



# Thunder Bay Breast Cancer Support Group



Newsletter April 2017 Issue 216

## Opportunities to Give

Canadian Breast Cancer Network

[More Info](#) | [Donate](#)

## Thank you Liz Lindstrom!

On behalf of the Steering Committee, we would like to thank Liz for her dedication to the Thunder Bay Support Group over the last 10 years! Liz has retired from the Committee, but continues to be a huge supporter of the Dragon's of Hope and their fundraising efforts to paddle in Italy.



Liz participated in the Butterfly Story in 2015 - her finished photo. Artwork by Chantal Hughes-Ouellette and photography by Izabela Pioro

## Inside this Issue

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Liz was Treasurer of our Group for the last 6 year and we are so grateful to her and the work she did on our behalf!

We know you join us in wishing Liz the very best!

## Cottage Dreams

Since 2003, Cottage Dreams Cancer Recovery Initiative has been offering cancer survivors the opportunity to spend a week at a donated cottage. This much needed time away with survivors, their friends and families allows them to reflect and celebrate recovery.

[Learn More - http://www.cottagedreams.ca/](http://www.cottagedreams.ca/)

**Next Meeting**  
 April 12th

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



## **WE-Did Fitness Class**

WE-Did fitness classes will be held Tuesday & Thursday from 1230-130pm (at the Canada Games Complex, in the Saskatchewan & Manitoba rooms). The classes will be starting April 11th and ending June 29th (24 classes total).

The cost of the program is \$190. Payments can be made to Andrew K. in the form of cash, cheque or e-transfer on the first day of class. Please email Andrew at akosciel@lakeheadu.ca to register or for more information. If cost is an issue, please consider applying to The Butterfly Story Fund for assistance to participate in this great program.

Andrew has not scheduled the WE-Did fitness program during the months of July & August. If you are interested in continuing to participate in a structured fitness program over the summer months please let him know. If there are enough people interested he could offer a class or small group training sessions.

## **Eating habits**

It's important for children to eat well in order to get all the nutrients they need to grow and develop. Eating well and being active every day can also help kids have a healthy weight. In Canada, overweight and obesity among children and teens is increasing. And so, health problems related to being overweight are now happening at a much earlier age. And being overweight or obese later in life increases the risk of certain cancers.

We know it isn't always easy to fit healthy food choices into busy days. With a little effort, healthy choices will become regular choices. Helping your kids eat well now will make them more likely to eat well as they get older. Making healthy eating choices yourself is a good way to begin. Start small and be patient. You may have to introduce your kids to a new food many times before they decide to try it.

Another good strategy is to involve your children when making food choices at the grocery store. For example, start by asking them to pick out a vegetable or fruit. Talk to them about why they chose it and let them try it as a snack or suggest how to use it at mealtime. You can also use a shopping trip to show them how reading

food labels is a good way to make healthy food choices. Major grocery stores and local community centres in many cities offer special cooking classes for children – sign yours up if they're interested! (You might even get out of cooking dinner!)

### **Tips**

- Set regular times for meals and healthy snacks. Kids tend to snack more when there's no real schedule and are more likely to reach for sugary or salty treats.
- Plan to eat at least one meal together as a family every day. If this seems impossible with a busy activity schedule, be creative. Try a picnic after a game or practice. Or set aside one night a week as family dinner night.
- Encourage your child to eat slowly. When we eat too quickly, our body thinks it needs more food to feel full.
- Get the kids involved when you're cooking. They can help with simple tasks like washing the vegetables, stirring soup or putting toppings on pizza.
- Remind kids to drink fluids, preferably water, throughout the day. Young children are at a higher risk of becoming dehydrated. Save drinks like pop and juice for special occasions.

[Read More](#)



### Dragons of Hope Boat Racing: Meeting Announcement

The Dragons of Hope will be meeting on Tuesday May 23, 2017 at 7:00 pm in the Boat House at Boulevard Lake by the pavilion to make plans for the upcoming season. The local festival will be held on Saturday August 12th at Boulevard Lake. If you have always wanted to Dragon Boat please come out and join us, no experience necessary. We practice once a week on Tuesday evenings and we provide all the necessary lifejackets and paddles. So come out and give it a try. For more information contact Liz Lindstrom at 252-7310.

### Encouragement Cards

In October, the Breast Cancer Support Group and the Butterfly Story co-hosted a 'Survivors' Tea' at Sweet Escapes Cake Café and Bakery. By all accounts, it was a great event! Survivors who attended were asked to fill out cards with words of encouragement for other survivors. Over the next few months, we are going to share some of those of sentiments.

*Never stop dreaming  
Bucket lists are very  
important - Keep adding  
to the list*



**Bachelors of Hope: 5 Forks Bachelors for Hope Charity Auction - Friday April 7, 2017**  
6:00 PM - 11:00 PM

Gather the girls for a Friday night out! Enjoy a 4 course gourmet dinner as 10 of Thunder Bay's most eligible bachelors are auctioned (with fabulous date packages)

to the highest bidders. Don't be shy ladies, you have the option of taking the bachelor or not. Then hop on the free shuttle to 5 Forks for the afterparty, from 11PM to 2AM! 100% of proceeds are dedicated to breast cancer research, education, diagnoses, and treatment, and to supporting the needs of breast cancer patients here in Northwestern Ontario.

