



# Breast Cancer Action

Breast Cancer has a Face. Hope has a Place.

WINTER 2007/2008

## SPECIAL POINTS OF INTEREST:

- Diane Ryan accepts the role of BCA President
- Michele Holwell delivers a Peer Support workshop
- Hockey Day in Stittsville right around the corner!

## INSIDE THIS ISSUE:

- 2007: A Year 3  
in Review
- Information 4  
Evenings
- In(side) the 6  
Pink Column
- One 7  
Perspective
- Book Reading 8  
Club
- Active in our 10  
Community
- What's UP 11  
NEXT?

## BCA to Present at WORLD CONFERENCE

In June of 2008, delegates from around the world will gather in Winnipeg, Manitoba for the **5th World Conference on Breast Cancer**.

This year, in recognition of Breast Cancer Action's ongoing educational outreach efforts and commitment to the issue of lymphedema secondary to breast cancer, Breast Cancer Action was selected from a field of applicants to conduct an abstract podium presentation at the 2008 World Conference entitled, "**LYMPHEDEMA: Take Control.**"

"This is truly an amazing opportunity for our grassroots organization to share the results of our work in relation to lymphedema education with a global audience." states Marjorie

Morrison, Executive Director of Breast Cancer Action and co-facilitator of the 2008 session.



"Our presentation will allow us to reach an expanded audience consisting of survivors, service providers, health care professionals, advocates and organizations from around the world in order to bring attention to the critical role education plays in the prevention and management of lymphedema."

This year, the theme of the June 04-08 conference is "Heart, Soul and Science: It's a Small World After All" where participants will learn about various aspects of breast cancer including diagnosis, research, treatment, support, prevention, outreach and education. The conference will also allow for opportunities to build and strengthen international networks in an effort to advance global and local action related to breast cancer.

(NOTE: For those interested in attending the 5th World Conference, please visit [www.wcbcf.ca](http://www.wcbcf.ca) for details on registration and cost.)

## Celebrating 15 YEARS in our COMMUNITY!

*Have you ever wondered about Breast Cancer Action's roots as an organization, or how long we have been serving the Ottawa community?*

*With the arrival of 2008, Breast Cancer Action will officially usher in our **15th Anniversary** from the year we received our charitable registration status in 1993. Since that time, we have traveled many roads together.*

**On February 12th, 2008, BCA turns 15 years old.** In celebration of this special day, we are hosting an "old-fashioned birthday party" at the BCA post-diagnosis support and resource center at 739A Ridgewood Avenue, Ottawa.

We invite our valued BCA members, breast health partners, volunteers and members of the Ottawa community to stop by

between the hours of **3:00 and 5:30pm** to help us celebrate this special milestone in our history...and to enjoy a slice or two of birthday cake!



## Outgoing President's MESSAGE: Barbara Newport

On behalf of the board of Breast Cancer Action, I would like to wish all of you a peaceful and meaningful 2008.

This is Breast Cancer Action's final newsletter of 2007, and my last message as your president. I have stepped down from this position as due to personal and business commitments I will be unable to provide the leadership BCA will need as we meet the challenges and opportunities of the coming year. I am happy to inform you that Diane Ryan is assuming the position of president; I have great confidence in Diane's dedication and skills, and I fully support her in her new role.

In the past year BCA has continued to provide the programs and services so valued by our members and those affected by breast cancer in our region, at no additional cost to participants, despite the changing fund-raising environment and reduced third-party funding in 2006-7. In 2008 our Board of Directors will be working to maximize funding opportunities while making the most effective use of our resources in keeping with the mandate of BCA. This year your Board decided to work toward maintaining our Young Women's Breast Health Program through presentations by BCA volunteers, rather than by joint presentations by volunteers and paid health professionals. Our volunteers will receive training in 2008 to ensure they are well prepared to meet the needs of the students in the schools they will be visiting. In this way we will continue to reach out to the young women in our community while conserving our resources. In the coming year, your Board will continue to diligently work to provide valuable and effective services that are sustainable for the years to come.

