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**BRIGHTRUN**.ca



Thank you for supporting breast cancer research at the JCC.

BRIGHTRUN 2016 - September 10, 2016. July 5, 2016

## A BRIGHT Summer is Here!

The weather is fine, the kids are out of school.....ahhh, summer.

Ahhh, barely two month to BRIGHT. Ahhh, fundraising in high gear. Ahhh, get yourself registered!

This month we've got some great reads for you. Meet Audi Johnston, an artist and breast cancer survivor who paddled her first dragon boat at age 72! And Don Whitty, who fell into BRIGHT RUN volunteering by accident and still keeps coming back! Genetic counselor Kathleen Bell shares her insight into direct-to-consumer genetic counseling.

If you missed the BRIGHT RUN launch party, take a look at what went down. Same goes for Pink in the Park, a terrific event organized by the Hamilton Cardinals of the Intercounty Baseball League.

Check out the exciting BRIGHT events happening this month, as well as your chances to be a winner in the Register, Raise and Win contest and the Fly & Ride BRIGHT RUN raffle.

Ahhh, summer indeed! It promises to be a BRIGHT, busy one, so lace up your runners and plunge into summer with us!

[Register Now](#)





Donated by Fair Mortgage Solutions

Walk. Run.  
Support.

Saturday September 10, 2016



# Register, Raise & Win!

This Fitbit Charge HR (valued at \$199) could be yours!

It's simple: just register for the **BRIGHT RUN** and raise \$500 + Between June 15<sup>th</sup> – midnight July 15<sup>th</sup>;

Every registered participant who has raised at least \$500 by July 15<sup>th</sup> will be entered into the draw

REGISTER NOW at [www.BRIGHTRUN.ca](http://www.BRIGHTRUN.ca)

Winner will be notified by email



## My BRIGHT Story

### Audi's Story

I had breast cancer surgery and six weeks of radiation at Juravinski Cancer Centre. I was sure I faced an uncertain future.

So what happens to women and men after the breast cancer surgery?

Twenty-five years ago, breast cancer survivors were cautioned against all strenuous upper-body work. Survivors were afraid to do any exercises for fear of risks associated with this cancer. Today the approach is to strive for the rehabilitation of the upper body. Breast cancer survivors are now encouraged to exercise, and know that they can lead full, active lives. Better, even, because of the surgery.



[Read More about Audi](#)



## BRIGHT Spotlight

### Personalized Genome Screening (PGS) – Direct to Consumer Genetic Testing

Kathleen Bell is a genetic counsellor at Hamilton's Cancer Risk Assessment Clinic and an assistant professor in McMaster University's Department of Oncology. She is also a member



of the BRIGHT RUN executive and communications committees and a BRIGHT RUN team captain.

In the following article, Kathleen explores the issue of direct-to-consumer genetic testing.

[Read Kathleen's Article](#)



## BRIGHT Folks

### Dropped in for a day, stayed for four years... and counting

One day, Don Whitty tagged along with his son to a BRIGHT RUN volunteer gig at the Dundas Cactus Festival. Isaac needed to gather volunteer hours for high school.

Four years later, Don keeps coming back, staffing BRIGHT RUN tents at local festivals, setting out road signs, encouraging people to get involved and helping with set-up, take-down and whatever else needs doing on the day of the event. Isaac also continues to participate when he can.

"I enjoy interacting with people and have always thought of myself as a people person," said Don, a procurement clerk in the St. Peter's Hospital purchasing department.



[Read more about Don Whitty](#)



## Special Congratulations

Dr. Mark Levine was announced as a Member of the Order of Canada today by His Excellency the Right Honourable David Johnston, Governor General of Canada.

Levine is one of 113 Canadians who were appointed to one of Canada's highest civilian honours.



[Read more](#)



## Calling All Captains

Welcome to Calling All Captains, a place for BRIGHT RUN team captains to share successes, toss around fundraising ideas and take a look at what—and how—other teams are doing.



### Team Captain Launch Party

Well, wasn't that a party!

More than 80 people enjoyed drinks, nibbles and entertainment at the BRIGHT RUN Team Captain Launch Party last month at Shawn and Ed Brewing Co. (SHED), a very cool craft brewery in Dundas.

With music by The Number Stations and catering by Brux House, the party was an excellent opportunity for captains, team members and volunteers to mix, mingle and take in some words of wisdom from several speakers, including Olympic gold medal hockey player Laura Fortino, BRIGHT RUN honorary team captain.

[Read more](#)

## Welcome Aboard

We're super thrilled to welcome new teams to the 2016 BRIGHT RUN!

