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BRIGHTRUN.ca



Thank you for supporting breast cancer research at the JCC.

BRIGHTRUN 2016 - September 10, 2016. April 7, 2016

## Daffodils and Determination

The daffodils in the frontyard are pushing up their green shoots despite chilly temperatures. They seem determined to recover from winter, no matter what's happening around them.

Determination. It's a quality that makes you keep trying to do or achieve something that is difficult. It's a quality we see all around us in our extended breast cancer family.

Take Lucy Santoro, who wrote this month's My Bright Story about her journey through breast cancer. The dynamic and energetic Lucy is determined that her cancer not be her defining quality, but rather one component of a vibrant life.

Or Catharine Bowman, not even 18 yet, who is determined to contribute, through scientific research, to a better understanding of lymphedema, a condition that affects an estimated one in four breast cancer patients.

And Robert Hooper, keeping a promise to his late wife, is determined to contribute whatever he can to the BRIGHTRUN, working with many others to fund research to help breast cancer patients.

Just as we can be inspired by the determination of those daffodils to make their mark each spring, so too can we take inspiration from people such as Lucy, Catharine and Robert. The coolest thing, though? These three are only the tip of the determination iceberg. Our extended breast cancer family is all about determination. And so is the BRIGHT RUN!

[Register Now](#)



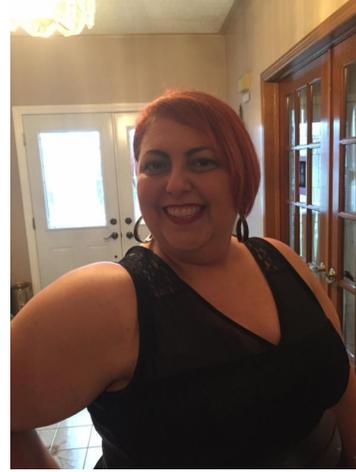
## My BRIGHT Story

### Lucy's Story

Where I've been look something like this:

I discovered the lump rather haphazardly. While having coffee with my sister, I happened to graze my own breast and there it was, in late June or early July 2009.

It wasn't there in April when I had my physical done. I tried to brush it off, but truthfully, fear and concern flared within me like an allergic reaction. I waited, then booked an appointment with my family doctor within two days after my 36th birthday!



[Read More about Lucy](#)



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## BRIGHT Spotlight



Passion For Scientific Inquiry:

Meet Catharine Bowman

Catharine Bowman won't turn 18 until the end of May, but her research has already contributed to the understanding of lymphedema, a progressive and incurable inflammatory condition that affects 10 million people in North America.

The Lymphedema Association of Ontario estimates that up to one in four breast cancer survivors will develop lymphedema in their lifetime.

[Read More](#)

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## BRIGHT Folks



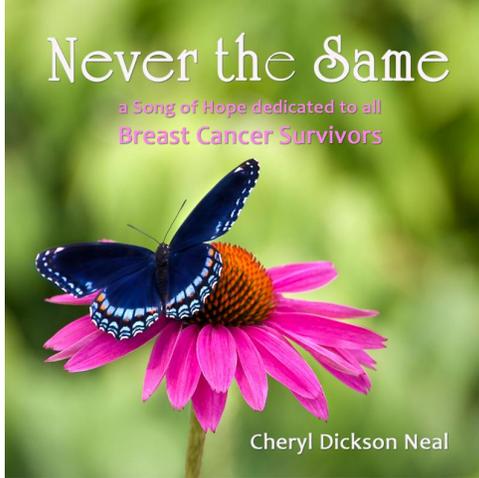
Keeping An Important Promise

Robert Hooper is determined to keep his final promise to Melissa Christison, his longtime girlfriend and, ultimately, his wife. Melissa died in April 2015 after an 11-month fight against breast cancer.

"Melissa was determined to beat the cancer even though the odds were not in our favour," said Robert. "But she made me promise that if she didn't beat it, I would carry on with the BRIGHT RUN and pay it forward."