The Board wishes to thank our members for their continued support of BCA, and invite you to join us in working for the future of our unique and valuable organization. The services and activities of Breast Cancer Action would not be possible without the dedication of BCA staff and the support and assistance of all our volunteers. Thank you for giving of yourselves to help others along the path.

2008 will bring challenges and opportunities for all of us; my best wishes to all of you for this new year ahead.

---

## President's MESSAGE: Diane Ryan



*Pictured above is  
Diane Ryan,  
President of  
Breast Cancer  
Action.*

At this time of year as individuals we look back on the year just past and forward to the coming year. We at Breast Cancer Action do the same.

2007 has been a year of accomplishments and challenges. We are very proud of the lymphedema grant BCA was successful in securing and the opportunity we will have to present this project at the World Breast Cancer Conference in June 2008. We are also proud of the many outreach and fundraising events, and continued programs that enable us to connect with our members and the community at large.

When we look forward to 2008, we acknowledge that there are many challenges and opportunities for BCA. As your new President, I am counting on all of you for support in reaching our common goals. I, and each Board member, represent you in our desire to serve BCA in the best way possible. We hope that you will share your thoughts and suggestions with us.

*Together we can make a difference.*

## Executive Director's MESSAGE: Marjorie Morrison



*"Every wall is a door."*

*Ralph Waldo Emerson*

### **2007:** **A Year in Review**

In 1992 when a small group of courageous women decided that local breast cancer patients and survivors needed a stronger voice in the community, Breast Cancer Action was born. In 1993, when BCA's charitable registration status was granted, these same women began a 15-year voyage that would take the organization through many changes, on many adventures and over many paths of self-discovery.

Today, as our collective attention turns to yet another new year and our thoughts begin to revolve around how best to celebrate and acknowledge 15 years of serving the Ottawa community, I thought it appropriate for us to take our own small journey back in time to reflect on the many accomplishments and achievements we enjoyed as an organization in 2007.

*Truly, we have so much to be proud of.* As we build new bridges, explore new territories and strengthen our core volunteer base in 2008, we will continue to create wonderful, lasting memories.

**December:** Breast Cancer Action was selected from a field of applicants to present a "LYMPHEDEMA: Take Control" project abstract to a global audience at the June 2008 World Conference in Winnipeg, Manitoba.

**November:** In partnership with the Taipei Economic & Cultural Office, Breast Cancer Action co-hosted the very elegant Pink Tea event entitled, "Pass the Hat for BCA." As well, Michele Holwell, Social Worker, facilitated a Peer Support Workshop for our volunteers and a themed Halloween Party was held in support of BCA.

**October:** In support of Breast Cancer Awareness month, members of Beta Sigma Phi hosted a fashion show with Breast Cancer Action as their charity of choice for the evening. As well, BCA hosted a very successful and informative Panel Presentation geared toward those diagnosed with breast cancer.

**September:** Breast Cancer Action welcomed Alyssa Blais to the organization as the Lymphedema Project Coordinator. As well, members of the Dragon Boat team traveled to Australia to compete and BCA announced the launch date of our amazing new website thanks to Ann Knechtel, BCA board member.

**August:** Breast Cancer Action held our very first annual Golf Tournament of HOPE organized by Marg Campbell. As well, in order to better meet the needs of our members and our organization, Breast Cancer Action redesigned the layout of the centre allowing for more effective use of space.

**July:** Breast Cancer Action received notification that the application to the CBCF to fund a 2-year project was successful making BCA only 1 of 5 organizations in Ontario to receive project-based funding in 2007. As well, One Fish Two Fish hosted "Supporting Life at Sea," a boat cruise fundraiser.

**June:** Amidst the pipes and drums of the Sons of Scotland, Breast Cancer Action welcomed a "sea of pink" supporters at our annual PAINT OTTAWA PINK Manulife Walk & Fun Run held on the beautiful grounds of the historic Rideau Canoe Club.

