



**APRIL MEETING  
SPECIAL GUEST**

Donnas Stuart will share her experience & knowledge from attending the San Antonio Breast Cancer Symposium

### Reducing Stress

<http://www.breastcancer.com/lifestyle/reducingstress.html>

Excess stress and anger are the leading causes of a condition known as Liver-function disorder. Traditional Chinese medicine recognizes Liver-function disorder as a primary cause of breast cancer. Although it is impossible in today's world to completely eliminate stress and anger from your life, you can find healthy ways of dealing with these emotions. Here are four tips based on the principles of traditional Chinese medicine:

#### 1. Take Breaks

Most of us spend our days dashing from one hectic environment to the next. Rushing into a stressful situation when you're already stressed out takes a tremendous toll on your energy. That's why it's so important to interrupt this pattern by taking a few short breaks throughout the day.

Give yourself two minutes to relax as often as you can. Just close your eyes and take a few slow, deep breaths. Don't worry about how much work you have to do. The two minutes you invest will more than make up for itself in increased productivity. Whatever it is you're about to do, you'll do it faster and better if you're relaxed.



### My Left Breast Documentary

Do you have or do you know where he BCSG can get a copy of the My Left Breast Documentary?

We would like to schedule a showing of this movie. If you have any information, please call the BSCG at 475-0025 and leave us a message.

### Inside This Issue

- The Butterfly Story Update and Gala Information
- Body Mind Centre offers Recovery Yoga
- Recipe in a Jar
- Support and Encouragement
- Upcoming Events

Thunder Bay Breast Cancer Survivors Forum



**AS EASY AS TAKING A BREAK**

1 hour per week of exercise, reduces inflammatory activity.

Rest, relax your batteries.

Yoga, meditation and deep breathing activate body's relaxation response.

Time spent with friends releases oxytocin, the "feel good" hormone.

## Reducing Stress Continue from Cover

A good time to do this is whenever you change tasks, for example, before starting your car, before turning on your computer, or before cooking a meal. (You can even try it now, before you read the next tip.)

### 2. Just be Angry

All of us have been angry at some point in our lives, but for the most part we don't know what it feels like to be angry. Instead of just feeling angry, we're busy thinking of a snappy comeback or some other form of retaliation. We may even scold ourselves for feeling angry or be anxious the angry feelings may overcome us and cause foolish or dangerous actions. Most of us never give ourselves the opportunity to allow the emotion to fully run its course.

### Continue from Cover

The next time you get angry, pay attention to your body. Feel the physical changes. Feel what it's like to be angry. It's that simple. Don't try to suppress the anger, just feel it. Give yourself the opportunity to fully process the anger, so when it's done, it's really done.

### 3. Scream

This is an easy one. Just scream. Scream as loud as you want. Scream however you want. Really let loose. Don't be self-conscious when you scream. The goal is to let it all go, and you won't be able to do that if you're worried about what others are thinking about you. Your car is a good place to scream. If you can't find a private place to scream, ask those around you to join in. You never know: They may have been looking for a safe place to scream, too.

### 4. Hurl Eggs

This may sound odd, but it works. You'll want to hurl at least a dozen, preferably two dozen. A good place to do this is the shower lined with a trash bag. Or throw the eggs into your compost pile. This technique has been used in traditional Chinese medicine (TCM) for centuries to relieve anger and stress. It is the energy of breaking the eggs that helps relieve your own stress. Try it ... you'll be happy you bought two dozen!

Although hurling eggs may seem similar to other stress-relief techniques such as hitting a pillow or punching a bag, TCM does not recommend hitting anything to relieve stress. As Newton's third law of physics states, "Every action has an equal and opposite reaction." When you hit something out of anger, you get just as much angry energy directed back at you!

## Triple-Negative Breast Cancer Series, Part 1: Reducing Risk of Recurrence Through Healthy Lifestyle Choices Free Webinar Friday, April 17, 2015 Noon - 1 p.m. ET

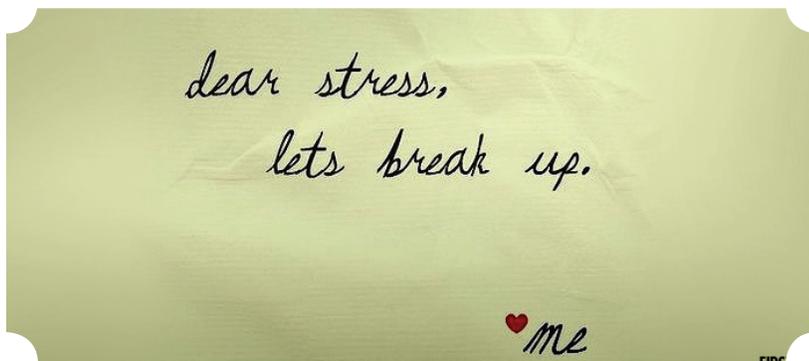


<http://www.lbbc.org/Events/2015-04-17-TNBC-Healthy-Lifestyle?aid=15267587>

Eating well and exercising not only make you healthier, but also have the potential to put you in a healthier frame of mind. During this free April webinar, Julie R. Gralow, MD, will talk about research-based lifestyle changes and healthy living strategies to help lower risk of recurrence survivorship care plans and how they can help you navigate care after treatment ends how healthy living can have a positive impact on your emotional well-being and outlook.

**Register online by April 10 or by calling (855) 807-6386.**

CEUs are available for licensed social workers.



