

## A Look Ahead

### The Butterfly Story Gala Event

September 25<sup>th</sup> at the Victoria Inn. Tickets are available online at [KeynoteEvents.ca](http://KeynoteEvents.ca)

### CIBC Run for the Cure

October 4th  
Royal Canadian Legion Track (Delany Arena)  
Volunteer, Donate or Register as a Participant or Team.  
Call (807) 333-4428 or email [btiffaferante@cbcfrun.org](mailto:btiffaferante@cbcfrun.org)

### Guest Speaker

Karen Melenchuk from the TBRHSC Transitioning & Survivor Clinic - BCSG Meeting October 16th



## 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 [bcs@tbaytel.net](mailto:bcs@tbaytel.net).



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)

## Metastatic Breast Cancer Forum 2015 October 16th in Boston

The 9th Annual MBCN conference is being offered in partnership with the Dana-Farber Cancer Institute and the Susan F. Smith Center for Women's Cancers, and the EMBRACE program (Ending Metastatic Breast Cancer For Everyone). The Metastatic Breast Cancer Forum 2015 promises to be an awesome program...and it is FREE to all. No registration fee is being charged.

Registration is being handled by EventBrite and Dana-Farber and their EMBRACE program (Ending Metastatic Breast Cancer for Everyone). Everyone who wants to attend the Conference/ Forum **MUST** register even though there is **NO registration fee**. This is a one day conference that will begin sessions at 9 am and end at 4:30 pm with an optional closing reception until 5:15pm. **Visit the conference webpage to learn more.**

There are no further applications being accepted by MBCN for travel scholarships, but if you are interested in attending contact the Thunder Bay Breast Cancer Support Group to explore opportunities for a local travel scholarship.

## 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)  
[bcs@tbaytel.net](mailto:bcs@tbaytel.net)  
[breastcancersupporttb.com](http://breastcancersupporttb.com)



Canadian Breast Cancer Network  
Réseau canadien du cancer du sein

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



Breast & Hereditary  
Cancer Support

[www.willow.org](http://www.willow.org)  
1-888-778-3100



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



## Thunder Bay Breast Cancer Support Group

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## Gala Event Details

Friday, September 25<sup>th</sup>  
Victoria Inn  
Doors Open - 6:15 pm  
Presentation - 7:00 pm

Tickets - \$75  
[www.KeynoteEvents.ca](http://www.KeynoteEvents.ca)  
Cash bar, semi formal  
dress suggested

Out of town guests staying at the Victoria Inn can ask for The Butterfly Story preferred rate. Booking ID 461050

Call 1 800-387-3331 to make you reservation.

## Inside This Issue

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- Fall WE-Did
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Thunder Bay Breast  
Cancer Survivors Forum



Proudly Presents



Photography by Izabela Piore

Inspired by a breast cancer survivor's own journey, the Butterfly Story has transformed breast cancer survivors into living works of art that represent symbols of strength, hope, and poignant aspects of their journeys. This exciting and innovative project began right here in Thunder Bay. An immeasurable number of hours have been spent on meeting with survivors, creating the artwork, completing the photo shoots, and bringing the final images to life.

On September 25th, these incredible images will be brought together and exhibited for the first time through The Butterfly Story Gala. At this evening you

will hear from the people behind the project, get to see and meet many of the models, and view these incredible images. Your ticket also includes an assortment of refreshments and the opportunity to bid on fabulous silent auction items. Proceeds from the gala will be donated to the Northern Cancer Fund, who will in turn provide 100% of the proceeds to the Thunder Bay Breast Cancer Support Group to help survivors continue to thrive.

This evening of inspiration will have you looking at breast cancer in a whole new light, after all, just when the caterpillar thought the world was over she became a butterfly.



**IMPORTANT UPDATE ABOUT THE NEWSLETTER**

Since our fabulous secretary has moved to Peterborough, mailing the newsletter is becoming a challenge due to the time it takes to reach Thunder Bay. Therefore, we ask you to connect with the Steering Committee by phone, email, or in person. If we do not hear from you by September 30th we will assume that you no longer wish to receive a printed newsletter and you will be removed from the mailing list. Thanks for your cooperation!!

If you have an email address, please consider receiving the newsletter electronically. Simply sign the guest book at the next meeting and provide your email address or send a quick email to [bcsg@tbaytel.net](mailto:bcsg@tbaytel.net) and you will be added to our E-List.

**CHRISTMAS IN SEPTEMBER??!!**

It is true... The Steering Committee commences plans for the Annual Christmas Social in September.

We want to hear from you! Please let us know either by email, phone, or in person your preference about the format for this year's event.

Would you rather:  
A: Book a restaurant and have dinner out together?

B: Hold a pot-luck dinner at the church?

C: Have a catered event at the church?

