

Registration now open for BRIGHT Run 2018



BRIGHT RUN

Funding breast cancer research

Register today at

BRIGHTRUN.CA

BRIGHT Run 2018 - September 8, 2018.

May 3, 2018

Welcoming Spring and BRIGHTer weather

Finally, the weather is getting almost as bright as the BRIGHT Run!

As we welcome the warmer May weather, the countdown to BRIGHT 2018 continues. Registration numbers are rising and so is our excitement level.

In this month's eNewsletter, we introduce the first of our three Community Connectors, a new volunteer role created by Lise Diebel, who chairs our Advertising, Marketing and Communications Committee. Our Community Connectors will be out and about in different geographic areas, providing BRIGHT information and engagement opportunities to businesses and other community-based organizations.

Get to know Lesley DeSousa, married mom of two, breast cancer survivor and captain of Team P&P (Prayers & Positivity). Lesley shares her cancer story, discusses what she hopes to achieve as a Community Connector and provides our fundraising tip of the month.

Catch up with Mark Levine, our doc with the pink tights, who shares his love of reading and provides some insights into how his reading choices dovetail with his work.

This month, we posed our Five Bright Questions to event chair Nancy McMillan. Nancy has touched many of your lives over the years and here's a chance to find out how and why she became such an integral part of the BRIGHT Run.

We also celebrate some recent team fundraising successes and provide a heads-up for an exciting event that's coming next month.

And when we're celebrating Mother's Day on May 13, let's think about making a BRIGHT Run donation to honour all the Moms in our lives.

Have a terrific month and Happy Spring!

[Register Now](#)



Lesley's BRIGHT Story

On January 21, 2016, my world was turned upside down and time actually stopped as I found out that I was diagnosed with Stage 2, HER2-positive breast cancer.

The news was a shock to say the least. At the age of 41, this is not news I was ever expecting to hear nor was I remotely prepared for it. Am I going to die? Has the disease spread? How will we handle this? What about my family, my sweet kids? The many unanswered questions were overwhelming – what will my future look like?

After a few days of unending tears and about a hundred “Why me’s?” my husband Armine and I decided that we were NOT going to let this disease control our lives or our emotions. We would find strength in each other and face each step of this journey head on with positivity and grace. We vowed to laugh lots and smile more, to continue to count our many blessings and to remember all we have to be grateful for. Our greatest blessing has been that we live so close to the Juravinski Cancer Centre. There, I have received an exceptional level of care. From the first time I met my doctors – Dr. Nicole Hodgson, Dr. Mark Levine and Dr. Ronen Avram (my angels) – I knew that my future was going to be a BRIGHT one.



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



Mark Levine, The Doc with Pink Tights

Reading Beyond the Pink Tights

By Dr. Mark Levine

Reading is a key part of my professional life, but I also enjoy reading a book for relaxation, particularly at the end of the day. Last June, I had the privilege of meeting Dr. Abraham Verghese, who was given an honorary degree by McMaster University. He is Professor for the Theory and Practice of Medicine at Stanford University Medical School. He teaches medical students about clinical medicine, especially the humane aspect.

He is best known as a writer. He was born and raised in Ethiopia. His



parents were from India. He went to medical school in India, then went to the United States for internship followed by a residency in internal medicine and training in infectious disease. In 1985, he took up his first consultant position in Johnson City in eastern Tennessee.

After I heard him speak at McMaster, I was stimulated to read his book *Cutting for Stone* (2009). Set in Ethiopia, it begins in 1954 with a Carmelite nun giving birth to twins at a missionary hospital. Sadly, she dies at childbirth.

The story tells of the growing-up of both boys, Marion and Shiva, who become doctors. The backdrop is Ethiopia over half a century, from the days of Emperor Haile Selassie to his deposition and civil war. The book contains descriptions of many medical diseases and interventions. The title relates to the oath of Hippocrates that calls his acolytes not to cut for (bladder) stones. A major message of the book is that a physician needs to show empathy toward a patient. The book remained on the New York Times bestseller list for more than two years.

I recently read his first book called *My Own Country*. He describes his experience in treating AIDS in rural Tennessee. The book is autobiographical and beautifully written. His experience taking care of AIDS patients and their families is described in detail. He writes with emotion, dignity and respect.

It is during the six years he spent in Johnson City that he experienced a personal transformation in his practice of medicine. He learned about the humanity and humility of medicine, i.e. taking care of the patient with empathy and understanding, the need to imagine what the patient is experiencing. I recognized the importance of this in my own practice but it took a number of years.

