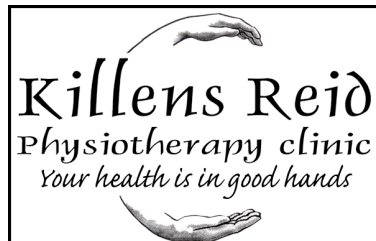
613.297.9325
 cathy@croteaurmt.ca



Lymphatic Treatment Assistance

In an effort to help those in need of lymphedema treatment the **Killens Reid Physiotherapy Clinic** is subsidizing their manual lymphatic treatment and will be offering the one hour service for **\$45.00** for those who may not have insurance coverage. Both therapists at the **Killens Reid Physiotherapy Clinic** are **Vodder certified**. We are conveniently located downtown on the major bus line at 130 Albert Street. There is also city parking at \$3.00 an hour across the street at the World Exchange Plaza.

For more information, please contact us at **613-594-8512** or visit www.KillensReid.com.



Louise Killens, RPT
Mary Hutton, RN

Vodder Certified Lymphatic Therapists
"Busting Out" Dragonboat Team Trainers

www.KillensReid.com

Suite 610, 130 Albert St.
Ottawa, ON K1P 5G4

Tel. 613.594.8512
Fax. 613.594.0213



2nd Annual Autumn Gala & Auction

Friday, November 20, 2009
Sala San Marco
(Preston Street)

EARLY BIRD SPECIAL

Purchase your ticket(s) prior to October 15 for only \$80. Tickets will be \$90 after October 15. Payment can be made online at www.bcaott.ca or in person at the BCA office.

INFORMATION

Contact the office at 613-736-5921 or visit our website.

Take advantage of this early
bird special today!

Inspiring Survivor Story

My Breasts Do Not Define Me as a Woman

I was diagnosed with inflammatory breast cancer in February 2008. IBC is a very rare and aggressive form of breast cancer. A modified radical mastectomy was part of the treatment protocol.

I am not one to squirm in the face of adversity. I chose, early on, to handle losing my right breast with emotional, spiritual and logical intelligence. I began by reflecting on what having breasts meant to me. I thought back on how being a late bloomer in adolescence had bothered me and had affected my body image. I thought about how I felt when, during my first pregnancy, my physician told me that I would probably not be able to nurse my baby due to inverted nipples. I was disappointed, of course, since I wanted to nurture my child on this most basic level. However, I quickly realized that this was not a reflection of me as a woman. Remembering this last year went a long way in reminding me that I am not defined by my breasts.

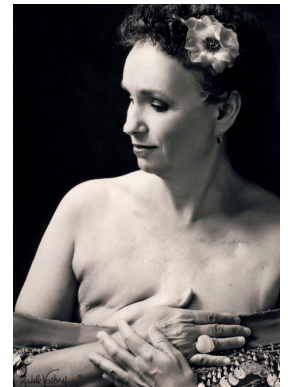
They are not critical to my existence or to my well being, nor do they say anything about the person I am.

Yes, perhaps breasts have been a symbol of femininity and sexuality since the beginning of civilization. However, they are not what make me a living, breathing, caring, thinking and mindful human being. I will not let society's vision of womanhood bring me to my knees. My greatness and my beauty lie in my ability to love and be loved, in my grace and acceptance of this part of my life journey and in my ability to see that my body has not betrayed me in ways that really matter. Rather, cancer has given me a second chance at life. It has made me whole... I've cleared out the cobwebs in my closets, so to speak, and put my life in order... I've made peace with others I've hurt and forgiven past trespasses. I've embraced this experience with cancer as a baby embraces his mother's breast while drinking from it the nectar of life. Having cancer has given me perspective, a far more positive outlook on life, a desire to encourage other women

in their journey with cancer and a realization that I am loved by a great many people.

The way I see it, having cancer and losing a breast was not such a terrible thing. In some ways it's a fair price to pay for the tremendous things I have learned about myself, the human race and the growth that I have experienced as a result of this life threatening disease.

May you be at peace with whatever path you choose to take in your cancer journey. Indeed you can and do choose!



Elaine Sarazin

Our Pink Partners

We are very fortunate to receive ongoing support from various businesses throughout the city. The local business listed below has provided their support by donating to BCA a portion of the proceeds of their merchandise or of the services that they provide. This also allows our membership to shop savvy, knowing that patronage of these thoughtful vendors show special support within our community and returning the favour of what is a valued community partnership. If you are a local business owner and wish to be a **Pink Partner**, please contact the office or email executivedirector@bcaott.ca.

Woodway Holistic Esthetics Ltd.
613.422.9435
www.woodwayesthetics.com



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.

Board of Directors

Diane Ryan, President
Rosalind Bell, Director
Leah Clement, Treasurer
Marlene Dalley, Director
Annette Goerner, Director
Ann Knechtel, Vice-President
Jeysa Pratt, Director
Julia Ringma, Director
Andrea Segal, Director

Staff

Amy Cailloux, Office Manager
info@bcaott.ca

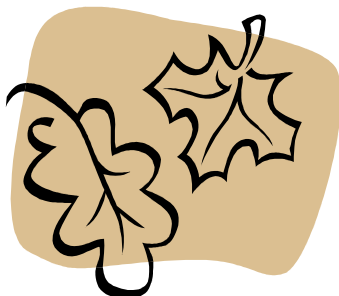
Jo-Anne Turple-Watson, Volunteer
Coordinator
volunteer@bcaott.ca

Contact Us

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The Riverside Mall
739A Ridgewood Avenue
Ottawa, Ontario
K1V 6M8

Office: 613.736.5921
Fax: 613.736.8422

www.bcaott.ca



In Memoriam

*Those we hold close to our hearts are never far away.
We feel blessed with the memory of their friendship.*

In honour of those who lived each day with courage, met each challenge with determination and found beauty in special moments shared with loved ones, we wish to extend our heartfelt condolences to the family and friends of:

CRAWFORD, Audrey

