

# BRIGHTRUN

Thank you for 10 years of supporting  
breast cancer research in Hamilton.



BRIGHTRUN.CA

BRIGHT RUN 2017 - September 9, 2017.

March 2, 2017

## Marching Toward BRIGHT Run #10

Spring is on its way and so is the BRIGHT Run's 10th anniversary. We're getting more excited as each month passes.

In this month's eNewsletter, we continue our countdown with the moving story of Jashpreet Dhesy, the survivor spokesperson for the fifth BRIGHT Run. Despite disliking public speaking, Jash says she was honoured to appear on stage and tell her story.

Get to know one of the BRIGHT Run's biggest boosters, Vanessa Sheppard. We asked Vanessa five BRIGHT questions –enjoy reading her answers.

As well, genetic counselor Kathleen Bell brings us up to date on the impact of heredity on breast cancer treatment. It's a fascinating read.

And finally, take a look at what makes the BRIGHT Run unique among fundraising events. It's important and interesting information for both participants and donors.

So, let's all march into spring and get that much closer to BRIGHT Run #10!

Register Now



## Jashpreet Dhesy: "I'm in a much better place."

It was 2008. Jashpreet Dhesy was 31 and had just given birth to her second son when she was diagnosed with breast cancer. And so began two rounds of chemo, a mastectomy and

reconstructive surgeries, as well as radiation therapy that caused serious burns.

Jash, who turns 40 this month, was also in the midst of a tough divorce. "Yes, it was a difficult time," acknowledged Jash, a registered nurse and patient care coordinator with Mississauga's Trillium Health Centre. "But I really think having breast cancer saved me. It happened at a time when my two boys were the only positive things in my life and I knew I had to survive for them."



[Read more about Jash](#)



## Hereditary Breast Cancer – A Brief History



By Kathleen Bell

The understanding that breast cancer can run in families is now strongly woven into the fabric of knowledge that exists for patients and healthcare providers. One of the first questions a woman may be asked following a diagnosis of breast cancer is whether she has any family members who have also had breast cancer.

This knowledge is actually relatively recent in the history of medicine. In the 1940s, British researcher Sir David Smithers published a paper examining the family history of more than 450 breast cancer patients. Through this work, he concluded that breast cancer can sometimes run in families over many generations.

[Read more](#)



## Five BRIGHT Questions for:

Vanessa Sheppard is the Development Officer for Business and Community Engagement with the Juravinski Hospital and Cancer Centre Foundation. She is deeply involved with the BRIGHT Run and leads Team Sheppard each year.

When, how and why did you get involved in the BRIGHT Run?

I was very fortunate to begin working with the

BRIGHT Run three years ago when I began my current role at the Juravinski Hospital and Cancer Centre Foundation. I was so moved by the passion and determination of the volunteers who work so hard to put this together every year. I am thrilled to have the opportunity to join in the movement that is the BRIGHT Run and help them to continue their ongoing success.



[Read more](#)



## Calling all Captains

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

As we get closer to our 10th anniversary BRIGHT Run, we'll be providing some tips to help you motivate your team and get the donations rolling in.

But first, let's look at why the BRIGHT Run is unique. Sharing this information with team members and donors is a great place to start.

### The BRIGHT Run:

-Is local. Local dollars, raised by local, like-minded fundraisers (breast cancer patients, breast cancer graduates, friends, co-workers, family, neighbours etc.), which support local, world-class researchers working at our local cancer centre and university. In the past nine years, the BRIGHT Run has raised about \$2.8 million and supported 15 important local breast cancer research projects.

-Is a family friendly, pet-friendly, accessible event welcoming all ages, stages and abilities.

-Has no minimum fundraising requirement to participate.

-Is 100 percent volunteer powered.

-Has an executive/organizing committee largely made up of senior patient-facing medical professionals and researchers.

-Covers all event organizing and hosting related



costs through Community Partnerships.

-Is rain. It always rains on BRIGHT Run Saturday but this never dampens spirits.



[Read more](#)

We'd love to share your stories and/or your fundraising tips 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)



It's time for our annual rockin' fundraiser to raise money for breast cancer research. This event is hosted by the Rockers 4 Knockers fundraising team. We raise money in support of the BRIGHT Run; held every September at the Dundas Valley Conservation Area. All funds raised go directly towards breast cancer research at the Juravinski Cancer Centre in Hamilton.

We will have 2 live bands for the night.  
Shifty Dickens and Blacklist Manifesto.

Tickets are \$10 and are available from anyone on the team  
(<http://www.facebook.com/groups/1444922799171030/>)

Doors open at 8pm and show starts at 9pm



# WE NEED YOUR HELP

## Calling all volunteers

If you or someone you know is interested in volunteering for BRIGHT Run this year please email [volunteer@brightrun.ca](mailto:volunteer@brightrun.ca)

We are looking for volunteers for lobby ticket sales, community events and of course the 10th Anniversary of the BRIGHT Run.



## 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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