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Thank you for supporting breast cancer research at the JCC.

BRIGHTRUN 2016 - September 10, 2016. June 2, 2016

Gearing up for BRIGHT!

June is busting out all over and so is the BRIGHT Run! Teams are getting their pink ready while they work hard raising money. BRIGHT folks are busy planning exciting events in the community. Just over three months to the big day!

Many of you will know the faces in this month's eNewsletter, even if you aren't sure of their names. Here's your chance to learn more about the JCC's own Kathie Ward, a BRIGHT executive member, breast cancer survivor, dragon boater and chemo nurse whose own cancer experience gives her a unique perspective on her patients.

Oncology chair Dr. Mark Levine, a very pink presence at the BRIGHT Run each year, reflects on the important of research in the changes that have occurred in breast cancer treatment over his 33-plus years in practice.

And BRIGHT supporters and volunteers Carole and Bill Bender tell us how important the BRIGHT Run is to them, even though they don't have a personal family connection to breast cancer.

Mark your calendars for some fun-filled events coming up, including the Hamilton Cardinals Pink in the Park and the 10th annual Pink Ribbon Ride to benefit the BRIGHT Run.

And don't forget – if you have story ideas, or want to write your own story, please contact event chair Nancy McMillan at nancy@brightrun.ca or eNewsletter content coordinator Lee Prokaska Curtis at lprokaska@outlook.com.

[Register Now](#)



My BRIGHT Story

Kathie's Story

I am a daughter, a sister, a friend, a wife and a mother. I am a nurse. And I am a breast cancer survivor.

I am privileged to work at the Juravinski Cancer Centre. I am honoured to be a member of the

BRIGHT Run executive. I am humbled by the amazing people who participate in the BRIGHT Run.

In the spring of 2008, several of us, all members of the breast disease site team at the cancer centre, sat around a table. We all agreed we wanted to organize an event in the Hamilton area to raise money for breast cancer research at our very own Juravinski Cancer Centre.



[Read More about Kathie](#)



BRIGHT Spotlight



[Read More about Dr. Mark Levine](#)

Many Changes, But More Work Ahead

In an edited version of a recent speech, oncology department chair Dr. Mark Levine reflects on the importance of research in bringing about the changes in treatment he has seen over more than 33 years as a breast cancer practitioner.

I have been in clinical practice since 1982. Over the past 33 years, there have been substantial changes in the treatment of breast cancer that have improved the lives of women with breast cancer. Research has led to these changes.

In 1982, when I first returned from North Carolina to take up practice at the Hamilton Regional Cancer Centre as an assistant professor in the department of medicine at McMaster University, the standard form of breast cancer surgery was a mastectomy.



BRIGHT Folks

The Bender Family: Bringing the Pink to BRIGHT

Carole Bender's diminutive stature belies her huge heart and endless energy. And the sparkle in those eyes will get you every time!

At 81, when many others would sit back and relax, Carole remains committed to the

community work that has, in large part, defined her family for decades. And the BRIGHT Run is high on Carole's list of important events each year.

The Bender family of Welland has been involved in the BRIGHT Run since its first outing in 2008. Carole's son Bill, who operates WRB Sales in Niagara Falls, says there is no family history of breast cancer. But neighbour Dr. Nicole Hodgson, a breast cancer surgeon at the Juravinski Cancer Centre, invited Bill to meet the BRIGHT team that first year.



[Read more about The Bender Family](#)



Calling All Captains

Welcome to the newest feature of the BRIGHT RUN's eNewsletter. It's a place for team captains to share successes, toss around fundraising ideas and take a look at what—and how—other teams are doing.

Breast Friend Bling

What a way to mark your achievements as team captain! Monica Graves of glamjulz has created our unique BRIGHT Breast Friend Bling, which every captain will receive for registering a team. Once your team is registered, your fundraising achievements will be commemorated with lovely and meaningful crystals to add to your Bling. And you can reward team members' achievements by purchasing additional BRIGHT Bling with the pink ribbon for \$10 each. Email Nancy McMillan at nancy@brightrun.ca for more information.



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:

Carol Pozzo and her team Bragdom
Georgina Mitropoulos and GG's Gorgeous Gals
Lorrie Cheevers and Team Junior League of Hamilton Burlington
Jeanne Barbadoro and Wear It Pink

Top Tip:

People love to get free stuff and it doesn't have to cost a lot. Thank your donors by look for cool stickers at a dollar store, watching for pink golf tees on sale or hitting the bulk section for some pink candies. Hint: if the candies aren't individually wrapped, make sure you provide a spoon or two for scooping candies for sanitary reasons.

