

# Thunder Bay Breast Cancer Support Group

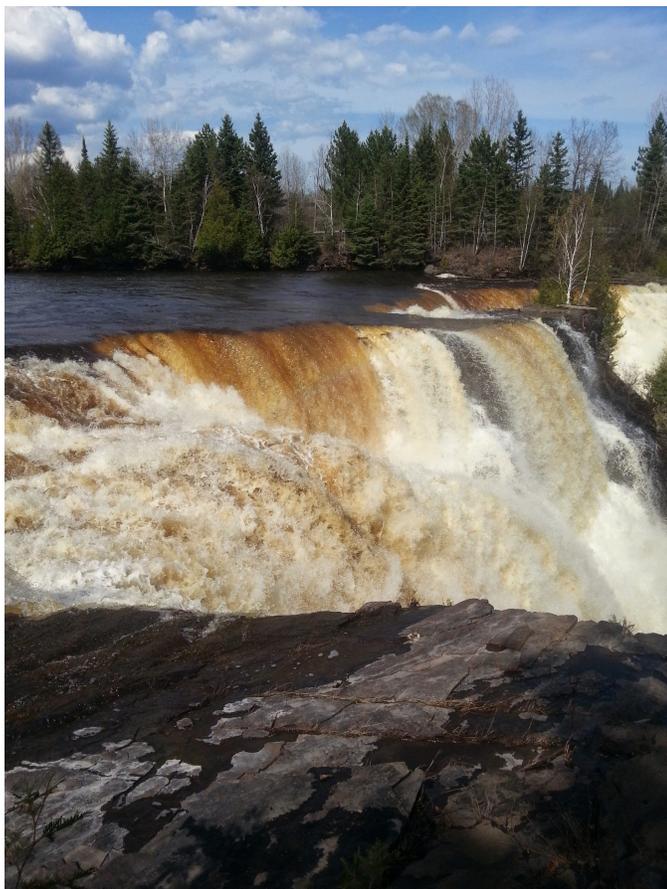


THE OFFICIAL PUBLICATION OF  
THUNDER BAY BREAST CANCER  
SUPPORT GROUP  
MAY • 2019

## Our Survivorship

First of all I have to apologize to our members that received their newsletters by mail. They sat on my desk and I didn't get them out. So those members will find two newsletters and I will organize myself better to make sure everyone gets the latest issues about the same time.

This month's newsletter we have another delicious submission from Gayle Johnson and an article that was originally submitted to the Oliver Paipoonge News written by Karen Carib. Remember this is a newsletter about all our members and I am grateful for all of the submissions! I can be reached on Facebook or email me at [tbbcs@gmail.com](mailto:tbbcs@gmail.com)  
Till next month - Dana



### IN THIS EDITION

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*I believe  
therefore  
anything is  
possible*

# TIME ON MY HANDS - "C" WORDS

WRITTEN BY: KAREN CRIAB  
ORIGINALLY PUBLISHED IN THE OLIVER PAIPOONGE  
NEWS

Happy New Year.

In my life there are lots of good words that begin with "C" - like cats, Christopher, cabbage rolls, Cindy and Caribou Coffee.

And there are bad words - like cancer.

For the second time it's come back to bite me. I found this out on October 1. What did we do? We ran away, we were out of town an hour after we left the doctor's office. This was a great decision, it gave us time to adjust before facing loved ones.

I went into what I now call "squirrel mode". I felt like a frantic squirrel gathering pine cones for winter. I did Christmas shopping, bought slippers and p.j.s for the hospital (turned out to be day surgery). I've always prided myself as being organized and that part of me kicked into high gear. I started writing this column before I even had surgery.

My sister took me to Chapters and bought me "Just Get Me Through This!" by Deborah A. Cohen. I devoured it, by the time I saw the surgeon I knew what he was talking about. This book was amazing! I highly recommend it. Written by a breast cancer survivor, plus a doctor, it is easy to understand and full of advice. It covers everything from choosing a wig, nutrition, treatment, emotional aspects etc.

For someone who doesn't like needles or blood or pain and is afraid of hospitals, none of this appealed to me. But, I had a great network of family and friends in my corner. When we ran away within minutes of returning home a homemade meal was delivered. Wow!

I have 2 friends who are breast cancer survivors and they were a great source of information and comfort. They took me under their wings (kind of like angels) and guided me through this. I'd joined yet another "club that no one wants to belong to".

The night before surgery I attended a spaghetti supper at the the Rosslyn Community Centre. If you've never been, dinner is delicious and it's a great opportunity to visit neighbours. The highlight was a chat with former Rosslyn resident, Donna Vibert. She grew up here but has lived out west for many years. Her younger sister Denise was there also. Donna reads this column courtesy of Artie Stephenson, so "Hi Donna".

# THE BUTTERFLY STORY

Did you know:

The Butterfly Story Fund is available to support individuals enhance their survivor ship. For activities such as:

- Attend educational conferences and/or events
- Purchase prosthetics
- Participate in exercise classes (We-Did)
- Participate in local events
- Engage in survivor ship activities
- Receive support for quality of life activities

To apply or for further information contact Dana and she will provide information in confidence. [tbbcsg@gmail.com](mailto:tbbcsg@gmail.com)



- Upon approval of an application, and in recognition of the financial support the individual will agree to;
  - Contribute to the monthly newsletter or;
  - Present to the Breast Cancer Support Group their project/activity or;
  - Assist with administrative duties at a monthly meeting
  - Share resources from the conference/seminar
- The Breast Cancer support group will consider other ideas to acknowledge the financial support

*"You're braver than you believe,  
stronger than you seem, and smarter  
than you think" A.A. Milne*

# TIME ON MY HANDS - "C" WORDS

Continued from page 1

The day of surgery began with a drive to town in the dark. The excitement began before I even left the check in desk. I was wearing 2 hoodies and feeling hot I unzipped one. A rush of cold air made me look down, only to discover I'd already unzipped the outer one and had now undone the inner one. I put on a display for staff as well as the man in the first row. It was a blessing in disguise. We sat there laughing and I suddenly felt calm.

