

Thunder Bay Breast Cancer Support Group



THE OFFICIAL PUBLICATION OF
THUNDER BAY BREAST CANCER
SUPPORT GROUP
SEPTEMBER • 2019

Welcome Back!

Now that summer is becoming a memory there is lots of planning going on. The Survivor Tea is BACK! BRA day and Christmas Party are being planned. October brings the Luncheon of Hope and Run for the Cure.

This edition has by request zucchini recipes. The relish is a recipe I used to make when I used to garden.

Our newsletter about all our members and I am grateful for all of the submissions!

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



DRAGON'S OF HOPE

WRITTEN BY: LIZ LINDSTROM -



TEAM CHANT

Butts against the gunnel
Ladies all in pink
Paddles at the ready
Let's keep this boat in sync
Hope brought us together
Faith keeps us afloat
Friendships last forever
WE ARE THE DRAGONS OF HOPE

 Lowerys

On August 23, 24 2019 twenty-six paddlers and supporters traveled to Superior Wisconsin to participate in the 18th Annual Lake Superior Dragon Boat Festival. It was a fun filled weekend with Dancing and Fireworks on the Friday evening and races commencing at 8 am on Saturday morning. We participated with the other Breast Cancer Survivor Team in the very meaning full and emotional Pink Flower Ceremony. Our team was fortunate to win the Bronze Medal in the Women's division.

Special thanks to Donna Emberson for flying in from Toronto to join us for the weekend paddling in Superior.

Paddles UP!



Interested in Dragon
Boating?
Contact: Liz Lindstrom
liz@rmlcontracting.com

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. tbbcsdg@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





Zucchini is Everywhere

Relish -

Company's Coming Preserves Jean Pare

5 cups Ground zucchini with peel
 2 cups Ground onion
 2 1/2 tbsp Coarse salt
 1 Ground green pepper
 1 Ground red pepper
 1 1/2 cups White vinegar
 2 1/2 cups sugar
 1 tbsp Celery seed
 2 tsp Cornstarch
 1 1/2 tsp Dry mustard powder
 1 1/2 tsp Turmeric
 1 1/2 tsp Nutmeg
 1/4 tsp Pepper



Combine zucchini, onion and salt in large bowl. cover and let stand overnight on counter. Drain, Rinse in cold water. Drain. Turn into large pot.

Add remaining ingredients. Heat on medium-high, stirring often, until it boils. Boil, uncovered for 30 minutes, stirring occasionally. Pour into hot sterilized jars . Seal Makes 6 half pint jars.

Salt and Vinegar Zucchini ChipsValerie Bertinelli

Valerie's Home Cooking Snacktime doesn't have to be all about fried chips - make your own baked variety with zucchini.

DIRECTIONS FOR: SALT AND VINEGAR ZUCCHINI CHIPS INGREDIENTS

1 large zucchini (about 1 lb)
 2 Tbsp extra-virgin olive oil
 2 Tbsp malt vinegar 1/2 tsp kosher salt, plus more for sprinkling
 1/4 tsp sweet paprika

DIRECTIONS 1. Preheat the oven to 225oF. Line two baking sheets with parchment paper. 2. Slice the zucchini thinly (1/8-inch thick or less), either by hand or on a mandoline. Lay the slices in single layer on paper towels and pat dry. 3. Whisk together the olive oil, vinegar and salt in a medium bowl. Add the zucchini and toss to coat. Spread the slices on the prepared baking sheets in a single layer without touching. Season with salt. 4. Bake, rotating the trays from top to bottom every 20 minutes, until the zucchini slices are very crisp, about 1 hour 15 minutes. While still hot, toss the chips with the paprika. See more: Appetizer, Snack, Bake, Vegetables <https://www.foodnetwork.ca/recipe/salt-and-vinegar-zucchini-chips/19561/> <https://www.foodnetwork.ca/shows/valeries-home-cooking/recipe/salt-and-vinegar-zucchini-chips/19561/> 1/1 little bit of body text

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

September 11, 2019

October 9, 2019

November 13, 2019

December 11, 2019 - Christmas Party!!

Remember Basic Group Etiquette

1. Turn off you mobile phone
 2. Please NO physician names
 3. If you have suggestions or advice for the person speaking please ask permission to do so before sharing your thoughts/experiences
 4. Everything in the group is said in confidence
- Please remember Confidentiality is expected.



In and around Thunder Bay

WE-Did Fall 2019 Fitness

When: Tuesdays & Thursdays 1230-130pm &
Saturdays 1030-1130am Start:

Where: Canada Games Complex

Room: Saskatchewan room, Manitoba cardio room
also available for aerobic warm-up

September 3rd 2019 - December 21st 2019

Cost: ~\$8/class x 48 classes = \$385

Payment: etransfer (akosciel@lakeheadu.ca)

Instructor: Jessy Bogacki, HBK, HFFC-
CEP certification

Luncheon of Hope

When: October 4, 2019

Where: Victoria Inn

The Butterfly Story can provide funding

Run for the Cure

When: October 6, 2019

Where: Fort William Stadium, 300 Legion Track
Drive

Time: 10 am

Bra Day

When: October 16, 2019

Where: TBA

Karen Hoard is looking for volunteers
for the show and tell room

Survivor Tea

When: TBA

Where: Sweet Escapes

Stay tuned for more details in October's
Newsletter



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

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.

Voice mail: 807-475-0025 (checked monthly)

email: bcsgr@tbaytel.net

Facebook: Thunder Bay Breast Cancer
Survivor's Forum



Canadian Breast Cancer Network
Réseau canadien du cancer du sein

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



Canadian
Cancer
Society



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

www.breastcanersupporttb.com