## THE BODYMIND CENTRE

all of you . one place

#8-105 Villa Street, Thunder Bay (807) 344-1628

# recovery

Yoga For Recovery is a specialized class for people undergoing treatment or recovering from cancer, fibromyalgia or other challenges that require a gentler approach to yoga. A deeply relaxing class.



**New! Yoga For Recovery  
with Samantha Barrow  
Sundays  
1:30 - 2:30 pm**

**Meditation (by donation)  
with Samantha Barrow  
Sundays  
12:40 - 1:20 pm**



**One Year Ago.....** It's hard for me to imagine that 1 year ago **The Butterfly Story** was just in its earliest planning stages....and we are coming up on our 20th photo shoot! Each transformation has been so incredibly unique and inspiring in their own ways. I hope you've had an opportunity to check out the Facebook page (you don't need Facebook to access it) as you may recognize some familiar faces. We are still doing photoshoots and beginning to prepare for our **gala on September 25th** at the Victoria Inn. Remember that all funds raised will be coming back to the Thunder Bay Breast Cancer Support Group so we can provide more support towards survivorship. Stay tuned for more information as it becomes available! Photos: Izabela Pioro



### Vegetarian Five Bean Soup by Cassie Johnston

<http://backtoherroots.com/2012/12/03/handmade-holiday-vegetarian-five-bean-soup-mix/>

This is something to keep in the pantry when you need a quick dinner.

Prep Time: 10 minutes Cook Time: None Makes: 4 Jars

- |  |                            |
|--|----------------------------|
| 1 lb pinto beans                         | 2 Tbls dehydrated onions   |
| 1 lb split green peas (or green lentils) | 2 Tbls sea salt            |
| 1 lb great northern beans                | 2 Tbls garlic powder       |
| 1 lb black beans                         | 2 Tbls dried oregano       |
| 1 lb kidney beans                        | 1 Tsp dried rosemary       |
| 1 Tbls black pepper                      | 8 bay leaves               |
| 1 Tbls paprika                           | 4 vegetable bouillon cubes |
| 1 Tsp dry mustard                        |                            |

Materials: 4 clear quart Mason jars plus lids and rings, Parchment paper

In each of the four Mason jars, layer 2/3 cup of pinto beans—shaking the jar gently to level the beans. Then repeat with 2/3 cup of green peas and so on ending with the kidney beans. Set jars aside. In a small bowl, combine all remaining spices except bay leaves and bouillon cubes.

On a 10" x 10" piece of parchment paper, spoon 3 tablespoons of the spice mixture in the middle. Place two bay leaves and one bouillon cube on top. Fold parchment around spices to make a small spice packet. Seal with tape or stickers. Repeat three more times to create four total packets. Squish the packets into the top space of each of the four bean jars. You can also package the spices into plastic zip-top baggies if you prefer. Place lids on jars, cover in fabric and ribbon and label as desired.

#### Instructions for the Jar

Remove spice packet from the jar and set aside. Rinse beans and place in a large stock pot. Cover by 1" of water. Bring to a boil over high heat and boil for one minute. Remove from heat, cover and let soak for one hour. Drain and rinse beans. Return beans to the pot, add in spice packet, 1-14 ounce can of diced tomatoes and 6 cups of water. Bring to a boil over high heat, reduce heat and simmer for 1-1/2–2 hours until beans are very tender and soup is thick. Serve with a big hunk of crusty bread.



## For Support and Encouragement



Thunder Bay  
Breast Cancer  
Support Group

As fellow support group members, we would be happy to hear from you.

394 Cougar Crescent  
Thunder Bay, ON P7C 0B3

(807) 475-0025 (Voice Mail)  
bcsbg@tbaytel.net  
breastcancersupporttb.com



CBCN · RCCS

Canadian Breast Cancer Network  
Réseau canadien du cancer du sein

www.cbcn.ca



## Breast & Hereditary Cancer Support

www.willow.org  
1-888-778-3100



Supportive Care  
(807) 684-7310  
Toll Free  
(877) 696-7223  
No Referral Needed

## A Look Ahead



Victoria Inn Grand Ballroom  
April 16, 2015 at 6:00 pm  
Ticket Price: \$95.00

The elegant evening will include a gourmet dinner and entertainment followed by the auction of 10 of Thunder Bay's finest and most eligible bachelors. Each bachelor comes with a fabulous date package including a main event, dinner at one of Thunder Bay's finest restaurants and a pamper package for the successful bidder. Women have the option of taking the bachelor on the date or taking their significant other!

Ticket information coming soon! Contact the Thunder Bay Regional Health Sciences Foundation at 684-7112. Tickets available online at [www.healthsciencesfoundation.ca](http://www.healthsciencesfoundation.ca)



Thunder Bay Regional  
Health Sciences  
Foundation

The Thunder Bay Breast Cancer Support Group gratefully acknowledges the funding support of the Northern Cancer Fund of the Thunder Bay Regional Health Sciences Foundation. All gifts made to the Foundation stay in Northwestern Ontario to benefit its residents.

[healthsciencesfoundation.ca](http://healthsciencesfoundation.ca)

## GO GREEN

If you have an email address, please consider receiving the newsletter electronically. Not only does it help to keep our postage costs lower, it helps to keep our environment green. Simply sign the guest book at the next meeting and provide your email address or send a quick email to [bcsbg@tbaytel.net](mailto:bcsbg@tbaytel.net) and you will be added to our E-List.