

Thunder Bay Breast Cancer Support Group



THE OFFICIAL PUBLICATION OF
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SUPPORT GROUP
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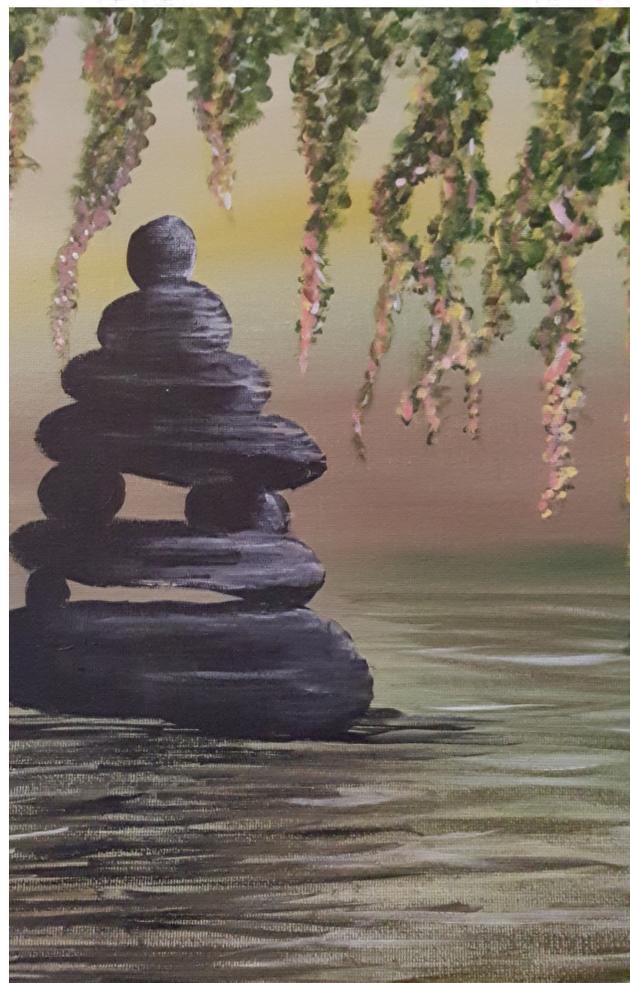
Summer Time!

Soon summer will be here! Just a reminder that this is the last newsletter until September. Our June 12th meeting will also be the last meeting until September. If you need support over the summer contact Supportive Care at the hospital 864-7310

Remember this is a newsletter about all our members and I am grateful for all of the submissions!

The painting to the left is another one of my projects with the help of www.paintingwithjane.com

I can be reached on Facebook or email me at tbbcsg@gmail.com
Till September - Dana



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*It's about what
can I do.
Rather than
what I can't
do.*

WHAT RUNNING AND FIGHTING CANCER HAVE TAUGHT ME

WRITTEN BY: TRICIA PRINCE -
[HTTPS://PINKRIBBONRUNNER.COM](https://pinkribbonrunner.com)

I am a runner and I am a cancer survivor. When I started to teach cancer survivors to run, I started to recognize that learning to run and fighting cancer both teach us similar things.

Starting is scary and the hardest part

My first day in the chemotherapy chair at the hospital, before that red bag of medication was connected to my IV, was the scariest day of my life. My doctors prepared me. I read everything I could about the treatments I was about to receive. I was still scared as doubt filled my mind. My first day in run class was also scary. Could I do it? Could I actually run? Would I make a fool of myself? Would I be last? But I did it. I let the red sludge enter my body and I ran my first minute. Neither killed me. I lived to do it again. And today, I am better and healthier having started both.

"He who would learn to fly one day must first learn to stand and walk and run and climb and dance; one cannot fly into flying."

– Friedrich Nietzsche –

You learn to recognize your strength

During and after my cancer treatments, I was always surprised to hear my family and friends tell me how strong I was. I didn't recognize that I had strength. What other choice did I have? I had to fight my cancer with everything in my tool box because I wanted to live. When everything in my tool box started to include running, I learned to recognize how strong I really was.

