



Thunder Bay Breast Cancer Support Group



Newsletter October 2016 Issue 211

Opportunities to Give

Canadian Breast Cancer
Network

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Luncheon of Hope

Our very own Gail Brescia will be speaking at this year's TBayTel Luncheon of Hope! The Luncheon of Hope is Friday, October 7th from 10:30 to 2:00 p.m. at the Victoria Inn. This year's speaker is a 3-time cancer survivor, Becky Olson. Becky is co-founder of Breast Friends as well as a published author of "The Hat that Saved my Life".

Tickets are \$65 each and can be bought online at www.healthsciencesfoundation.ca or by phoning 345-HOPE (4673) and can be picked up at the Hospital's Foundation office. As always, money raised at this event supports the needs of breast cancer patients in Northwestern Ontario.

If you'd like to donate, [click here](#) or go to <https://12149.thankyou4caring.org/luncheon2016>

Survivor Tea

Join us at the 1st Survivor Tea and meet fellow survivors in a casual social setting to celebrate Breast Cancer Awareness Month. Tea, coffee and dainties will be served. If you are able to join us, please RSVP to bcs@tbaytel.net or call the support line at 475-0025.

Dishwashers Wanted!

Do you have a high school student looking to fill their requirement for volunteer hours?

We are looking for 2 young people to assist us with our Christmas Party clean up on December 14th at the Church. If you know someone who will volunteer, please email bcs@tbaytel.net or call 475-0025. More details about the Christmas Party will be in November's newsletter.

**Next
Meeting
October
12th**

Thunder Bay
Breast Cancer
Survivors Forum



network news

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Treatments & side effects

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Boobie Blunders

I curl with my mixed team every winter. My position is lead, so I do lots of sweeping. I was doing my best to sweep the rock from one end of the ice to the other when I very kind gentleman asked if I had lost something. He held out his hand which held my prosthesis. I thanked him for returning this item to me. I finished the rest of the game and made sure not to make eye contact with the kind gentleman whom returned my boob. It is now a funny story that I share from time to time but I'm sure it will not be the last.

Four days after having my staples out from my mastectomy, I decided I would walk in the Run for the Cure. I had my poof in and layered up as it was cold. Then they gave me another t-shirt to put on over that. Plus, my jacket etc – you get it – I had a lot of layers. After the walk, my husband and I decided to go for breakfast. I start taking off all my layers and my husband looks at me – cocks his head to the side and says 'you might want to go to the bathroom'. So, with all my layers and movement of walking, my poof had come out of its pocket and was now basically sitting just under my shoulder! I looked like a Picasso painting!

We all know that Breast Cancer is a serious disease and we in no way want to minimize the struggle that each of us face in our own way. However, we also know that our meetings are often filled with laughter as we share stories of humorous things that happen from time to time. And so, we are calling all members to share such stories in the newsletter. You can submit with or without your name and we will publish your funny stories. You can email them to bcs@tbaytel.net.

Thai Garlic & Pepper Chicken



Ingredients

- 1-pound chicken breast, sliced thinly across the breast
- ½ cup garlic cloves, peeled, smashed
- 4 teaspoons brown sugar
- 1 ½ teaspoon white pepper, ground
- 3 teaspoons fish sauce
- 4 tablespoons coconut oil, canola oil or peanut oil
- 2-3 tablespoons water
- 1 cup cilantro leaves

Preparation

1. In a large skillet, set over medium high heat, heat the oil until hot. Add the garlic, stirring constantly so it doesn't burn. When slightly golden brown, add the chicken. Cook until slightly golden brown, stirring every so often.
2. When the chicken is cooked through add the brown sugar, fish sauce and pepper. Mix well to combine. Cook for another minute or two. If the pan gets too dry add some water, a tablespoon at a time until the liquid lightly coats the chicken.
3. Serve on steamed jasmine rice and garnish with the fresh cilantro leaves and a lime wedge or two (optional)

For Support and Encouragement

Lymphedema Support Group

Leona, the physiotherapist at the Thunder Bay Regional in the Lymphedema Clinic was wondering if there would be enough interest to begin a support group. If you would be interested in participating in a support group, please email her at dicasmil@tbh.net.

A Look Ahead

Luncheon of Hope

October 7th, 2016, Victoria Inn

Breast Cancer Survivor Tea

Sunday, October 23rd

2 to 4pm

Sweet Escape Cake Cafe and Bakery (271 Bay Street)

RSVP: bcsg@tbaytel.net or call the support line at 475-0025.



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

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.



Canadian Breast Cancer Network
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www.cbcn.ca



Breast & Hereditary Cancer Support

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



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

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.



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