Say a big BRIGHT hello to the following new captains who have registered their teams:

Tracey Belisle and her team Knocked Down But Not Out

Cheryl McFarlane and Kiddos for a Cure  
Lesley DeSousa and Team P & P (Prayers and Positivity)

And welcome back to our veteran captains who have registered teams for the 2016 BRIGHT RUN.

## Top Tip:

If you're going to have a bake sale, make it special. Make it PINK!

Try ribbon-shaped sugar cookies with pink frosting. Ditto on pink frosting for cupcakes or cakes. Don't forget the pink sprinkles. You can make marshmallow treats pink by using either pink marshmallows or pink food colouring (look for gel food colouring in small jars. The colour is more intense and more accurate.)

Challenge your team members to out-pink each other in their baking. And if you want to give donors a freebie at your bake sale, have some pink lemonade and paper cups on hand as a refreshing treat.



[Visit Captain's Corner](#)

Help us share your stories with our BRIGHT RUN eNewsletter readers. Contact event chair Nancy McMillan at [nancy@brightrun.ca](mailto:nancy@brightrun.ca) or eNewsletter content coordinator Lee Prokaska Curtis at [lprokaska@outlook.com](mailto:lprokaska@outlook.com)



## BRIGHT Events



### Laura Fortino on CH Morning Live

Grab a cup of coffee and get your PVR ready!  
BRIGHT RUN honorary team captain Laura Fortino



### BRIGHT and Boats!

Look for the BRIGHT RUN at the Hamilton Waterfest Dragon Boat Event, a day of dragon boat racing, music and tons of fun!

appears on CH Morning Live July 6 at 7.20 a.m.

We are thrilled to have our favourite Olympic gold medal hockey player on our BRIGHT team again this year. Tune in to support Laura and the BRIGHT RUN!

### K-Lite BRIGHT

Keep your ears open during your morning and evening drives—K-Lite 102.9 FM will play BRIGHT RUN traffic tags until July 13. Tell all your friends to tune in too.

[Read more](#)

### Big BRIGHT Thank You to the Hamilton Cardinals

Despite a blustery interruption by Mother Nature, the BRIGHT RUN was honoured to attend the June 5 Pink in the Park event organized by the Hamilton Cardinals of the Intercounty Baseball League.

The folks from the Cardinals organizations were extremely helpful and genuinely happy to have BRIGHT at Pink in the Park.

BRIGHT RUN event chair Nancy McMillan wrote to thank the Hamilton Cardinals, saying in part: "You have a terrific group of young men representing the city on the field and a devoted group of staff and volunteers behind the scenes. Kudos to everyone."



The annual event at BayFront Park will feature teams vying for medals in a range of divisions such as Mixed, Ladies, Breast Cancer Survivors and Youth.

The fun starts at 8 a.m. on Saturday, July 9. Come to cheer on your favourite team and remember to drop by the BRIGHT RUN tent!

### Register, Raise and Win!

Get hustling for your chance to win a Fitbit Charge HR valued at \$199!

Register for the BRIGHT RUN and raise \$500 or more by midnight July 15 and your name will be entered into the draw. Go to [www.brightrun.ca](http://www.brightrun.ca) and start fundraising to win!



[Read more](#)



# Fly & Ride

## BRIGHTRUN RAFFLE



### 1<sup>ST</sup> PRIZE

2 Air Canada Tickets  
plus \$375 cash\*



### 2<sup>ND</sup> PRIZE

VIA Rail Travel Voucher

Mercedes-Benz  
Burlington  
A Dealer of Quantum Automotive Group  
Authorized Mercedes-Benz Retailer



### 3<sup>RD</sup> PRIZE

Mercedes-Benz Burlington  
Quantum Ultimate  
Experience

#### Tickets

**\$5** each    **5 for \$20**

#### SUPPORTING



\*To cover expenses related to airfare

Draw will be held at the BRIGHT RUN on September 10, 2016 at 12:00 PM.

Approximate Prize Value: Air Canada up to \$4,575; VIA Rail up to \$2,080; Mercedes-Benz Ultimate Package \$1,300. Lottery License #782501. 2,500 tickets total.

Winners will be drawn at BRIGHT RUN  
Saturday September 10  
See you there!

In July, tickets will be for sale for \$5 each or 5 for \$20 at the BRIGHT RUN raffle and penny sale table from 10 a.m. to 2 p.m. at the following locations:  
July 5 – Juravinski Cancer Centre lobby

July 7–Juravinski Hospital lobby  
July 12 –Juravinski Cancer Centre lobby  
July 14–Juravinski Hospital lobby  
July 19 –Juravinski Cancer Centre lobby  
July 21 –Juravinski Hospital lobby  
July 26 –Juravinski Cancer Centre lobby  
July 28 –Juravinski Hospital lobby



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