**May:** Breast Cancer Action warmly welcomed Dr. Roanne Segal, Medical Oncologist with the Regional Cancer Center as our Keynote Speaker during the Annual General Meeting held at St. Elias Church.

**April:** Carol Miller of The Quilt Project, a charitable organization based out of Stratford, Ontario presented Dianne Hartling with funds in support of Breast Cancer Action during an open house at The Country Quilter.

**March:** Breast Cancer Action conducted an organizational review by reaching out to our membership through a 2007 Needs Assessment Questionnaire. As well, BCA launched the newly developed "Lunch and Learn" series and the "Book Reading Club."

**February:** Manulife Financial approved funds to once again, act as our valued corporate sponsor for the PAINT OTTAWA PINK 2007 Annual Manulife Walk & Fun Run.

**January:** The very successful first annual "Hockey Day in Stittsville" event was held in support of Breast Cancer Action with youth (ages 7-8) taking to the ice dressed in pink and ready to play.

Please call to register in advance to reserve your seat. FREE of charge to BCA members and the general public. Light refreshments served. Call 736.5921 today!

## JANUARY: Presenting Guest Speaker, Dr. John Bell

**Date:** Tuesday, January 22, 2008

**Place:** Breast Cancer Action

**Time:** 7:00-8:30pm



**Topic:** *Dr. Bell will discuss the use of viruses to treat cancer. He will present results from laboratory research and new findings in human patients.*

Dr. John Bell received his PhD from McMaster University in 1982. In the following three years he trained as a post-doctoral fellow at the University of Ottawa and then at the Medical Research Council in London England. Dr. Bell began his independent research career at McGill University in 1986 and moved to the University of Ottawa, Department of Medicine in 1989. He is a member of the Center for Cancer Therapeutics at the Ottawa Hospital Regional Cancer Center, a Senior Scientist with the Ottawa Health Research Institute and Professor of Medicine at the University of Ottawa. He heads the Canadian Oncolytic Virus Consortium, a Terry Fox funded group from across Canada that is developing virus based cancer therapeutics.

## FEBRUARY: Presenting Guest Speaker, Dr. Luc Sabourin

**Date:** Tuesday, February 19, 2008

**Place:** Breast Cancer Action

**Time:** 7:00-8:30pm

**Topic:** *Dissecting the HER2 system: Identification of novel therapeutic targets regulating breast cancer invasion.*

Overexpression or amplification of the HER2 gene is associated with 25-30% of breast cancers. Tumors expressing high levels of HER2 are often more aggressive and present with a poor prognosis. Our laboratory has identified a novel protein that is activated by the HER2 receptor in various breast cancer models in vitro. This novel protein, termed SLK, plays a function in the migration of normal and cancer cells. Its activation is required for cancer cell invasion following HER2 activation. We have shown that interfering with SLK function halts cancer cell invasion in an activated HER2 context. Blocking SLK function results in delayed cell migration due to an alteration in the adhesive and migratory properties of the cells. The implications of these findings for the treatment of aggressive breast cancers will be discussed.



# LYMPHEDMA: Take Control Project Update



By Alyssa Blais, Project Coordinator

Lymphedema is still that little unknown secret in the cancer world.

While living in Montreal, I worked with lymphedema patients in a variety of ways. When friends and family asked what I did as an occupation, following my response, I would often get a confused look and questioned, “*Lymph ahh demaa what???*” I would then gently explain the meaning of breast cancer-related lymphedema as a possible side effect that can begin during, or after breast cancer treatment. Although not life-threatening, lymphedema can have some initial complications, cause discontent and confusion and can have a lasting effect on a person’s physical body.