If you have handy tips for other team captains, let us know by emailing Nancy or Lee.

And of course we're thrilled to see veteran

captains register their teams again this year!



BRIGHTRUN 2016
Launch Party!
 JUNE 15 2016 | 7:30 PM
 Door Prizes!
 Craft Beer available for purchase

Location	Catered by	Guests		
 Shawn & Ed Brewing Co. 65 Hatt St, Dundas	 Brux House	 Sunni Genesco 102.9 K-Lite FM	 Laura Fortino Olympic Gold Medalist	 The Number Stations Hamilton Band

RSVP to Nancy McMillan > nancy@brightrun.ca

Visit [Captain's Corner](#)



BRIGHT Events



Pink in the Park is Almost Here
 Pink in the Park is almost here! Head out to Bernie Arbour Stadium in the Mohawk Sports Complex, where the Hamilton Cardinals will host an event to support the BRIGHT Run and breast cancer awareness.



BRIGHT Welcomes the Junior League of Hamilton-Burlington
 BRIGHT Run event chair Nancy McMillan spoke at a recent meeting of the Junior League of Hamilton-Burlington (JLHB), welcoming Team Junior League to the BRIGHT Run family.

It's the first time the JLHB has participated in the

The fun starts at 2 p.m. Before the game between the hometown Cardinals and the Barrie Baycats, BRIGHT executive member Beverly Pond will throw out the ceremonial first pitch.

The Hamilton Cardinals Intercounty Baseball League (IBL) team has been part of the Hamilton community since 1958. The team, the second oldest sports team in the city, is made up of 25 players and three coaches. These players, ranging in age from 18 to 35, are currently or have been enrolled in and played baseball for NCAA schools in the U.S. or for OUA schools. The Cardinals won their first and only league championship in 1978. Check out the Cardinals at www.iblcardinals.com

BRIGHT Run and they're well on their way to their fundraising target!

The Junior League is an organization of women dedicated to voluntarism, developing the potential of women and improving communities. Find more Junior League info at www.juniorleague.ca

PHOTO: left to right JLHB community impact committee chair and OCOG manager of clinical research Donna McCarty, BRIGHT Run event chair Nancy McMillan, Team Junior League captain Lorrie Cheevers



Time for the 10th Annual Pink Ribbon Ride

The Pink Ribbon Ride began in 2007. From late 2006 to February 2007, our grandmother was battling breast cancer. We lost her on Feb. 6, 2007 at the age of 72. During the same time, our riding coach was also fighting the disease. To show support, we felt our passion for horses and competing was a good place to start.

In September 2007, with very little planning time, we successfully ran our first Pink Ribbon Ride, with 16 competitors, and raised over \$500 for breast cancer research and patient care. The 2008 event had twice as many entries and close to \$1,000 was raised.

In 2009, we hosted our third Pink Ribbon Ride, with all proceeds donated to the BRIGHT Run/Walk, benefiting the Juravinski Cancer Centre. We have held the show each year since, gaining more momentum every year, with over 50 horse and rider combinations attending to compete and have fun for a very worthwhile cause. Between 2010 and 2015, we have raised

Traditionally, at a dressage competition, the riders wear white breeches, a white blouse and a dark jacket. To encourage fun and support for the cause, at the Pink Ribbon Ride we excuse the formal dress if riders choose to wear pink instead. Because our competitors showed such creativity and enthusiasm, in 2013 we added a costume class which has been a great success and one of the highlights of the day ever since.

We have had wonderful support over the years from hard-working volunteers, eager competitors, skilled judges and generous sponsors. In addition to the show itself, we run a BBQ (breakfast and lunch), raffle table and silent auction.

We are thrilled to be planning our 10th annual Pink Ribbon Ride at Morning Star Equestrian Farm (237 Langford Church Road, Brantford, ON), scheduled for June 26, 2016.

Learn more about the Pink Ribbon Ride at

close to \$30,000 to donate to the BRIGHT Run.

<http://www.pinkribbonride.net/>

The competitors at our event practice the discipline of dressage. Dressage is a French term meaning "training" and its purpose is to develop the horse's natural athletic ability and willingness to work, making him calm, supple and attentive to his rider. There are several levels competition, depending on the stage of the rider and horses' training.

PHOTO: Left to right people: Amber Ripa, Crystal Ripa, Carolyn Barnes

Left to right horses: Storm, Helena, Kermie



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