

Walk. Run. Support.

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Thank you for supporting breast cancer research at the JCC.

BRIGHTRUN 2016 - September 10, 2016.

Feb 1, 2016

Happy BRIGHT New Year and welcome to our first newsletter of 2016.

This will be an exciting year for the BRIGHT Run, with our 9th annual run/walk in September and all the fun, anticipation and planning that will happen over the next few months.

This month, we have a fascinating and complex story from breast cancer survivor Roleane Lichtenberg, who writes eloquently of cancer's impact on her family.

As well, read about how radiation therapist Michele Cardoso found an ingenious way to provide treatment to a patient who can't hear.

Learn about the art and practicality of Knitted Knockers, which was started in Canada by Waterdown's Nancy Thomson. Maybe you can knit a few knockers yourself!

And in our community section, check out some beautiful earrings, get your pink on for Pink in the Rink with the Hamilton Bulldogs and learn how you can win in our registration competition.

Story ideas of your own? Email content coordinator Lee Prokaska Curtis at lprokaska@outlook.com or BRIGHT Run event chair Nancy McMillan at nancy@brightrun.ca.

[BRIGHTRUN](#) Registration is now OPEN! Click below to register.

Register Now



Let's get started!

Register for BRIGHTRUN 2016 at the early bird rate, February 1-29. You'll be entered for a chance to win a one-year YWCA FITpass!

Early bird rate: \$25
YWCA FITpass: \$500 Value. Includes access to all swim and fitness classes, gym facilities, and pool facilities at two YWCA locations!

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REGISTRATION CONTEST Announcement

Be an early bird and win!

Register now for BRIGHT Run 2016 and get a head start on fundraising, plus a chance to win one Adult FITpass – a \$500 value – for the YWCA Hamilton.

The contest period is from **Feb. 1 to Feb. 29**. To be eligible for the random draw, you must be a registered 2016 BRIGHT Run participant as of March 1. The winner will be notified by email and may pick up the prize voucher at the Juravinski Cancer Centre reception desk.

A FITpass provides access to a full range of classes, facilities and equipment that will help you achieve your wellness goals. It gives you unlimited use of the YWCA's fitness and pool facilities, as well as fitness classes and swim classes.

YWCA Hamilton has two locations. The Ottawa Street Y is co-ed and the MacNab Street Y is women only.



My BRIGHT Story

Roleane's Story

On November 20, 2013, I was diagnosed with breast cancer (infiltrating ductal carcinoma), stage 2 grade 3. I had a biopsy approximately 10 days earlier.

Lying on the table while the doctor took the biopsy, I cried and cried. The doctor asked why and I replied: "I'm the last woman standing."



[Read More about Roleane](#)

BRIGHT Spotlight



For Carla Purcell of Brantford, the best possible treatment for her breast cancer included radiation therapy. To do that, she needed to know when to breathe in and hold it. But Purcell is deaf.

Michele Cardoso is a radiation therapist specializing in breast cancer at the Juravinski Cancer Centre. Cardoso was determined to make sure Purcell's disability did not prevent her receiving the treatment.

[Read More](#)

BRIGHT Folks

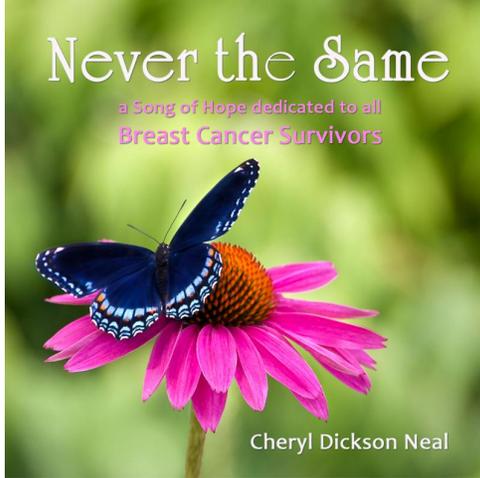


They're lightweight, comfortable and fill out that bra. There's also a strong argument to be made that each one is a piece of art in itself.

Nancy Thomson of Waterdown founded Knitted Knockers of Canada last March. Already active in several breast cancer charities, Thomson heard about Knitted Knockers, put her skills to work and made a pair for a friend's mother who had breast cancer.

[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

ROCK OUT WITH RAGDOLL!

Have a blast, raise some money for breast cancer research in Hamilton and get in the running for some terrific doorprizes, **Feb. 6 at The George Hamilton** east Mountain location.

The fundraiser, hosted by the Stampone family, gets started at 8 p.m. Your \$10 ticket gets you a great evening of fun and music, as well as a chance to win one of a bunch of door prizes including gift baskets and vouchers for cool stuff.

The music starts at 9.30 with RAGDOLL and special guests TNS and Jacob Stampone. This event is raising funds for the annual BRIGHT Run.

SPECIAL JEWELRY OFFER

Treat yourself to a special Valentine's gift with Glamjulz, the jewelry designer who created the 2015 BRIGHT Run team captain achievement bracelet.

Monica Graves' "Unlock your Heart" Valentine's earrings celebrate standing tall in the face of your hopes and dream and persevering no matter what life puts in front of you.



Sharpen your skates and mark your calendar for the Hamilton Bulldogs Pink in the Rink event!

Be at First Ontario Centre on Pink in the Rink Night - February 20 at 7 p.m. - to watch the Hamilton Bulldogs take on the Windsor Spitfires in support of the Juravinski Hospital and Cancer Centre Foundation and the CIBC Breast Assessment Centre. There will be a live auction for game day player jerseys, pink merchandise and much more! Wear your pink gear and support a great cause.

But that's not all! **New** this year is the **Pink GameSkate-a-thon** to help you get your hockey spirit rocking and raise some money for the CIBC Breast Assessment Centre.

Register for this pre-game skate and bring your family and friends to enjoy some ice time with Bruiser, the team mascot, and Steve Staios, former NHL player and president of the Hamilton Bulldogs. The skate-a-thon runs from 4 p.m. to 5 p.m. Feb. 20 at First Ontario Centre.

Click here for Skate a Thon Information

CALLING FOR BRIGHT VOLUNTEERS!!

These delicate handmade earrings include a little Swarovski heart and a silver key as touchstones to remind you of what's in your heart.

The earrings, \$35, can be ordered from Graves on her glamjulz.com website or from the glamjulz Facebook page. Happy Valentine's Day!



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

[Click Here to learn more](#)



BRIGHTRUN | Juravinski Cancer Centre, 699 Concession Street, Hamilton, ON L8V 5C2 Canada

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