



As we embrace the changes fall brings ...

We are comforted by our back-to-school routines, pumpkin spice lattes, cozy sweaters and cooking hearty comfort foods for our families to enjoy. September tends to pass as quickly as the leaves change colour - with a blink of the eye.

"New adventures, new memories. New knowledge, every fall.
But seeing you again, was the best of them all."

- B.K.
Sweeting

While we welcome the turning of the season, we can't help but reflect back on our spectacular summer. How lucky were we to spend time with the people we love dining on patios, having adventures at the lake, playing outdoor games and barbecuing on hot summer nights?

While the smell of sunscreen and the glow of patio lanterns is fading, the

memory of our first annual **Besties for Breastie's Family Fun Day** will always remain the most memorable highlight from our summer!

Besties for Breastie's Family Fun Day



We are thrilled to announce that our inaugural event was a huge success! The support from our community has warmed our hearts and the funds raised for the **Cancer Foundation of Saskatchewan** will make a difference in the lives of young women and their families impacted by breast cancer.

We couldn't have asked for better weather! Seeing all of the smiling families having fun and enjoying the activities at the Nutrien Playland at Kinsmen Park perfectly matched our vision of offering a fundraiser accessible to all individuals of all ages.



The best word to describe the evening show at the Shakespeare on the Saskatchewan is ... magical! The entertainment performances from Rory Lawford, The Saskatoon Soaps and Royal Wood combined with the intimate setting and river backdrop truly made it a night to remember!

We want to warmly thank everyone who supported the event through

sponsorship, donations, volunteering and by attending. Stay tuned for a special twist in 2023 and our next Besties for Breastie's fundraising event! For now, we are contentedly saying farewell to the summer and our first fundraiser- as some would say, that's a wrap!



My Cancer Breastie Virtual Peer Group

After completing the Peer Facilitator training with the Canadian Cancer Society, we are excited to launch our fall virtual peer groups starting the first week of October.

Our objective is to create a safe and supportive environment for young women with the shared experience of breast cancer to connect, learn and share. We will be hosting a peer group offer for those who are still in active treatment as well as a separate group focused on after-treatment recovery.

Want to sign up? Contact us at info@mycancerbreastie.com

[Learn More](#)

New Blog Post!

WILDFIRE

MONEY & CANCER

Health is Wealth

WORDS BY
Marcia Lemon

My money story is ... complicated. But then again, whose isn't?

As a little girl, I had an acute understanding that money was scarce. My earliest childhood memory is of my parents fighting as they ransacked the house looking for an envelope of cash that had mysteriously gone missing. I remember them searching every kitchen drawer and cupboard, tossing the cushions from the couch, moving furniture until they became so desperate they began sorting through the trash on the kitchen floor. As they continued to come up empty handed they became more and more agitated and suspicious that the other had stolen the cash and spent it selfishly.

My stepdad was the proverbial black sheep of his family as the son of a beloved Lutheran preacher. He was kicked out of a private Bible school, dabbled in drugs, got divorced, drank too much and was frequently in trouble with the law. The envelope they were searching for had over \$1,000 in it, a small fortune in 1983.

They needed the money to keep my stepdad out of jail. The due date to pay his various fines was the next day, and they had been working extra shifts and selling possessions to save up enough cash. After tearing the entire house apart, the only place they hadn't yet looked was my bedroom. We lived in a small two-bedroom house. My room was down the hall from the living room and kitchen, beside the bathroom and across from their bedroom. I remember I was coloring in my favorite Care Bears-themed coloring book. I loved that book. I didn't dare waste a single page of it. I would slowly and carefully color in each picture and then the background. There was absolutely no scribbling allowed, each picture was a masterpiece. If I wasn't busy coloring, I was playing office. My mom was a secretary for an irrigation retailer, and I would often go to work with her, spending the day under her desk between the wall and her chair legs. Back at home, I would recreate my own office spending hours shuffling, stamping and organizing my important papers. Earlier that day, while having my breakfast, I came across the envelope and was impressed by the colorful paper inside. I had never seen anything like it before, so I did what any 4-year-old would. I promptly took it to my room and filed it next to my prized Cabbage Patch markers for safekeeping, which is exactly where my parents eventually found it.

