



Thunder Bay Breast Cancer Support Group



Newsletter December 2016 Issue 213

Opportunities to Give

Canadian Breast Cancer
Network

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YSC Summit

The 2017 YSC Summit Early Bird Registration is officially open. From veteran allies to new partners, the organizers have put together a lineup with some of the most amazing minds in breast cancer research, advocacy and support, and they're bringing them center stage in Oakland to share their knowledge with you. Speakers include: Judith A. Selerno, MD, MS; Susan Love, MD; Jeanne Rizzo, RN; and Joanna Fawzy Morales, ESQ. The conference will be taking place March 10 to 12, 2017. For more information, [click here](#). Financial assistance was provided in the past to support three people to attend. If you would like to find out more about the financial assistance, please email bcsg@tbaytel.net.

Cancer Knowledge Network – This Month

This month, the Cancer Knowledge Network is filled with many valuable resources including great reads such as:

- [Compassionate Use: Fix What is Broken](#)
- [Stage IV Cancer: How Do You Cope?](#)
- [Writing Toward Wellness, with Sharon Bray: Aren't You Better Yet?](#)
- [Healing with Humour](#)
- [And More](#)

[For more great resources, please check out the CKN Website.](#)

**Next Meeting
December
14th and
January 11th**



THUNDER BAY COMMUNITY BAND

Presents

A Gift of Music

Tickets available
at Slongo
Accounting,
Music World,
Sweet Escape or
TBCB member
Find us on
Facebook-
Thunder Bay
Community Band

Featuring Special
Guests...
Thunder Brass

Hilldale Lutheran Church
321 Hilldale Rd

Ted Vaillant Music Director

Tuesday December 20th at 7:30PM

General Admission - \$10.00 • Children & Seniors - \$5.00

A portion of the proceeds will be being donated to the Thunder Bay Breast Cancer Support Group. Tickets can be purchased in advance as listed or at the door.

RSVP Deadline Approaching

Our Christmas party will be held on December 14 at St. Michael's Church where we hold our monthly meetings. Please RSVP by December 7th if you are attending the event. A reminder that this event is exclusive for BCSG members. Doors open at 6:00 pm and dinner will be served at 6:30 pm. The evening will end at 8:30 in case rides need to be arranged. The cost is \$20 per person. If you would like to attend the event but are unable to purchase a ticket, please connect with the Steering Committee by e-mail or phone. It is easy to RSVP, simply call 475-0025 and leave your name or send the support group an e-mail to bcsg@tbaytel.net.



This year the meal will be catered by Silver Birch. For those who attended last year, you'll recall the incredible dinner we had! Come out for an evening of celebration and fun! We hope you can join us! A reminder of the gift exchange for those that want to participate. Please keep gifts under \$15. We are also collecting canned goods for the RFDA for anyone who wants to contribute.

Superfood-Filled Christmas Recipe - Pomegranate Cranberry Sauce

Around the holidays, eating healthy can be challenging. [Click here](#) to find out seven reasons to eat cranberries this season and try the recipe below.



Preparation

1. Combine all ingredients (except orange juice and pomegranate seeds) into a saucepan and heat on medium-high.
2. Bring this mixture to a boil and cook for 5 minutes, reduce to simmer for 15 minutes on low heat until the cranberries have broken apart, all the fruit has been softened.
3. Take of the heat after everything is soft and thickened.
4. Stir in the pomegranate seeds and orange juice last.
5. Serve warm or chilled.
6. Keeps for 5-7 days in the fridge.

Ingredients

- 2 cups fresh cranberries
- 1 cup pomegranate seeds
- 1 large apple (1 cup), diced ½ cup raw orange, cubed
- 2 tablespoons maple syrup
- 2 tablespoons fresh squeezed orange juice
- 1 tablespoon chia seeds, ground
- 1 teaspoon fresh orange zest
- ½ teaspoon ground cinnamon
- ¼ teaspoon freshly ground nutmeg
- Small pinch of sea salt to taste

Baby Kale Salad with Balsamic Vinaigrette and Sunflower Seeds

Ingredients

- 2 tablespoons balsamic vinegar
- 4 tablespoons extra virgin olive oil
- 1 teaspoon dijon mustard
- 1 teaspoon lemon juice, freshly squeezed
- 8 cups baby kale leaves, washed and dried
- 1 dash black pepper
- 4 tablespoons sunflower seeds, roasted
- 3 tablespoons parmesan cheese, grated

Instructions

1. Combine the balsamic vinegar, extra virgin olive oil, dijon mustard and lemon juice in a large mixing bowl. Which until all ingredients well to combine.
2. Add the kale to the bowl and toss well so the kale is lightly coated. Divide among 4 plates. Top with fresh cracked black pepper, sunflower seeds and grated parmesan cheese.

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.

For Support and Encouragement

Reminder

There will be no January newsletter, however the January support group will still be taking place. The topic will be Survivorship.



A Look Ahead

Christmas Party

December 14th, 2016, St. Michael's Church at 6:00 PM

A Gift of Music

December 20th, 2016, Hilldale Lutheran Church

YSC Summit

March 10th to 12th, 2017, Oakland, CA



As fellow support group members, we would be happy to hear from you.

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Thunder Bay, ON P7E 5K8

(807) 475-0025 (Voice Mail)
bcsg@tbaytel.net
breastcancersupporttb.com

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.

Network News

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

December 14th
January 11th

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



www.cbcn.ca



Breast & Hereditary Cancer Support

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



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