

QUARTERLY  
NEWSLETTER

# Breast Cancer Action

WINTER 2010



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## Golfing & Gala

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Two fabulous fundraisers are featured this issue.

## Kudos Korner

Page 5

We want to say "Thank you" to some of our fundraising dynamos.

## Study Participants Needed

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Can YOU help?



**READY, SET, GO!!** Participants in the 2010 BCA Golf Tournament of Hope wait to find out what hole they will teeing off from. The weather was perfect and the golfing was good. See more pictures inside.

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### Deadline for Spring 2011 Issue:

All submissions for the Spring newsletter are due March 15th.

## Executive Director's Message

As I sit here in pain with a heating pad on my aching back, I feel compelled to reflect on a very valuable lesson that Christine Lynds taught me through her positive upbeat nature.

Today I am grateful for:

Lynn, who is an amazing person, great co-worker and an awesome, hard working office administrator.

Louise, who has jumped right into BCA and is already up to speed and doing a fabulous job as our new Manager of Volunteers.

Marg, who single-handedly organized a successful golf tournament.

The Gala Committee who were fun to work with and put together a wonderful, well-executed event.

Thanks Rhonda, Jo-Anne, Lynn, Mimi, Juliet, Diane and Kita.

The new friendships I have forged with so many strong & gracious women that I have met through BCA.

Jeysa from Farber, Robillard Martinez LLP for pledging her generous support (\$10,000) to next year's Gala.

Our volunteers who donate invaluable hours in helping to put events together, sitting on the board, assisting with operational tasks, participating in events and bringing their own special talents & personalities to BCA.

Christmas Holidays- I hope everyone enjoys the festivities of the

season with the ones they love. (I intend to spend some time with my adorable new granddaughter before I jet off to Europe and Turkey) Happy Holidays and Best Wishes for a Healthy 2011!!!

With Love, Karen



Newborn Alexi with her dad and Grandma Karen

## President's Message

Well, it's still November as I write this note, but we've had anything but a dull dreary month despite the weather!

A shining note this month was the BCA fall gala, this year entitled "Orient Express". This event, our third now, built on the successes from previous years and was great fun for all who were able to attend and support our efforts. The room was beautiful and there was splendid entertainment provided by the Thai Dance Troupe of Ottawa, a lively auction led by Kent Browne, many (many!) silent auction treats, and great dance music, again contributed by Espresso. Gross revenues to date are approximately \$27,000, slightly less than we hoped for, but we appreciate the wonderful support from members, friends and the corporate and diplomatic community. We are delighted that Farber

Robillard Martinez have committed to start the ball rolling for corporate sponsorship for next year's gala, tentatively scheduled for Friday November 18<sup>th</sup>, 2011. Many thanks to the staff, organizing team, and volunteers who made the evening such an enjoyable event.

I saw the rose on this page when I was out in the garden last week, and it reminded me of someone going through treatment, still looking bright and cheerful to the world despite the challenges and difficulties cancer treatment brings to us. The comforting blankets of winter snow are still to come for those days when we need to be at home snug and resting.

On behalf of the Board of Directors, and all of us at BCA, I'd like to wish you all a peaceful and enjoyable holi-

day season and a winter to enjoy while looking forward to spring!



## Rosalind Bell

One way to get the most out of life is to look upon it as an adventure. -William Feather

## Volunteer Corner

## Jo-Anne Turple-Watson



Fall brings about a change in season for all of us, however this year it has brought about a personal change for me. After nearly a 1 ½ years with Breast Cancer

Action as the Volunteer Coordinator, I am moving on to accept a permanent full time position with the Ottawa Food Bank effective November 15<sup>th</sup>, 2010.

I wanted to take this opportunity to thank all the wonderful volunteers that have been so gracious to share their time and talents with Breast Cancer Action during my tenure. It has been a pleasure to learn from and engage with such a diverse group of volunteers that include high school and university students, professionals, and retired members of our community. Some have given me the great gift of perspective and wisdom by sharing their cancer journey with me while others the gift of friendship and kindness.

Best wishes in all your future volunteer opportunities!

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another. ~Anatole France

Jo-Anne



## Busting Out

## Frances Sanford-Smith



Carolyn's tree with the donations for Shepherds of Good Hope surrounding it.

Our on the water practices finished for the season in early October and we are now concentrating on keeping

fit in preparation for our next paddling season. Busting Out provides a core exercise class for members on Tuesday nights throughout the winter and each paddler is expected to improve or maintain their fitness level by participating in activities and classes of their own choosing.