I want to generously thank Marjorie Morrison, Executive Director of Breast Cancer Action for pursuing such a grant of this magnitude. Not only will our project **LYMPHEDEMA: Take Control** provide the necessary education, understanding and support to its members and for those affected with lymphedema, it will bring breast cancer-related lymphedema more to the forefront. This is a unique opportunity to strengthen our ties with the medical community, health, wellness and fitness community and the community at large. We can then assist individuals with breast cancer-related lymphedema and provide them with incredible resources to uplift and instruct on proper management and prevention. One key component is exercise and exercise can really help!!!

With that said, I would like to introduce and welcome our newest member to our team: Stephanie Woodard. Stephanie, our project facilitator, will be instrumental in developing and delivering Breast Cancer Action’s secondary exercise program relevant to breast cancer-related lymphedema. Stephanie is a Kinesiologist with a B.Sc. in Human Kinetics. She currently works part-time at the Ottawa Hospital Regional Cancer Centre as the coordinator of the clinical component of the exercise rehabilitation program. She maintains various certifications with the Ontario Association of Sport and Exercise Sciences and the organization of Canadian Fitness Professionals in the area of fitness assessment, group fitness leadership and individual conditioning. **WELCOME STEPHANIE!!!**

We know that movement is essential to building a healthy mind, body and spirit. The lymphedema project team is working together to create a safe, holistic fitness program for breast cancer-related lymphedema. This exercise program is designed to increase the flow of the lymphatic system and regain upper body strength. Stephanie will be teaching this unique exercise program in the Ottawa and surrounding areas scheduled for Spring 2008. Scheduled times, eligibility criteria and site locations will be posted on Breast Cancer Action’s website in the New Year.

## LUNCH AND LEARN SESSION:

**Friday, March 7th, 2008 (12:00-1:00pm)**

**Topic: “An Introduction to Take Control”**

BCA members are invited to join Alyssa for lunch at the BCA center as she provides an interesting and interactive overview of the project and what it will ultimately represent to those in our community dealing with lymphedema.

*(Please confirm your attendance by calling Alyssa or Gloria at 736.5921 by March 07.)*

## 2007-2009

### PROJECT ADVISORY COMMITTEE MEMBERS:

Dr. Margaret Farncombe

Anna Kennedy

Susan Smith

Louise Killens

Judy Bedell

Betty Flack

Maureen Manningham

### PROJECT STAFF MEMBERS:

Caren Weinstein

Louise Haley

Alyssa Blais

Stephanie Woodard

Marjorie Morrison

Gloria Bateson

# January 2008 NOVICE A HOCKEY DAY in Stittsville!

## JOIN US AT THE "PINK AT THE RINK" EVENT!

On Saturday, January 12, 2008, two NOVICE A teams of seven and eight year old boys will play a game of hockey in support of breast cancer awareness. With funds raised donated to Breast Cancer Action, this second annual event will see the boys on the ice playing in pink ribbon jerseys, with pink gloves and pink hockey sticks.

These special teams of youngsters have been very busy selling raffle tickets, as well as collecting prizes for a silent auction table in order to raise revenue. (In 2007, these dedicated young boys raised \$14,000 for BCA!) This year, event organizers are asking for a minimum \$2.00 entry donation at the door.

The January 12th hockey day is hosted by the Stittsville Arena on Warner-Colpitts Lane from 12:00-3:00pm with **Max Keeping** acting as the official MC of the event.

**HOPE TO SEE YOU THERE!**



Pictured are glimpses from the very successful 2007 hockey day held in January.



# LUNCH and LEARN Sessions Offered Exclusively to BCA Members!

## Adventure in JANUARY!

### Moments, Mountains and Motivation: A Kilimanjaro Love Story

Join Peggy Cumming at BCA on January 31st, from 12:00 to 1:30pm.

BCA members are invited to join Peggy for a Mount Kilimanjaro Climb, from the safe distance of your chair! In March, 2007, Peggy and her daughter Megan climbed Mount Kilimanjaro.

Peggy will share pictures, stories and personal experiences about their 10 days on the mountain and about the 36 years that led up to this adventure. She will welcome questions and discussion about the physical experience, and the mental and emotional journey.

