



Thunder Bay Breast Cancer Support Group



Newsletter March 2017 Issue 215

Opportunities to Give

Canadian Breast Cancer
Network

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Dragons of Hope

The Breast Cancer Support Group, Dragons of Hope are going to Florence Italy in July 2018 to participate in the International Breast Cancer Survivor Dragon Boat Festival. The team is having a "Boobie Boogie" Fundraiser on Saturday September 30, 2017 at the CLE Coliseum with a performance by The Thunder Bay Legends.

This year the local Dragon Boat Festival will be held Saturday August 12th at Boulevard Lake. We are always looking for ladies to join us in the boat, no experience necessary as we will train you.

More information to follow in future newsletters.

Advocacy Stories of 2016 - Menu labelling starts on January 1, 2017

Obesity carries with it many consequences for health, including an increased risk of cancer. Society-funded research has shown that including nutrition information on restaurant menus helps people consume significantly fewer calories. On January 1, 2017, Ontario becomes the first province in Canada to feature calories on menus. We hope that menu labelling will help Ontarians make healthier food and beverage choices when dining or ordering out and help raise awareness about the calorie content of food and beverages prepared outside the home. Read more more 2016 Advocacy stories at <http://www.cancer.ca/en/about-us/news/national/2016/top-10-advocacy-stories-of-2016/?region=bc#ixzz4ZIX1o3i3>

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Next Meeting
March 8th

7:00 pm at
St. Michael's Church
on Red River Road



Encouragement Cards

In October, the Breast Cancer Support Group and the Butterfly Story co-hosted a 'Survivors' Tea' at Sweet Escapes Cake Café and Bakery. By all accounts, it was a great event! Survivors who attended were asked to fill out cards with words of encouragement for other survivors. Over the next few months, we are going to share some of those of sentiments.

Think about & hold
clear the positives in
your life.. your children,
your partner, your faith,
the beauty of nature, and
the fact that you can
live in the now. This
way, the future can, and
will, take care of itself.

Artith

5 Naturally Green Recipes for St. Patrick's Day

Why only wear green when you can eat green too?! And guess what – you don't have to stock up on green food coloring or artificial flavors either. Celebrate this St. Patrick's Day – or any day – with these 5 healthy and naturally green recipes!

Gulp Green

Wake up and quench your thirst! Adding a few slices of cucumber to a cold glass of water will help you hydrate, adds vitamins and minerals, and can curb your appetite. Did you know that cucumbers may have anti-cancer properties? So grab a cucumber and drink up! If cucumber is not your flavor, try adding slices of lime or a sprig of mint.

Green Munchies

Craving a crunch? Sliced pickles or baked kale chips make the perfect substitutes for greasy fried potato chips. Feeling nutty? Grab a handful of pistachios for a crunch that's packed with protein.

Pot of Green

It's tempting to make a pot of gold (aka cheese dip) or reach for the ranch. Don't worry – there is a quick, delicious AND healthy option to celebrate the holiday. Walk past the cream and cheese and pick up an avocado instead! Guacamole is easy to make by mashing up one ripe avocado and adding a squeeze of lime, minced garlic, plus a dash of salt and pepper to taste.

Swap for a Salad

Add as a side or fill up on salad! Pick fresh organic and leafy greens and toss in vegetables like grilled asparagus and steamed broccoli or even slices of avocado, celery, cucumber and green bell peppers. There's plenty of green to choose from! But, don't stop there. Top your salad with green onion, and finish with a side of creamy avocado dressing, basil vinaigrette or spicy salsa verde.

Green for Dinner!

Replace your noodles with zoodles! Zoodles, or Zucchini Noodles, are made by slicing a zucchini into very thin noodle-size slices with a knife, julienne or spiral vegetable slicer. Boil in water or sautee with 1 tablespoon of olive oil for 2 to 5 minutes or until the "noodles" are tender and serve with your favorite pesto sauce. Tah dah! Your green dinner is served.

LifeguardMobile

Managing your health care can be very challenging. That's why the Canadian Breast Cancer Foundation is pleased to offer you a free, one-year subscription to LifeguardMobile - a new app from Lifeguard Health Networks that's designed to make managing your health care easier and more collaborative. With LifeguardMobile, you or your healthcare provider can securely create a custom care plan that can be conveniently accessed and shared on a smartphone or tablet. You can learn more about the app at lifeguardhealthnetworks.com.

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Bachelors of Hope: 5 Forks Bachelors for Hope Charity Auction - Friday April 7, 2017

6:00 PM - 11:00 PM

Gather the girls for a Friday night out! Enjoy a 4 course gourmet dinner as 10 of Thunder Bay's most eligible bachelors are auctioned (with fabulous date packages) to the highest bidders. Don't be shy ladies, you have the option of taking the bachelor or not. Then hop on the free shuttle to 5 Forks for the afterparty, from 11PM to 2AM! 100% of proceeds are dedicated to breast cancer research, education, diagnoses, and treatment, and to supporting the needs of breast cancer patients here in Northwestern Ontario.

A promotional banner for the "Bachelors for Hope Charity Auction". The background is black. In the top left, the "5 Forks food & drink" logo is followed by the word "PRESENTS" in white capital letters. Below this, the text "Bachelors for Hope" is written in a large, white, serif font. To the right of this, the words "Charity Auction" are written in a very large, white, serif font, with a golden champagne glass containing a yellow liquid and bubbles positioned behind the letter "a" in "Charity". At the bottom left, there is a white rectangular button with the text "ONLINE TICKET PAGE" in black capital letters.

<http://bachelorsforhope.kintera.org/faf/home/default.asp?ievent=1171348>

Butterfly Story Fund

The Butterfly Story fund is now accepting applications! Looking for ways to thrive as a survivor but need a little financial help? The Butterfly Story is here for you! Want to attend the Luncheon of Hope, We-Did exercise classes or another great event? Fill out an application and it will be considered for funding. It can be challenging to ask for help sometimes, but please know the applications are kept in the strictest confidence! If interested, please check out the application form [here](#) OR email thebutterflystory@hotmail.com OR contact Michelle or Shannon to discuss privately.

For Support and Encouragement

Upcoming

5 Forks Bachelors for Hope
Charity Auction
Friday, April 7, 2017
6:00 PM - 11:00 PM
5 Forks

Boobie Boogie
Saturday, September 30, 2017
CLE Coliseum



Network News

Don't forget to check out the Fall 2016 edition of Outreach News brought to you by the Canadian Breast Cancer Network.

[Click here to check it out!](#)

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March 8th

7:00 pm at
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As fellow support group members, we would be happy to hear from you.

435 Heather Cres
Thunder Bay, ON P7E 5K8

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

Sharing the Journey

Along your journey you have found support and encouragement from our support group. If you have two hours to spare a month, we encourage you to consider becoming a Steering Committee Member. The wisdom gained from your experience can help us strengthen the group and will help to ensure the continued success of the Breast Cancer Support Group. Call a Steering Committee Member at 475-0025 to learn how you can take part or email bcsg@tbaytel.net.



www.cbcn.ca



Breast & Hereditary Cancer Support

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



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



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