On the social side, a potluck was held on Saturday, November 27th at the home of Carolyn Brennan. As usual there was plenty of food and fun and a little fundraising. **A silent auction raised \$360 for BCA and a trunk load of donations (toiletries, socks etc) was collected for the Shepherds of Good Hope.**

**(Thank you paddlers, from BCA!)** We are actively recruiting volunteers for the executive to replace the mem-

bers whose terms are up in February 2011. We are looking forward to another great season of paddling in 2011.



The mission of Busting Out, a program of Breast Cancer Action, is through the spirit of dragon boating, to assist survivors who have been diagnosed with breast cancer to regain a sense of health, wellness and self-confidence while demonstrating to the community that there is quality of life after the diagnosis of breast cancer.

For more information, please visit [www.bustingout.ca](http://www.bustingout.ca).



### Exercising to a Latin Beat for a Good Cause!

About 70 people came to the first BCA Zumba Fun(d)raiser on Sunday, October 17th at the Huntclub Riverside Park Community Centre. City of Ottawa and Goodlife fitness instructors set the pace for a morning of exercising to a latin beat. Quality Entertainment provided the sound system for the day. Whole families came together and supported our programs and had many laughs. Pauline Cramphorn and Juliet Greene organized a wonderful fundraiser for us and we hope to have a bigger turnout at the next Zumba Fun(d)raiser in the spring!



## 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.

- Dec 16 Breast Cancer Action
- Jan 6 Canadian Cancer Society
- Jan 20 Breast Cancer Action
- Feb 3 Canadian Cancer Society
- Feb 17 Breast cancer Action

### Locations:

Breast Cancer Action, 301-1390 Prince of Wales Dr  
613.736.5921  
Canadian Cancer Society, 1745 Woodward Drive  
613.723.1744

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 members' homes at 10:30 AM 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 Winter season are:

- December 9:** *Say You're One of Them* - Uwen Akpan
- January 13:** *Bel Canto* – Ann Patchett
- February 19:** *Gardens of the Water* – Alan Drew
- March 10:** *People of the Book* – Geraldine Brooks
- April 14:** *The Help* – Catherine Sockett

If you are interested in joining the BCA Book Club, please contact Diane Hartling [dhartlc008@rogers.com](mailto:dhartlc008@rogers.com)



## 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.

Next session: January 20, 2011; 6:00-8:30  
Further dates to be determined.

Call the BCA office at 613-736-5921 to register for this workshop.

## Our Ruby Gala Sponsor:

appointments recommended

[www.kellysmastectomyboutique.com](http://www.kellysmastectomyboutique.com)

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[diane@kellysmastectomyboutique.com](mailto:diane@kellysmastectomyboutique.com)

## The Ottawa Hospital and Carleton University

are looking for participants for a study of memory function in **breast cancer survivors who have had chemotherapy in the past year** compared to women who never had cancer. If you are interested in taking part in this study and require more details and a contact number to participate, please call the BCA office, 613-736-5921. The study is being conducted in English.



## Kudos Korners

## A big Thank You to...

...**Gavin Murphy** who is donating the proceeds from his THUNDERSTRUCK Show at Gallery Farina and at the Bank Street Desjardins Credit Union to BCA.

...**Murale** at Place d'Orleans who had a pampering morning for our dragon boat paddlers.

...**Pauline Cramphorn & Juliet Greene** for organizing our Zumba Fun(d)raiser. Kudos also to the **City of Ottawa, Goodlife Fitness & Quality Entertainment** for their contributions to a fabulous day!

...**Ezcape Spa**, Orleans for a Think Pink Day at their spa.

...**Stroked Ego**, Bank Street who hosted a Ladies' Night for BCA.

...**The York Managers** who "went to jail" and were bailed out by their staffs with proceeds going to BCA.

...**Members and volunteers of BCA** who baked yummy goodies for the bake sale with The Christmas Exchange.

...**Acacia Fraternity & Alpha Pi Phi Sorority** who collected donations at Carleton U campus.

...**Marg Campbell** and her energy for organizing a fun day on the links in support of the Golf Tournament of Hope

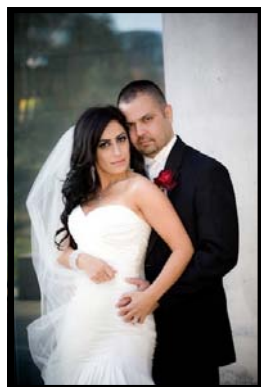
...**Judith Paget, Bola Lawal, Alyssa Quenell, Alana Couvrette, Maisaloon Hammoud, Amanda Lee & David Gee**, volunteers at the Gala

...**Rhonda Evans, Janet Seabrooke, JoJo Carp, Jeysa Martinez-Pratt, Amanda Lee, Ros Bell** for helping to decorate the hall for the Gala and **Diane Ryan** for looking after the office that day.