Almost everyone I dealt with that day was so kind to me. I've never been in that situation and they can't begin to imagine how much I appreciated it. I entertained them with stories of my flashing (there's more than one, but I'm not sure you'll ever hear about the big one). It made things so much easier.

I thought I wanted to be there alone, but when I woke up in recovery all I wanted was to see Jim. And - there he was waiting for me when I returned. I also wanted cheese and crackers, but apparently cheese has fallen by the wayside.

The first week home was filled with visits from family and friends bearing food. About 3 days in I said "We are so lucky", even as I write this it makes me cry.

A van from Rollasons showed up with a balloon, chocolates and a flower arrangement from my friend Doreen and her family. Her daughter called Rollasons from their home in England to arrange it. What a nice surprise!

3 weeks later and I'm feeling quite recovered. We've seen the surgeon and are awaiting an appointment at the cancer clinic. After that we'll know what the treatment plan is. I had coffee with my sister and 2 friends and they urged me to write this part. I mentioned that I need a haircut but I'm not going to waste money on one in case I have chemo and lose my hair anyway. Words like "senior" and "thrifty" came up in the conversation.

Yesterday I had my first appointment with the oncologist. I will be starting chemotherapy around December 10. I'm guessing that December 19th won't be one of my better birthdays. The oncologist was great, he's amazingly thorough. But, by the time I left I felt quite overwhelmed with all the explanations and talk of drugs. Did you know they give you 4 anti-nausea drugs alone? Wow.

I felt unable to talk to friends and crawled into my bed shortly after 8 p.m.

Today I feel less panicked and try to dwell on the thought that I'll be having the strongest chemo first. If I can get through that, things will get better. I have an amazing collection of family and friends that surrounds me like a warm blanket. And I have a Mom and Dad and brother in law that are watching down on me. With a little help I can get through this.

# Cake!

## Banana Cake - chocolate chips

2 1/2 cups mashed bananas  
1 cup butter  
2 cups white sugar  
1 tsp vanilla  
3 eggs  
1 cup sour cream  
1 tsp vanilla  
3 cups flour  
2 tsp baking powder  
2 tsp baking soda  
1 cup chocolate chips

Beat butter and sugar together.  
Add eggs, vanilla, bananas and sour cream.

Mix dry ingredients together and add to batter along with chocolate chips

Makes a large cake 9x13 pan or larger

Oil and flour pan  
Bake 45 -50 minutes  
test, it may require longer time.  
I used Betty Crocker French chocolate icing

Submitted by Gayle Johnson the cookie lady. Enjoy!



# Ladies - Save the date for upcoming programming at our monthly meetings

May 8th 2019

Guest Speaker: Michelle McKittrick MSW RSW RMFT

Topic: PTSD and Breast Cancer

Michelle has worked with Thunder Bay Cancer Centre and lead the Thunder Bay District Trauma Team for decades

June 4 2019

Final meeting before summer break

We will have excellent goodies and conversation



Thunder Bay Regional  
Health Sciences  
Centre

Supportive Care  
807-684-7310  
No Referral Needed

## Where to find us

Meetings: St Michael's and All Angels Church  
675 Red River Road  
2nd Wednesday of the month from 7 to 9 pm

Voice mail: 807-475-0025 (checked monthly)  
email: [bcsq@tbaytel.net](mailto:bcsq@tbaytel.net)  
Facebook: Thunder Bay Breast Cancer  
Survivor's Forum

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

# In and around Thunder Bay

## Relay For Life

When: June 1st  
Where: Legion Track

## Dragon Boating New Paddlers Needed

When: Not sure of day of the week  
Contact: Liz: [liz@rmlcontracting.com](mailto:liz@rmlcontracting.com) or  
Gail: [gpoliszczak@hotmail.com](mailto:gpoliszczak@hotmail.com).  
Hopefully we will be able to get a few  
new paddlers.

## WE-Did Spring 2019 Fitness Program details:

Where: Canada Games Complex  
Room: Saskatchewan Manitoba cardio room also available  
for aerobic warm-up

When: April 9 - June 27 2019, Tuesdays & Thursdays 1230-  
1:30pm

April 20 - June 29 2019, Saturdays

Cost: ~\$8/class

Contact Andrew [akosciel@lakeheadu.ca](mailto:akosciel@lakeheadu.ca))

Instructor: Melissa Nevin, Registered Kinesiologist. Tuesday  
& Thursday.

Jessy Bogacki, HBK, HFFC-CEP & Andrew (when Jessy is  
unavailable) Saturday

Volunteers: There will be 1-2 Kinesiology student volunteers  
assisting with the program.



## The Co-Operators Bachelors for Hope Charity Auction

Raised: \$90,236!

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.



Canadian Breast Cancer Network  
Réseau canadien du cancer du sein

<https://cbcn.ca/en/>



Canadian  
Cancer  
Society



<http://www.cancer.ca/en/about-us/a-future-without-breast-cancer/breast-cancer-support-services/>