Peggy Cumming is a 22-year Breast Cancer 'Thriver' and an 11-year member of BCA. Peggy has always welcomed a physical challenge and has hiked world class trails in Canada, Nepal, Ecuador, Peru, the U.S., New Zealand, the United Kingdom and Africa. Peggy believes that there is a strong connection between physical challenges, and emotional well-being and wellness. Her travels have components of healing, spirituality, and emotional enrichment.



## Reiki in FEBRUARY!

Join Anna Earle Green at BCA on February 19th, from 12:00 to 1:00pm.

On February 19th, Anna will talk at BCA about the use of Reiki as a tool to enhance comfort levels while going through the cancer experience. Anna is a Reiki Master, a registered Yoga teacher and a Spiritual Facilitator who is currently in her 3rd year of Pastoral Studies at the University of St. Paul.

In 2001, Anna founded *Spirit Well Reiki*, a healing and wellness practice that provides spiritual facilitation and Reiki for individuals and groups. To learn more about Anna, please visit: [www.spiritwellreiki.com](http://www.spiritwellreiki.com).

**NOTE:** Participation in all Lunch and Learn sessions are FREE to BCA members; however, space is limited to 10 people so please register early to avoid disappointment by calling Gloria at 736.5921, or via e-mail at [info@bcaott.ca](mailto:info@bcaott.ca).

## In(side) The Pink: One Woman's Account of Life Inside the Pink Ribbon World



### NOT JUST YOUR CANCER, PART II:

### How Friends, Strangers, Lovers May React

**Susan C. Gates, Columnist,** is a former policy analyst and an Ottawa writer. She was diagnosed with Stage 2B ductal breast cancer in March of 2005.

©Susan C. Gates. All rights reserved. Contact the author for permission to reproduce this article.

Be ready for “*The Look*”. The pity-panic-horror combo that jumps unbidden to people’s faces when you announce you have cancer. In the past, I’ve been guilty of the same reaction. The onus falls to you to set the tone. If I didn’t display self-pity, it became harder for others to display pity towards me.

Most cancer patients don’t want — or need — your sympathy. They need concrete assistance.

Many people, close and not so close, will ask what they can do to help you. These are the folks whose names you must write down immediately. Initially there may not be much they can do for you. Soon enough, you’ll learn what treatments and side effects you can expect and you’ll have a better sense of what support you are likely to need. My advice? Ask for help!

Luckily for me, I had enough friends who are good cooks and enough non-cooking friends who drive well that when I couldn’t do those things for myself, it was fast & easy to get a roster of helpers together. E-mail is terrific for organizing such teams.

I found my lump on February 15<sup>th</sup>, the day after my on-again-off again boyfriend had declared his love for me. He tried to reassure me and attended some of my doctors’ appointments.

My gang, the “Garden Club”, made wig-shopping an outing. They insisted I check out life as a blonde or a red-head — to hilarious effect. A group of fellow crime writers came bearing a beautiful bag and instructions to withdraw one gift after each round of chemo. Both creative and rewarding, this gesture *almost* made chemo fun.

I had a surprise delivery of a Victoria’s Quilt. It had been requested by an acquaintance, a woman who had experienced breast cancer in her own family. I was utterly bowled over that she had extended such a practical and beautiful sign of her support and regard. My cheery quilt was well-used during chemo and after my surgeries.

Some surprises will be far less welcome. On one occasion when I was discussing my diagnosis with a group of friends, one person responded by getting drunk and blurting out a deep dark secret from the past. And there will be those insistent few who want to share their horror stories or ‘one-up’ your illness.

Other people may be so anxious that their behaviour upsets or drains you. Be prepared to suggest concrete tasks that *will* be helpful to you. Sometimes you’ll even have to say, “Your worry isn’t helpful to me. Please deal with it away from me.” I found Call Display to be a worth-while investment in managing these situations.