...**the West End Yoga classes, the Stretch N Strength class at NCAC, Lian's Tai Chi class** for making and donating baskets for silent auction at the Gala. All of these baskets were amazing and all deserve accolades for creativity and generosity! Well done, ladies! The baskets were beautiful and they added so much class to our gala!

...**Diane Ryan, Ann Knechtel, Marie Hepner, Rosemary Liston, Janet Seabrooke, Rhonda Evans, Yolande Trotter, Marie Andree Lajoie, Nathalie Shienh, Nancy Nicholson, Karen Graszat, Jo-Anne Turple-Watson, Lynn Gee** and the **Kanata Breast Cancer Support Group**, BCA members who created baskets for the silent auction at the Gala. Again, lovely offerings for our gala guests to bid on.

...**Jeysa Martinez-Pratt** who announced at the Gala her firm, Farber Robillard Martinez, LLP will be sponsoring the 2011 Gala with a donation of \$10,000.



### **Bride & Groom honour his mother with a gift from the heart.**

Rahme Youssef and Wisam Daoud were married at St. Elias Church, on Saturday, October 23, 2010. They decided, in honour of his mother, Hind Daoud, to make a donation to BCA in lieu of wedding favours for their guests. BCA provided the couple with cards that they placed at each setting at the reception so their guests would be aware of the donation and understand where the donation would be going. Giving a donation in lieu of wedding favours, birthday or anniversary gifts is a very meaningful way to honour a loved one and help support our programs. For more information, contact the office at 613-736-5921 or email [info@bcaott.ca](mailto:info@bcaott.ca).

# Gala Donors & Supporters

# A big Thank You to...

## Our Live Auction Donors:

Casino Lac-Leamy	Via Rail Canada
The Stratford Festival	Dynamex
Max Keeping	Subhash Aggerwal
E. F. Labelle	Frank Sukhoo
Westjet	Ottawa Senators Alumni
Richard Robinson	

## Our Silent Auction Donors:

Lord Elgin Hotel	Cartier Place Suite Hotel	Courtyard Restaurant
Keg Steakhouse	Lapointe Seafood Grill	Rideau Carleton Raceway
Ottawa Jazz Festival	GOYA Theatre Productions	Great Canadian Theatre Co
CentrepoinTE Theatre	Mount Pakenham	Ottawa 67s
Cosmic Adventures	Tag Zone	Powerhouse Training
The Running Room	Paul's Boat Lines	Adult Fun Superstore
Grand & Toy	BFI Canada	Quilty Pleasures
Karen McClintock	Holtz Spa	Mistura
Murale; Place d'Orleans	Expressions Salon	gSkinn Beauty Inc
Killens Reid Physiotherapy	Museum of Civilization	Canadian Aviation Museum
Museum of Nature	Canadian War Museum	Museum of Science & Tech
National Gallery of Canada	CA Paradis	Jeff Fox
Mimi Surada	Rhonda Evans	Karen Graszat
Marcie Mycan	Ambrosia Garden	Konica Minolta
Wall Space Framing	Cecilia Dalley	Premier Fitness
Pauline Cramphorn	Jocelyn Yurick	Fran MacKenzie
Frank Scheme	Starbucks	Davis Agency

## Special thanks to:

Juliet Green Photography	Sala San Marco	Colio Wines
The Thai Dance Troupe	Espresso	Kelly's Mastectomy Boutique
Giant Tiger	Rinaldo's Spa & Salon	Farber Robillard Martinez LLP
Kent Browne	Delightful Taste	A Channel
Majic 100	EZ Rock 99.7	Rogers





August 6th was a great day for golf. About 140 golfers played 18 holes to support Breast Cancer Action. Many thanks goes out to Marg Campbell who worked very hard for 6 months + to ensure that the 4th annual Golf Tournament for Hope was a success and the golfers all had a good day out on the links. Hip, hip, hooray!



The Orient Express



What a fabulous evening it was! Many thanks to our organizing committee, the volunteers, supporters, donors and gala attendees! It was a success because of YOU!



All photographs on this page by Frank Scheme frank.scheme@sympatico.ca



**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**

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Karen Graszat, Executive Director  
[executivedirector@bcaott.ca](mailto:executivedirector@bcaott.ca)

Lynn Gee, Office Administrator  
[info@bcaott.ca](mailto:info@bcaott.ca)

**Contact Us**

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

Office: 613.736.5921

Fax: 613.736.8422

[www.bcaott.ca](http://www.bcaott.ca)

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

***Holiday Office Hours***

*The office will be closed from noon December 24th until January 3rd, inclusive. We will re-open January 4th at 8:30 A.M. We hope you and your family will have a safe and happy holiday!*