As far back as I can remember, money has been the biggest cause of stress and distress in my life. We lived briefly in a women's shelter before leaving my stepdad for good, settling in a small town with a population of approximately 1,500 people. It was the type of place where everyone knows everyone and newcomers stand out, especially a femme fatale like my mom who was the newest waitress at the only bar in town.

home were a waste of electricity, because I couldn't admit to them that I didn't know how to install them, and that I couldn't afford to hire someone to do it for me. I vividly remember the day that my credit card was declined at the Dollar Store. I needed to buy less than \$10 of supplies for my daughter's science experiment. Embarrassed and humiliated, I left all the items at the till and was too ashamed to correct my daughter when we got into the car and she whispered, "Mom, the Dollar Store is really going downhill. Now their machines don't work!"

In time, I did slowly start to see some financial success. My resilience helped me excel in my career, and I pursued increasingly more senior positions while improving my earning potential. Ironically, I found myself building a career in the financial services sector and felt like I was on the right path to becoming the role model my daughters deserved. At the time of my breast cancer diagnosis, I had successfully climbed the corporate ladder and was a vice president in a major Canadian bank, managing nearly one billion dollars.

I thought I had it all figured out until I started chemotherapy and a switch flipped somewhere deep in my psyche. I've been giving financial advice for nearly two decades and it took a cancer diagnosis to point out these are other currencies in life that are much more important than money. Cancer has revealed that time is a valuable currency because it is finite. A flaw in the human condition is our thinking that time is abstract and something we will always have more of. At the end of my days I will reflect more on the time spent with the people I care about and less about how much money I have. Cancer has taught me that good relationships are the best long-term investments because they pay dividends your entire life. Most importantly, having cancer has shown me that health is the ultimate wealth.♥

Author Note:
This story is dedicated to my best friend, and Cancer Brave, Jennifer Fahn. Thank you for your endless encouragement, and for believing in me, especially when I find it impossible to believe in myself. Thank you for always seeing the best in people. Most of all, thank you for showing me what genuine, unconditional love is and for being the long-lost sister I've always wanted. You are the best friend a girl could ever ask for, and I love you very much.

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This essay has been republished with permission from Wildfire Magazine, the "Money & Cancer" issue, published originally August 13, 2022. For more information check out wildfirecommunity.org

Marcia published her first essay titled, **Health is Wealth**, in the August 2022 "Money & Cancer" issue of Wildfire Magazine!

"My relationship with money became increasingly more complicated the older I got. It influenced my decision not to pursue a secondary education, and it also kept me hostage in an unhealthy marriage."

Read the full essay

Our Picks for September!



Our September Picks

SOUP RECIPE

Tortilla Soup

Ingredients

1 YELLOW ONION, DICED	3 C. RED ENCHILADA SAUCE
2 GARLIC CLOVES, MINCED	3 C. SALSA VERDE
1 LB CHICKEN BREAST	3/4 C. UNCOOKED BROWN RICE
1 TSP SALT	3 C. CHICKEN BROTH
FRESHLY GROUND PEPPER	JUICE OF 1 LIME
	1/2 C FRESH CILANTRO, CHOPPED

1- In the slow cooker, layer the onion, garlic, chicken, salt & pinch of pepper. Pour over the enchilada sauce, salsa verde & chicken broth. Stir in the brown rice. Cover & cook until the chicken is falling apart (6-7 hours/low, 4-6 hours/high).

2- Transfer the chicken to a plate to shred before adding it back to the soup.

3- Add the lime juice and cilantro.

4- Top each bowl with tortilla chips, mango, avocado, cheese, yogurt & cilantro.

Prep time: 10 min | Servings: 6

Enjoy!

SOUP RECIPE

What we're cooking!

Tortilla Soup

This soup is the perfect crock pot companion and one of our go-to meals. It is full of flavour and keeps well for a quick meal before heading out to a fall activity.

We hope you enjoy it as much as we do :) Don't forget to download the PDF for your recipe library!



What we're reading!

Between Two Kingdoms

A searing, deeply moving memoir of illness and recovery that traces one young woman's journey from diagnosis to remission and, ultimately, a road trip of healing and self-discovery.



What we can't get enough of!

Ilia Lip Wrap Overnight Treatment

It's a light weight, overnight mask with clean ingredients to reveal your smoothest, softest lips - just in time for crisp fall winds.

Stay tuned for more exciting My Cancer Breastie news in our October newsletter!

Your Cancer Breasties,

Jen and Marcia



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