I never thought I could run 5 km, let alone a half marathon. That seemed so out of reach at the time. But I chipped away at it, building little by little, running a little further and a little faster as I was able. I now run half marathons.

Now I recognize that I did the same thing with my cancer treatments. I took them step by step, each drug, each surgery, each radiation treatment, as they came. One day at a time. I learned that I am strong. Now I recognize that I did the same thing with my cancer treatments. I took them step by step, each drug, each surgery, each radiation treatment, as they came. One day at a time. I learned that I am strong.

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this. I can take the next thing that comes along'."

– Eleanor Roosevelt –

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



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*

WHAT RUNNING AND FIGHTING CANCER HAVE TAUGHT ME

Continued from page 1

Winning is subjective

When I teach a running class, I love to hear the stories of why people start running. I started running to strengthen my body after cancer treatments. Other runners I met are running to battle anxiety, to stop smoking, to lose weight, to spend more time with a runner spouse.

Everyone has their own reasons for running. The one thing I never hear from most runners is that they want to run to win a race. Its not about being the first to cross the finish line, it is about just finishing and achieving your personal goals.

Fighting cancer is also very personal. During the fight to live, you endure so much. You draw strength from the reasons you want to live; to spend more time with those you love and continue to do the things you love. Surviving cancer and finishing a race are both subjective and are very personal experiences. Whether you survive cancer or finish a race, you have won!

"What winning is to me is not giving up, is no matter what's thrown at me, I can take it. And I can keep going."

– Patrick Swayze –

Pain is temporary

Cancer treatments hurt, they make you sick. But then they can make you better. Running can hurt as you push yourself further. You may experience aches and pains you haven't had before. But then you get stronger. Pain is only temporary.

"Pain is temporary. It may last a minute, an hour, a day, a year, but eventually it will subside and something else will take its place. Quitting lasts forever."

– Lance Armstrong –

Set backs are not failures

For both cancer patients and runners, failure is not an option. True, cancer patients have more at stake, as treatment failures can end a life. But failure for a runner can also be deflating. However, not achieving your goals should not cause you to quit. Take a step back, analyze why you didn't achieve what you had set out for yourself, refocus and try again. And again and again, if need be. Set backs are not failures. Do not give up. You may surprise yourself and succeed on your next try. And, trust me, that victory is even sweeter.

"Let us run with perseverance the race marked out for us."

– Hebrews 12:1 –

WHAT RUNNING AND FIGHTING CANCER HAVE TAUGHT ME

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Everyone has different abilities and different experiences

We are like snowflakes, no two alike. This is so true of both runners and cancer survivors. Cancer therapies are dependent on the type and stage of cancer you have. Even if your treatments are the same, you will likely experience different outcomes and side-effects. The same is true for running. We all have different abilities, different points of where we start and how we progress. Some are faster than others, some progress quicker than others. None of this matters if you focus on yourself. Progress at your own rate. Run your own race.

"When you run your own race do not worry about the next person's pace, mind yours, after all this is your own race not theirs."

– Gugu Mona –

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

June 12, 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: bcs@tbaytel.net
Facebook: Thunder Bay Breast Cancer
Survivor's Forum

www.breastcanersupporttb.com

In and around Thunder Bay

Dragon Boating New Paddlers Needed

When: Tuesday Nights

Contact: Liz: liz@rmlcontracting.com or

Gail: gpoliszczak@hotmail.com.

Hopefully we will be able to get a few new paddlers.

CIBC Run for the Cure

When: October 6, 2019

Where: Fort William Stadium, 300 Legion Track Drive

Time: 10 am

Yard Sale

In Support of CIBC Run for the Cure

When: June 15th from 8:30 am to 1 pm

Where: 315 Ruby Crescent



Remember: Practice Safe Sun

Sun Screen 101 from the Canadian Cancer Society
(copy of article included in the newsletter)

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



Canadian
Cancer
Society



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