Those close to you may claim that everything is fine — they don’t want to talk things through or need help from a professional. These are likely to be the men in your life. Hopefully, their exhortations will be true.

It didn’t turn out that way for me — he bailed after my first chemo treatment. I think the thought of a bald, one-breasted girlfriend was more than he could handle. He claimed he wanted to be with someone who could bike and hike with him.

Whatever the truth, I knew that I had more important things to do than to try to fix a

relationship. I needed to save my life. If he wasn’t 100% with me I thought, “Get the hell out of my way!”

The day after I was dumped, I was scheduled to have my head shaved (before the chemo could take it). Raw from rejection and facing baldness, it was too much for me to bear alone. One of my best friends ditched some meetings, left her office and came with me. My stylist refused to shave me. Instead he gave me the cutest haircut of my life — one inch in length!

There were also acts of monetary generosity from busy or far-flung friends: A spa visit, a long weekend vacation, money for my wig. It was vital to me to be included in and to attend the joyous events, like a friend’s wedding. It helped my mood to be up-to-date with my friends’ lives out in ‘the real world’. Still others played along when I felt I needed a ‘cancer vacation’, like a night at the movies or whatever — no “C” talk.

On days when I thought, I can’t do this anymore, do you know what sustained me? It was the array of cards that decorated my living room, an e-mail of encouragement, the delivery of flowers or dipping into a fresh box of chocolates. All contributed to my feeling loved and supported. And in realizing I could not let down all these wonderful people!

A diagnosis of cancer does not immunize you from life’s surprises. How others react will run the gamut. Set your priorities, manage your boundaries, communicate your needs and have a supply of thank-you cards on hand. You’ll need them!

## UPDATE: Dragon Boat Program

Submitted by: Margo Reinke

It was a time of magical moments for 34 members of our Dragon Boat team. For three exhilarating, intoxicating days in September, we joined almost 2000 breast cancer survivors for the "Abreast in Australia 2007" International Dragon Boat Regatta. Just as "Busting Out" celebrated our 10<sup>th</sup> anniversary this year, we were excited to help Australia's "Dragons Abreast" commemorate their 10<sup>th</sup> year on the water. Pink paddlers from all over the world converged on Australia's Sunshine Coast at Caloundra. The "Abreast in Australia" Organizing Committee can wear their pink proudly, as they successfully created an amazing experience, forever to be etched in our memories – despite chemobrain!

Ottawa was well represented with two boats: "Busting Out" and "Busting Out Again." As our numbers were filled out with a few members of the "Amazons" from Perth, Australia, along with a paddler from Tasmania and Vancouver, we became "Busting Out with Amazons" and "Busting Out Again with Amazons". "Busting Out Again" did us proud by making it into the semi-finals! It wasn't all paddling though. Those Aussies are a hospitable bunch. We marched through the streets of Caloundra in a street parade, and we played and partied at "Aussie World", a fabulously fun amusement park. We whooped it up, we cheered, we sang. We danced, we laughed, and yes, we cried. And we made memories.

The Flower Ceremony is always a moving part of our dragon boat festivals, when we reflect in a minute of silence to honour and remember those for whom the race is over. To share the words of one of our Australian friends, "There was a silence that was so thick I felt I could reach into it and feel it wrap around me. Everyone seemed to be melted together in the bubble of this special moment, which continued to float above the surface as we scattered the thousands of petals onto the water." "Abreast in Australia" was a place where the statistics of breast cancer became very real, in the form of human faces – a vast field of faces that imparted a deep understanding of our global sisterhood. But it was a beautiful field of dreams: 2000 faces giving life and meaning to our hopes and dreams for a world without breast cancer.



To join the team you must be a breast cancer survivor, a member of Breast Cancer Action and willing to work at getting fit. For more information on *Busting Out*, contact Margaret Jaekl via e-mail at [jaeklM@psac-afpc.com](mailto:jaeklM@psac-afpc.com) or visit the website at: [www.bustingout.ca](http://www.bustingout.ca)

**DRAGON BOAT GENERAL MEETING:**  
January 15, 2008 (7:15PM) at St. Elias Church

## BCA Book READING Club— New Members Welcome!

The members of Breast Cancer Action's **Book Reading Club** are pleased to announce the book selection list for part of 2008.

