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breast cancer research in Hamilton.

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BRIGHT Run 2018 - September 8, 2018.

March 1, 2018

BRIGHTen up! Spring is on its Way. Really.

There's no doubt the month of March can be pretty dreary. But with BRIGHT in our lives, there's never a dull moment!

For your reading pleasure, we have the story of breast cancer survivor Donna Stasiuk, whose diagnosis and treatment has opened up a new career path for the retired bank employee.

Mark Levine, our favourite doctor with the pink tights, is back with Chapter III of his fascinating history of the Juravinski Cancer Centre's Breast Cancer Disease Site Group and its innovative work.

In our Five BRIGHT Questions, get to know our event day MC, Dr. Ian Dayes. He's the guy with the microphone who makes sure we all know what we're doing during the BRIGHT Run.

Keep up with newly registered teams and team events by taking a look at our regular feature, Calling All Captains. And please, let us know if you have an event coming up because we'd love to spread the news. Email details to Lee Prokaska at lprokaska@outlook.com.

And don't let dreary old March get you down. Before you know it, spring will be here and we'll all be BRIGHT and cheerful!

Register Now



Our Laura Brings Home Olympic Medal

Big BRIGHT congratulations go out to our very own Laura Fortino and her team mates for their Silver medal in women's hockey at the Pyeongchang Olympics.



LAURA FORTINO #8

**HAMILTON, ONT.
HOMETOWN**

**HAMILTON REPS MHA
MINOR HOCKEY ASSOCIATION**

Those of us who stayed up late to watch know the game was fast, exciting and hard-fought. Tied at 2-2 after three periods, the score stayed even through a sudden-death four-on-four overtime period. Team U.S.A clinched the Gold in a shoot-out that went six rounds.

Pyeongchang 2018 marked Laura's second Olympic outing with Team Canada, which captured the Gold medal at Sochi 2014.

We are so proud of Laura, BRIGHT's honorary team captain, for her terrific Olympic performances and her dedication to the spirit of sport.



Donna's BRIGHT Story

Donna Stasiuk retired on June 26, 2016 after 20 years at Scotiabank. Two days later she was diagnosed with breast cancer.

"I haven't had a chance to enjoy retirement yet," she said with a chuckle. "I'm hoping I will now."

Donna, a 56-year-old married mom of three sons, finally got the all-clear this past January, about six months after she developed a lung illness related to radiation.

And while she and her husband will continue the travelling they both love, Donna's breast cancer experience has led her into a new post-retirement business venture as a clothing designer.

"I used to be able to walk into any store and buy clothes," she said. "Now it's really difficult to find fashionable clothing that works for a mastectomy patient. Resort wear, bathing suits, sundresses – just because we had mastectomies to save our lives, it shouldn't mean we can no longer have fun clothing."



[Read more of Donna's BRIGHT Story](#)



Mark Levine, The Doc with Pink Tights

History of the Breast Cancer Group Part III (Oh my god...It's a nurse)

By Dr. Mark Levine

[Click here to read the second part of this story.](#)



In a previous chapter of my musings, I described the emergence of Dr. Tim Whelan, radiation oncologist, as a leader of the JCC Breast Cancer Disease Site Group (DSG). Tim very ably led the DSG for many years during the 1990s. In the future, I plan to write a chapter about his accomplishments. However, now I am going to skip forward to discuss a very important evolution in our breast cancer team.

It was nearing the end of the 20th century; Jennifer Wiernikowski worked alongside Tim as a primary care nurse in his clinical practice. In addition, between 1998 and 2002 she was the DSG Coordinator while Tim was the Chair.

She was responsible for ensuring that all aspects of the site group's activities ran smoothly. She was skilled, very talented, and respected by both patients and staff. She also managed to organize Tim, which was not an easy task.

Tim and I figured that Jennifer would be a great leader of the breast cancer group. We had noticed that another nurse was leading the neuro-oncology team and it appeared to be working quite well. In 2003 I nominated Jennifer as the Chair of the Breast Cancer DSG. This was supported by the cancer centre CEO.

At the time there were approximately 80 participants in our site group, an interdisciplinary mix from across the region. The team met every Tuesday at 8 a.m. to discuss difficult cases and to set policy. At that time in the cancer centre, I have to confess, there was a "power" gradient between doctors and nurses. Thus, it was considered revolutionary to recommend a nurse as Chair of the site group.

I recently met with Jennifer and we reminisced about her time as Chair of the Breast Cancer DSG from 2003-2007. She recalls that a big challenge early on was when the results of the research studies on the role of post-operative Herceptin in Her2 positive breast cancer became available.

About 20 per cent of breast cancers have excessive amounts of the onco-protein Her2, which is associated with rapid growth of the cancer. Her2 is measured on the initial biopsy of breast cancer tissue and in patients where there is too much Her2, Herceptin is given and it is able to target the Her2 leading to the death of the cancer cell.

[Read more from Dr. Mark](#)



Five BRIGHT Questions For: Ian Dayes

Dr. Ian Dayes is a Radiation Oncologist at the Juravinski Cancer Centre and has been a member of the Breast Disease Site Team since 2002. His fellowship was funded by the (then)

Hamilton Regional Cancer Centre Foundation, of which he joined the board shortly afterwards for many years. Several of his research projects stemmed from initial work during the fellowship. Currently, he is the provincial lead of a study examining the potential role of PET scanning in women with advanced breast cancer.