<http://bachelorsforhope.kintera.org/faf/home/default.asp?ievent=1171348>

### 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.



## Thriving Together: 2017 Conference on Metastatic Breast Cancer

APRIL 28, 2017 12:00PM EDT TO APRIL 30, 2017 12:00PM EDT

Hilton Philadelphia at Penn's Landing - 201 S Christopher Columbus Blvd, Philadelphia, PA 19106

[Webstreaming Registration](#) | [In Person Registration](#)

Our Metastatic Breast Cancer Conference provides you with the information, support and practical resources you need to make decisions for your physical and emotional health. Gather with hundreds of other women and men to learn more about living well – physically, emotionally and spiritually – with metastatic breast cancer. At the conference you will find sessions on the latest medical updates, communicating with loved ones, caregiving, scientific research and clinical trials, food as medicine, living with uncertainty and more!

Conference highlights include:

- Presentations on the latest treatments and scientific research
- Networking dinner and Refresh & Restore: An Evening of Wellness on Friday night
- Special activities such as yoga class, cooking demonstration, walking tour and more!
- Exhibitors with products and services just for you
- Time to socialize and meet new friends or reconnect with familiar faces
- Free live web streaming of select conference sessions for those unable to attend
- Chance to join our Hear My Voice outreach volunteer program

[LEARN MORE](#)

### Check out MedSearch, a metastatic treatment navigation tool

CBCN launches MedSearch, a tool to help you find what metastatic breast cancer treatments are available in your province or territory.

If you've ever tried finding information about which metastatic breast cancer drugs are publicly funded in your province or territory, you know that it can be a challenge. We have just launched MedSearch, an online tool that will help you with this by allowing you to search for all metastatic breast cancer drugs that have been Health Canada approved. You can search by drug name or by breast cancer sub-type and MedSearch will tell you if that drug is publicly funded in your province and where it is in the approval process if it's not on the formulary.

MedSearch also provides general information about various treatments for metastatic breast cancer and directs you to additional funding sources for drugs that aren't currently listed on public formularies. It's easy to use and will be updated regularly as drugs are approved by Health Canada and added to the public formularies. [Check it Out!](#)

## Spring Asparagus Soup with Herbs

### Ingredients

- 1½-pounds asparagus, washed
- 5 cups water
- 2 large bunches scallions, whites end chopped (about 2 cups), and green stems reserved
- 1 bouquet garni: a few parsley sprigs, 1 bay leaf and 1 thyme sprig
- 1½ teaspoons sea salt, divided
- 2 tablespoons butter
- ¾ cup peeled and very thinly sliced potato or 1 cup of white rice
- White pepper, to taste
- Squeeze of fresh lemon juice

### Spring Herb Garnish

- 1-2 tablespoons fresh chopped tarragon leaves
- 1 tablespoon shredded Italian parsley
- 1 tablespoon chopped chives

### Instructions

1. Snap the tough ends off the asparagus about 1-inch from the root end. Put these ends into a pot with water, reserved scallion greens, bouquet garni, and ½ teaspoon salt, bring to a boil, and then simmer while you prepare everything else. If you're not ready to use the stock after 25 minutes, strain it and set aside.

2. While the stock is cooking, cut off the flowered tips of the asparagus cover them with cold water, and set aside to soak, agitating the water occasionally to get rid of any sand. Peel the remaining middles of the asparagus and chop them into ½-inch chunks.
3. Melt the butter in a soup pot. Add the chopped scallions, asparagus middles, and potato. Stir in remaining 1 teaspoon of salt, and cook over medium-high heat for several minutes, just until the butter begins to brown a bit. Pour the hot stock through a strainer right into the pot if you haven't strained it already, then simmer for 8 minutes. Puree in small batches until smooth. Strain the pureed soup into a clean pot. Press the soup and any chunky bits through the strainer. Taste for salt and add a squeeze of lemon juice. Season with a little white pepper and heat through.
4. Simmer the asparagus tips in a little salted water until tender, about 4 minutes, then drain. Add them to the soup just before serving, and top with the herb garnish.

[More Info](#)



## Young Survival Coalition Summit

The conference took place March 10 to March 12 in Oakland, CA. For those who missed the conference some highlights of the conference have been provided by the wonderful organizers on topics such as medical marijuana, sex and intimacy and the co-survivor experience.

[See Conference Highlights](#)

## Upcoming

5 Forks Bachelors for Hope  
Charity Auction  
Friday, April 7, 2017  
6:00 PM - 11:00 PM  
Valhalla Inn

Thriving Together  
APRIL 28, 2017, 12:00 PM EDT to  
April 30, 2017 12:00 PM EDT

Dragons of Hope Meeting  
Tuesday May 23, 2017, 7:00 pm  
Boat House at Boulevard Lake by  
the pavilion

Boobie Boogie  
Saturday, September 30, 2017  
CLE Coliseum

## 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](mailto:bcsg@tbaytel.net).

## A Pasta Dinner in Support of the Dragons of Hope

Sponsored by the Pasta Shoppe and Farmhouse Fudge

**\$15**

How to order

Go to [www.thepastashoppe.ca](http://www.thepastashoppe.ca);  
Click Dragons of Hope button on the main page; Enter your desired pick up time; Chose the type of pasta you want; Choose your sauce; Then place your order; Pick up your delicious meal at 117 May Street South.

Tickets will be available at the April 12th Support Meeting from Cindy and Gail.

Any questions, call (807)286-6335

Offer valid April 15th to May 15th (exc. April 30th)

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

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)

## For Support and Encouragement

Thunder Bay  
Breast Cancer  
Support Group



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



[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 Regional  
Health Sciences  
Foundation**