The group meets in the BCA library area at 1:30pm on the second Thursday of every month where members hold a lively discussion about each selected book. New members are always welcome to join! (Note: If this time is not suitable and if there is interest, the club is open to hosting a second discussion group.)

To learn how you can join the Book Reading Club, please contact BCA at 736.5921, or inquire via e-mail at: [info@bcaott.ca](mailto:info@bcaott.ca).



### MEETING SCHEDULE AND SELECTED BOOK TITLES:

- January 10: **Love in the Time of Cholera** by Gabriel Garcia Marquez
- February 14: **Water for Elephants** by Sara Gruen
- March 13: **Atonement** by Ian McEwan
- April 10: **House of Spirits** by Isabel Allende
- May 08: **The Tiger Claw** by Shauna Singh Baldwin

## 2007 National Conference for Young Women Living with Breast Cancer

Submitted by Louise Lee, BCA Member

*“Sisterhood, friendship, informed, calmed.”* These were some of the words shared aloud at the closing ceremony by the women attending the first **National Conference for Young Women Living with Breast Cancer**.

The first Canadian conference of its sort, it was a well organized event held in Toronto the first weekend in November. I attended the conference with the intent to “keep my foot in the door” of the breast cancer world.

After all, as you know, once you’ve received such a diagnosis it is always with you to a lesser or greater degree. I am unsure if you ever feel completely foot-out-the-door again. More than four years past my initial diagnosis at age 34, I am blessed to be attending fewer doctor’s appointments. Yes, life’s new normal is about more than just my breast cancer. However, the need to stay informed continues to be important for me. The conference certainly filled that need, and so much more.

One of the conference features that I found useful was the information venue. Booths from the likes of Willow, Rethink breast cancer, and CBCN offered pamphlets, books and informed personnel throughout the conference. But there were others too. Booths that touched the other real issues facing young breast cancer survivors – image, sexuality, wellness. These key concerns formed the choices I made for the workshops I was to attend.

By far the most important workshop for me was the Reconstruction discussion led by Dr. Edward Buchel. Not only was he informative but he did not mince his words, or talk down to anyone in the full to capacity room. And there was lots of talking! Dr. Buchel engaged us with a detailed slide show that showed clearly, sometimes a little too clearly, the steps involved in newer autologous reconstruction surgery. He was blunt about the pros (own tissue, no muscle removed) and cons (longer surgery, very few surgeons performing this kind of reconstruction in Canada) of this reconstruction. He took questions

throughout and made it clear that reconstruction was an option for nearly everyone. Personally, his approach was a breath of fresh air and I appreciated his candour.

I had the chance to attend five workshops in all, including mindfulness meditation; staying connected through breast cancer: a workshop for young women and their partners; and the mind, body, spirit connection. Wellness workshops made up a substantial portion of the conference, with the intent to address our health from a holistic standpoint. Of course, the opportunity to speak to other women during these workshops and plenary sessions, women who could finish your sentences, also made the conference more complete. No need to explain why you were here – they got it.

In addition, there were several impressive speakers including Dr. Marla Shapiro, Beverly Thompson from Canada AM, and Ottawa’s own Dr. Verma. Dr. Verma spoke eloquently about research and advances in breast cancer treatment. I was moved by his obvious passion for this area of cancer care and his concern for the number of younger and younger women being diagnosed with breast cancer. His session included a message about advocacy of work into why there is a growing number of younger women with breast cancer.

The closing ceremony followed after lunch on Sunday. Organizers thanked sponsors, volunteers and participants alike. Then each woman stood to express in one word what the conference had meant to her, then joined hands with the next. Soon there was an entire ballroom of women holding hands and reflecting on the learning and sharing they had done throughout the conference.