He and his wife, Tina, settled in Hamilton following his residency at McMaster University. After four years in Toronto, Hamilton seemed an ideal place for a couple to settle down and have a family. That family has now expanded to include four children, two dogs and a horse.



When not taxiing his kids or trailering the horse, he tries to get to jiu jitsu class at least once a week, where he is typically thrown around by people half his age and twice his size. He also owns four hives on a colleague's farm and is hoping to fill them with bees, if this winter ever goes away.

[Read more from Ian](#)



Did You Know?



You likely already know about breast screening, even after your treatment is finished. But don't forget about other body parts.

Ontario's free screening programs include cervical and colon cancer screening as part of a healthy lifestyle. These programs offer people in certain age groups, with no symptoms of cervical or colon cancer, the chance to get screened regularly.

The Ontario Cervical Screening Program (OCSP) provides women ages 21 to 69 with a free Pap test every three years. Cervical cancer is almost entirely preventative through regular screening. Men and women, ages 50 to 74, with no symptoms or family history of colon cancer can do an easy take-home screening test through the province's ColonCancerCheck program. Colon cancer is highly treatable when caught early. In fact, nine out of every 10 people with colon cancer can be cured thanks largely to early detection.



BRIGHT Run Needs YOU!



As you know, the BRIGHT Run depends entirely on volunteers to get everything done – from staffing raffle tables, to promoting BRIGHT in the community, to preparing the site for event day and helping participants enjoy that day.

As we head toward BRIGHT Run 2018, we have some specific volunteer positions we want to fill. That's where you come in.

Take a look at our needs and tell us where you can help. Contact Nancy McMillan at nancy@brightrun.ca for more information about these opportunities and to let us know you're interested.

Volunteer vacancies:

- 1) Event day planning team
- 2) Fundraising team members to oversee fundraising projects operated by the BRIGHT Run organizing committee.

Come out and help us make BRIGHT Run 2018 the best BRIGHT ever!

[Email Nancy](mailto:nancy@brightrun.ca)



Calling all Captains

Welcome to Calling All Captains, a place for BRIGHT Run team captains to share successes, talk about fundraising ideas and take a look and what and how other teams are doing.

Party, Party, Party!

Captain Donna Stampone and her team, In It Together, are holding their fourth annual party of fun, music and prizes to raise money for the BRIGHT Run.

The event kicks off at 8 p.m. on Saturday, March 3 at The Pour House, 1115 Fennell Avenue East on Hamilton Mountain.

The party features performances by Ragdoll, featuring Walter Cernile, James Cameron, Robin Benedict and Pete Stampone. Wes Hahn and friends will be opening with an acoustic set. Your ticket stub may win you a door prize and you can buy more raffle tickets during the event.

Tickets are \$10 and can be purchased at the door or in advance by contacting Pete Stampone at stamponepeter@gmail.com.



Fight Against Breast Cancer Fundraiser

Some other members of In It Together – Donna Stampone’s cousin Mark Calcagni, his mom Rita, a member of our breast cancer community, and their family – are organizing a fundraiser April 7 at LIUNA Gardens at 526 Winona Road in Stoney Creek.

The event, called the Fight Against Breast Cancer Fundraiser, is a sit-down dinner with games, raffles and a silent auction, as well as a terrific sweets table after dinner.

Doors open at 5 pm and dinner starts at 6. Tickets are \$50 per person. Please RSVP and request your tickets by March 21 to ensure your spot. For tickets, contact Mark at mcalcagni90@hotmail.com or Rita at calcagni@sourcecable.net.

Tip of the Month

We all love our treats, whether it’s a fancy coffee in the morning or a chocolate bar to get us through a seemingly endless afternoon.

Here’s a challenge for your team members, family, friends and co-workers -give up their treats for the BRIGHT Run.

Set a time frame – a specific week, for example, or one day each week for a period of weeks. Give each participant a special envelope – you might want to fancy it up with some pink ribbons -and ask them to put the money they would normally spend on their treats into the envelope.

Send encouraging emails periodically to keep folks on track.

It’s a great way to keep BRIGHT 2018 top-of-mind during the month of March as well as raise some

money for the cause.

Welcome aboard, new teams that have registered:

BRAS FOR A CAUSE and captain Kimberly Vanderburg
MENTAL HEALTH IN MOTION and captain Christina Callaghan

And welcome back, returning teams that have registered:

CANCER WARRIORS and captain Navneet Sharma
PIRATES OF THE CURE-ABBEAN and captain Juliet Daniels

[Visit Captains Corner](#)

We want to hear from you

Each month from now until September, we'll offer tips we hope will boost both your team's fundraising and fun.

we'd love to share your stories and tips with our BRIGHT Run eNewsletter readers. Please contact teams committee chair Carmela Oliverio at coliveri@hhsc.ca or eNewsletter content coordinator Lee Prokaska at lprokaska@outlook.com



Make a **BRIGHT contribution!**

JOIN OUR TEAM OF VOLUNTEERS



A Word About Our Sponsors

The BRIGHT Run doesn't magically appear. It takes a lot of work by our team of volunteers and we depend on our wonderful sponsors to pay the freight. That's why all the money you raise goes directly to breast cancer research. We couldn't do it without our sponsors.

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