[Read More](#)





At the 2015 BRIGHTRUN Cheryl Dixon Neal sang her beautiful song "[Never the Same](#)" a dedication to breast cancer survivors.

Now available online, you can purchase this song and proceeds will support BRIGHTRUN 2016.

Visit the website for more information and to hear the song again.

Never the Same

## BRIGHT Events

### Rockin' at the Corktown

BRIGHT RUN team Rockers 4 Knockers wants to see you April 16 at the Corktown Tavern, 175 Young Street, for a night of raising the roof and raisingsome money!

A limited number of fabulous team T-shirts will also be for sale at the event, but it's better to order them in advance. The T-shirts are \$15 each and can be ordered by March 19 from Martin Butcher or Carmela Oliverio or by emailing Carmela at [tcarmeeeo@gmail.com](mailto:tcarmeeeo@gmail.com).



## Last Chance for Pink Pearl Foundation Retreat

The Pink Pearl Foundation Spring Retreat is set for the Pillar and Post hotel in Niagara-on-the-Lake, June 10 and 11.

The retreat is aimed at women aged 18 to 40 who have been diagnosed with cancer. The emphasis of foundation retreats is on taking care of the whole person through activity and open dialogue in a supportive environment.

The Pink Pearl Foundation provides support, facilitates connections and empowers young women across Canada who face the social and emotional challenges of being diagnosed with cancer.

For information about the foundation and its programs, visit [www.pinkpearlfoundation.org](http://www.pinkpearlfoundation.org). If you are interested in attending the retreat, email [programs@pinkpearlfoundation.org](mailto:programs@pinkpearlfoundation.org). The June event is almost at capacity.

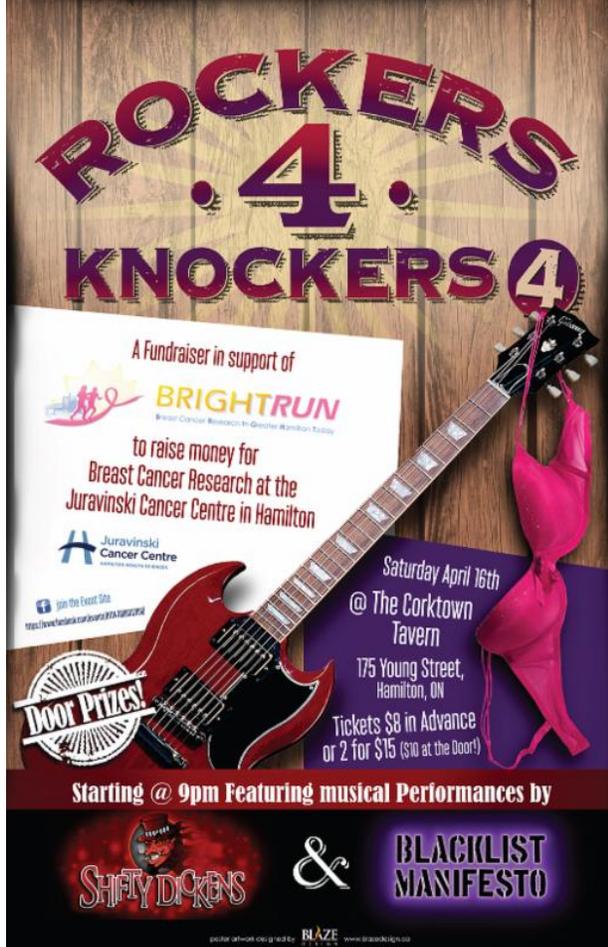


# Instagram

## Follow us on Instagram!

Be sure to check out the BRIGHT RUN on Instagram at [@brightrunhamilton](https://www.instagram.com/brightrunhamilton)

## CALLING FOR BRIGHT VOLUNTEERS!!



The BRIGHT Run is looking for three "keepers" to organize our energetic teams of volunteers.

[Click Here to learn more](#)

[Click here to get tickets](#)



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