[Read more from Dr. Mark](#)



Five BRIGHT Questions For: Nancy McMillan

Nancy McMillan is a retired banking professional, a breast cancer survivor and event chair of the BRIGHT Run. She was named a Hamilton Woman of Distinction in 2013.

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

I became involved initially as a participant and team captain in 2008. Many friends, family and work colleagues wanted to know what they could do to support me through my treatment plan. I suggested they join my team and do some fundraising. They did. Over \$125,000 raised, so far.

In year five, a friend of mine won a pink canoe in a raffle held in London. He gifted it to me thinking that I could use it to raise some money. Our first BRIGHT Run raffle was born. The Madcaps raised



\$5,000!

Read more from Nancy



BRIGHT Run Tea for Two – Don't Miss It!

Freshen up your fascinators and floral frocks – BRIGHT Run Tea for Two is coming soon!

Georgina Mitropoulos and her team of chefs are gearing up for the second annual BRIGHT Run Tea for Two, which takes place June 10 from 1 to 4 p.m. at the Tamahaac Club in Ancaster.

Georgina wears so many hats these days - breast cancer survivor, captain of BRIGHT Team GG's Gorgeous Gals, proud mom and co-owner of Quatrefoil Restaurant in Dundas and Brux House in Hamilton.

On top of all that, she is the brains and impetus behind Tea for Two, which debuted last August, attracting 120 guests and raising almost \$20,000.

This year, the elegant tea party moves to the Tamahaac Club to accommodate more guests.

[Read more](#)

Tickets are \$85 and can be purchased by visiting www.hamiltonhealth.ca/brightrunteafortwo or by calling Quatrefoil Restaurant at 905-628-7800.



Sunday, June 10, 2018

1:00 p.m. – 4:00 p.m.

Tamahaac Club
180 Filman Rd., Ancaster, ON

Tickets are \$85 per person and proceeds will go to Breast Cancer Research at the Juravinski Cancer Centre

For tickets please visit,
www.hamiltonhealth.ca/brightrunteafortwo
or call Quatrefoil Restaurant, 905 628 7800

For details, visit quatrefoilrestaurant.com



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.

Kudos to several BRIGHT teams that did some fabulous fundraising last month.

In It Together teammates Mark Calcagni and his mom Rita, a breast cancer survivor, joined almost 180 people at Stoney Creek's LIUNA Gardens April 7 for a fundraising dinner. Guests enjoyed a terrific meal, participated in a silent auction and a raffle, as well as trying their hands at bra pong.

The team raised about \$7,200 for the BRIGHT Run. Way to go, Mark and Rita!

BRIGHT team **Beckley's Family and Friends** took to the dance floor April 21 at the RHLI Veterans Association on Barton Street East. Along with some great dance music, there was a ton of food, games and raffle prizes. The event raised \$4,513 for the BRIGHT Run. Congratulations to captain Diana Beckley and her team!



Meanwhile that same night, BRIGHT team **Rockers 4 Knockers** hosted its sixth annual night of music, fun and prizes at The Corktown Tavern on Young Street in Hamilton. Organized by co-captains Martin Butcher and Carm Oliverio, the evening featured musical performances by Shifty Dickens and Blacklist Manifesto and raised about \$4,000 for the BRIGHT Run. Rock on, Rockers!



Tip of the Month

Thank you to Team P&P captain/BRIGHT community connector Lesley DeSousa for this month's tip: Plan ahead to take the BRIGHT Run into our schools. If you're a parent, principal or teacher, consider a fundraiser at your school in October for Breast Cancer Awareness Month.

For Catholic schools, this could take the form of a Pink Civvies Day for which students pay \$2 to buy out,

allowing them to wear pink for the day instead of their uniforms. In public schools, organize a Pink Ribbon day, during which the kids wear pink or a pink ribbon and donate \$2 to show their support for breast cancer awareness.

Work with your school administrator and/or school council to get things going. You'll be surprised how quickly those toonies add up!

Welcome aboard, new teams that have registered:

Princess Pam's Tribe, captain Pamela Jean
Marion's Motivators, captain Marion Dowds

And welcome back, returning teams that have registered:

NAMA-STAY WELL and captain Rebecca Wasilewski
TEAM P&P (Prayers & Positivity) and captain Lesley DeSousa

[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](#)

It's not too early to register to be a volunteer this year. If you have volunteered in the past, please email Aryn at volunteer@brightrun.ca to express your interest in volunteering again this year.



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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