**Let us know by Sept. 9<sup>th</sup>!**

**The Importance of Telling Our Stories by Rachael Freed**

This is only an clip from the article. The complete article can be read online at [http://www.huffingtonpost.com/rachael-freed/legacy-telling-our-story\\_b\\_776195.html](http://www.huffingtonpost.com/rachael-freed/legacy-telling-our-story_b_776195.html)

From a legacy perspective, we tell our stories for ourselves and as a gift to future generations. How does telling our stories benefit us? We need to know and express our own stories. Difficulties arise not because we have a story, perhaps a very sad or painful story, but because we become attached to our stories and make them an essential part of our very selves.

Telling our stories is not an end in itself, but an attempt to release ourselves from them, to evolve and grow beyond them. We tell our stories to transform ourselves; to learn about our history and tell our experiences to transcend them; to use our stories to make a difference in our world; to broaden our perspective to see further than normal; to act beyond a story that may have imprisoned or enslaved us; to live more of our spiritual and earthly potential.

Joan Borysenko said, "We cannot wish old feelings away nor do spiritual exercises for overcoming them until we have woven a healing story that transforms our previous life's experience and gives meaning to whatever pain we have endured."

How does telling our stories benefit future generations? Stories connect the past and present to the future. Our stories and our learning from them honors and

respects our ancestors and us. They can awaken future generations to their potential. They model a way to use their stories to release themselves as they connect to their history and to our values.

In "The Spirituality of Imperfection: Storytelling and the Search for Meaning," Ernest Kurtz and Katherine Ketcham said:

**Release ... is experienced rather than "gotten," received rather than attained. And so it does not work to tell one's story in order to "attain" release; yet Release does emerge from the practice of telling one's story ... The deeper release ... is of our attachment to the chains that bind us.**

You have many stories and perhaps one powerful story that you think best defines you and your life, so here are some suggestions for action:

Write one of those stories. Take time to describe it vividly, with all its sensations and feelings. Take time to recall and express your thoughts about it.

Let the story sit for a day or a few days. Go back to it, reread it, embellish it if more has come, and then write about your experience writing it and reading it after time.

Be alert for ways you can extricate yourself from it in order to learn from it and free yourself going forward.

Use the story and what you learned to write a legacy letter to someone you care about who may enjoy and benefit from it in the future.

May your stories enliven memories; may writing them free your from their bondage.



**Congratulations Dragons of Hope 2015 Bronze Winners of the Women's Finals in Superior**



The Support Group's dragon boat team the Dragons of Hope celebrated the 20th Anniversary of dragon boating for breast cancer survivors along with other survivor teams around the world on June 13, 2015. Our team went out for a paddle, held a pink flower ceremony and then celebrated with anniversary cake and pink bubbly.

On Saturday, July 18, 2015 our team was the only women's entry in the local dragon boat festival and we were so excited to win a race against 2 other boats consisting of both men and women paddlers. On August 21-22, 2015 our team paddled in the Lake Superior Dragon Boat festival in Superior Wisconsin. Congratulations to everyone on the team for winning Bronze in the Women's Finals! What an amazing year!

We are always looking for new paddlers to join our team so look for notices in the spring newsletters.

**Nourish**

Advice from registered dietitians and recipes from our wellness chef

**Blueberry Pear Smoothie**  
[www.nourishonline.ca](http://www.nourishonline.ca)

A snack with lots of antioxidants and fibre that will go down easy!

**Ingredients**

- ½ cup Frozen blueberries
- ½ Banana (peeled and sliced)
- ½ Fresh ripe pear, core removed and chopped (or 1 cup of canned and drained pear halves)
- 1 tbsp Unsalted raw cashews
- 3 tbsp Low fat plain Greek yogurt
- 1 tsp Lemon juice
- 1 tsp Honey (optional)
- ½ cup 1% Milk (or substitute with soy or almond milk beverage)

**Instructions**

1. Place all ingredients in a blender and blend until smooth. Serve.



**Blueberry Sauce**

Heat 1/2 cup water and 1/2 cup sugar, stirring constantly until sugar dissolves. Boil for 3 minutes without stirring. Cool. Puree 250g blueberries with the sugar mixture. Stir in 250g whole berries. Serve chilled over waffles and ice cream.

**Why Blueberries are Good to Eat**

- Blueberries provide you with some natural sugars for energy. The darker the colour, the sweeter their taste,
- They are a good source of vitamin C and provide dietary fibre.

**WE-Did Update**

The WE-Did fitness program will be starting September 1<sup>st</sup> and running 2x/week until December 17<sup>th</sup> - 32 classes total. The cost of the program will be \$255 (\$7.97/32 classes). Please pay in cash on the first day of class. Classes will be at the Canada Games Complex on Tuesday and Thursday evenings, 6-7pm in the Ontario room. To gain entrance into the facility please inform the front desk staff that you are a participant of the WE-Did fitness program.

Program instructors will be Andrew Koscielnaik, R.Kin., CSEP, CEP and a kinesiology student (tbd). Unfortunately Jessica Gosselin is no longer available due to a new educational pursuit. Andrew will instruct the Thursday evening classes and the kinesiology student will instruct on Tuesdays. To register or inquire about the Fall WE-Did program, email [akosciel@lakeheadu.ca](mailto:akosciel@lakeheadu.ca)