



# Thunder Bay Breast Cancer Support Group



Newsletter November 2016 Issue 212

## Opportunities to Give

Canadian Breast Cancer  
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## Thunder Bay Breast Cancer Support Group Survivor Tea

On October 23rd, the Thunder Bay Breast Cancer Support Group held our first ever Survivor Tea. It was wonderful to connect with so many of our members. The conversations and laughter that filled the room reminded me that in this journey we are never alone.

Thank you to all who came out to make this such a successful event. A special thank you to Julie of Sweet Escapes Cake Cafe and Bakery for opening up for us on her day off, and spoiling us with a delicious array of dainties, tea, and coffee.

## Christmas Party – Wednesday December 14

Please join the members for our annual Christmas celebration at St. Michael's Church. Our friend Darlene Green from Silver Birch will once again be doing the catering, those of you who attended the dinner last year will probably remember the awesome Mac and Cheese dish! All the fun begins at 6pm. We don't have a formal meeting just an evening to enjoy each others company and the season.

The cost is \$20.00 per person and is open to survivors and patients only. If you would like to participate in the Secret Santa gift exchange bring a wrapped gift valued up to \$15.00. We also encourage you to bring a non-perishable food item that will be donated to the Regional Food Distribution Centre. If you would like to attend but don't have the money to come, please let us know. We have a fund to help with that.

**You will need to RSVP to the Support Line at 475-0025 or through the Facebook forum by Wednesday December 7.**



## Inside This Issue

- Survivor Tea
- Christmas Party
- Breast Cancer Connections
- Tbaytel Luncheon of Hope

Thunder Bay  
Breast Cancer  
Survivors Forum



## CKN – Breast Cancer Connections: My personal relationship with the month of October

As many of you may know, last month was Breast Cancer Awareness month. The Cancer Knowledge Network published a series entitled “Breast Cancer Connections: My personal relationship with the month of October.”

- We heard survivor perspectives on “pink washing” and the corporate sales and marketing campaigns we see at this time of year.
- We heard from physicians about the need to educate young women about fertility issues.
- We heard about the “orphan disease” and what October means to male breast cancer survivors.
- We heard from caregivers who tirelessly advocate the need to educate young women about the signs of early stage breast cancer.
- And above all, we heard all these voices gather together in unison to say Breast Cancer Awareness is making a difference...it's helping to save lives.

[Click here to read some of the stories. Thank you to Cancer Knowledge Network for sharing!](#)

### TBayTel Luncheon of Hope

I was so honored to be asked to speak as a breast cancer survivor at the Luncheon of Hope this year. The event was held on Friday October 7 at the Victoria Inn. My message to the attendees as about hope and how the name of this lunch was so appropriate. When it began in 1992 it was an event run by a dedicated group of volunteers from this support group. Women who were survivors and wanted to bring their story and to inspiration and hope to other survivors.



I was fortunate to be a member of that committee in the early years and at that point had no idea of what was to come. I was thrilled to be included and to hear the stories and to feel that love in the room. The keynote speaker was Becky Olson. What a story of her own personal journey with Breast Cancer and the Humor, Happiness and Hope of being a breast cancer patient and survivor. The event has grown tremendously over the past 24 years. Being a member to this group and to have the longevity of the event speaks to how important it is for us to have hope and to provide that to others in our community. Hope lives on, hope is all of us!

### Simple Lemon Herb Chicken

#### Instructions

#### Ingredients

- 2 skinless, boneless chicken breast halves
- 1 lemon salt and pepper to taste
- 1 tablespoon olive oil
- 1 pinch dried oregano
- 2 sprigs fresh parsley, for garnish

- Cut lemon in half, and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat.
- When oil is hot, put chicken in skillet. As you sauté chicken, add juice from other 1/2 lemon, pepper to taste, and oregano. Sauté for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.



## For Support and Encouragement

### A Look Ahead

#### Christmas Party

Wednesday December 14, 2016,  
St. Michael's Church

RSVP to the Support Line at 475-0025 or through the Facebook



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!](#)

**Meetings**  
November 9<sup>th</sup>  
December 14<sup>th</sup>

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

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)  
bcsg@tbaytel.net  
breastcancersupporttb.com

### 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](mailto:thebutterflystory@hotmail.com) OR contact Michelle or Shannon to discuss privately.

### 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](tel:475-0025) to learn how you can take part or email [bcsg@tbaytel.net](mailto:bcsg@tbaytel.net).



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



**Breast & Hereditary  
Cancer Support**

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



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)



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