*“Embraced, understood, exhausted, validated” ...You said it sister!*

*NOTE: In addition to being a BCA member, Louise Lee is also a volunteer with the Breast Cancer Action Peer Support Volunteer Program—an in-house program that provides one-on-one peer support to those newly diagnosed with breast cancer in our community.*



# ACTIVE in Our COMMUNITY

## “Pass the Hat for BCA” PINK TEA Event



On November 07th, Dr. David Lee and Mrs. Lin Lee hosted “**Pass the Hat for Breast Cancer Action Pink Tea 2008**” at their official Rockcliffe Park Residence. The evening was co-hosted by BCA board member Marlene Dalley who also participated in a stunning and inspiring Nygard fashion show.



## OCTOBER Breast Cancer Awareness Month PANEL PRESENTATION



In recognition of Breast Cancer Awareness Month, BCA held a successful panel presentation at the RA Centre on October 24th. “**Breast Cancer: Body, Mind and Soul**” was attended by more than 60 people. Moderated by Jackie Holzman, the evening featured author and breast cancer survivor of 19 years Penny Williams, Rabbi Bulka who spoke not only as a spiritual leader but as a husband whose wife died of breast cancer and Dr. Doug Mirsky who delivered an informative presentation as a surgeon and is one of Ottawa’s pioneers for breast cancer care.

## November Halloween Dance and Costume PARTY

On November 03, the **Halloween Fundraiser Dance and Costume Party** raised \$1,250 for Breast Cancer Action. Guests enjoyed great music and dancing with amazing prizes and good company. Many thanks to all those who supported the event by helping with decorations, donating prizes, buying tickets, and joining in on the fun. (Congratulations to Elaine Scarboro, Deirdre Neuss and Paula Speevak-Sladowski for their combined efforts in organizing the evening.)



“Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has...”

Margaret Mead

## 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.

## What's UP NEXT Summary

- |             |  |
|-------------|--|
| January 10  | BCA Book Reading Club Meeting                            |
| January 12  | <i>Hockey Day in Stittsville</i> fundraising event       |
| January 15  | Dragon Boat General Meeting at St. Elias Church (7:15pm) |
| January 16  | Lymphedema workshop with Judy Bedell                     |
| January 22  | Information evening with Dr. John Bell                   |
| January 31  | <i>Lunch and Learn</i> session with Peggy Cumming        |
| February 12 | BCA's <i>BirthDay Party</i> Celebration                  |
| February 14 | BCA Book Reading Club Meeting                            |
| February 19 | <i>Lunch and Learn</i> session with Anna Earle Green     |
| February 19 | Information evening with Dr. Luc Sabourin                |
| March 07    | <i>Lunch and Learn</i> session with Alyssa Blais         |
| March 11    | Lymphedema Workshop with Judy Bedell                     |

CALL FOR DETAILS!



### Board of Directors

- Diane Ryan, President
- Barbara Newport, Past President
- Leah Clement, Treasurer
- Deirdre Neuss, Director
- Elaine Scarboro, Director
- Marlene Dalley, Director
- Ann Knechtel, Director
- Paula Speevak-Sladowski, Director

### Advisory Board

- Jacquelin Holzman, Honorary Chair
- Dr. Shailendra Verma
- Cathy De Grasse
- Dave Smith
- Geri Goldstein
- Diane Manii
- Dr. Barbara Collins
- Dr. Christopher Chadwick
- Dr. Doug Mirsky
- Suzie Joannis
- Dr. Vincent Young
- Dr. Mark Hardy
- Joan Jackson

### Executive Director

Marjorie Morrison

### Administrative Assistant

Gloria Bateson

**"I light my candle from their torches."**

Richard Burton

Breast Cancer Action gratefully acknowledges the contributions of Joan Sirrs, Dianne Hartling and Jennifer Caldbick who each retired from the BCA Board of Directors in 2007.