

A Message From Our Chair

Dear community member,

As we embark on Canada's national Sarcoma Cancer Awareness Week in SCFC's 15th year, we want to thank all of you who are focused on advocacy and raising awareness about sarcoma cancer in your communities and across the country. Whether you hosted a local awareness event this year, shared your story with our community, helped advocate for research funding and access to new treatments, or shared your knowledge of sarcoma and favourite resources on social media, your contributions to awareness and education about sarcoma cancer are invaluable.

We encourage you to connect online with our community if you're seeking resources or information and of course reach out to us if we can help. The more awareness we raise about sarcoma and the needs in our community, the closer we are to new treatments and additional funding for patient and caregiver support. Thanks to all of you who help spread the word throughout the year!

Looking forward to seeing your favourite resources and how you get involved this week.

With thanks,

Diana Arajs
Founder & Chair
SCFC

Kicking Off Sarcoma Cancer Awareness Week



The third week of June is Sarcoma Cancer Awareness Week in Canada, and as we've seen over the years, one of the biggest tools we have to fight sarcoma is the power of human connection and community, and sometimes the easiest and smallest things are the most powerful.

As Awareness Week kicks off, we challenge you to explore the variety of ways, small and large, that you can make a difference!

How can you help?

Fundraise - With tons of fundraising possibilities and ideas, SCFC can support you every step of the way to raise money for people affected by sarcoma. If you or someone you know would like to host an awareness building or fundraising event, get in touch with us!



Share Your Story - If you've been affected by sarcoma, we want to hear about your experience. Your story can help us achieve change!

Campaign With Us - Join our campaigns to make a positive difference. Join Canadians across the country who are campaigning to help raise awareness. As always, use our hashtags **#knowsarcoma** and **#littlethingsaddup**.

Volunteer - Make a real difference in the lives of people affected by sarcoma. We have volunteering roles to suit you, wherever your skills lie and however much time you can give, whether it's providing support and encouragement to peers, taking action through social media, or finding ways to educate and engage with your communities!

Share Your Favourite Resources!

HOW TO TALK TO FRIENDS & FAMILY

A new cancer diagnosis can be an overwhelming experience. You most likely will have many different emotions as you learn more about your diagnosis and begin to learn about treatment options.

We encourage you to utilize our support guide available on our website, which includes help navigating topics and feelings you may find yourself facing when processing your own experience and preparing to share it with others, including:

- Taking time to process
- Being in control of what you share
- Keeping life as normal as possible
- Sharing with your employer and children

YOU ARE NOT ALONE

Save for those in major cities, the majority of those diagnosed do not have access to information even about the type of sarcoma they have, nor the support required to cope with such a life altering diagnosis. We invite you to visit our website for information, to read patient stories, and to find support groups, counselling services and retreat locations.

You can also join our online community to connect with others and share your experiences.

Find us on FB, Twitter & IG: @sarcomacancer

Sarcoma Cancer Foundation of Canada

Canada's national organization dedicated to providing patient support and education while working with Canada's leading researchers to treat and eventually eradicate sarcoma cancer.

www.sarcomacancer.ca
2 St. Clair Ave. West
18th Floor

Sometimes the best way to spread awareness is simply by sharing with others what's worked for you. With a community that spans the entire country, this week we ask that if you have a favourite local or online resource, let us know! Email us at **info@sarcomacancer.ca**, or share through social media the support that has made a difference in your life. In our next newsletter, we'll share your picks!

It's a Wrap! The Canadian International Sarcoma Symposium



The Sarcoma Program at the University of Toronto was pleased to host the Canadian International Sarcoma Symposium (previously the Toronto International Sarcoma Symposium), on May 8 and 9. This hugely successful event was jam packed with speakers, patients, workshops, and invaluable learning.

This symposium featured a patient symposium on day 1 that included important topics such as how to interpret CT scans, new clinical trials, medication costs, and nutrition for sarcoma patients. Workshops were held to help patients learn strategies for managing uncertainty, building resilience, and focusing on well-being throughout their cancer journey. The day also included stories shared by patients, including Jasmine Heuring, whose story you can read below.



Day 2 featured a scientific symposium. The wonderful line-up of speakers included Dr. William Tap from Memorial Sloan Kettering Cancer Centre, and Dr. Catherine Weadick and Dr. Abha Gupta from the Princess Margaret Cancer Centre.

Patient Profile: Jasmine Heuring



"There is a common saying in the cancer community that everyone has a story. Here's mine:

My name is Jasmine Heuring. In 2015, at 26 years old, I was diagnosed with Ewing's Sarcoma in my left tibia. At the time, I was working at a private gym in Winnipeg Manitoba and active in a few different sports. One night, I was playing tennis at the facility after work. There was nothing different about this night, except that I very clearly remember trying to run to the other side of the court mid-way through and my leg giving out. For the rest of the night, I had trouble taking impact on my left leg. It felt weak and fragile.

Less than a month later, I was having trouble walking on heels. Soon after that, I was having trouble walking at all and waking up with intense calf pain.

I moaned the sports injury and complained about where I would find time to do the physiotherapy.

From there, the story is the same. I was informally diagnosed on my 26th birthday, my champagne birthday. Then, chemotherapy, surgery, more chemotherapy and more surgery. In the end, I had 12 rounds of chemotherapy and over 12 general and orthopedic surgeries, eventually resulting in a knee disarticulation, or, more simply, a through-the-knee amputation, in February 2024.

As of February 2025, I am officially 10 years out since diagnosis, and cancer-free for almost the same length of time. It's given me a lot of time to reflect. I speak about my experience often, I tell the story of how it happened. I stay positive and focus on outcomes. The only skill that I do really well is bulldoze forward. I also believe that there is a subconscious form of peer pressure from the public to remain resilient in the face of challenge. We don't talk enough about all that is lost in the face of illness. This time, I thought I would share some of the things that I don't talk about often or don't hear others talk about.

Cancer was the easy part. To set the stage, prior to diagnosis, I was 25 years old, tall, and blonde. It's not easy to admit or something that I take pride in, however the reality is that I was used to compliments on my legs and my body. I was active, playing tennis and squash often multiple times a week, and in the gym many early mornings. The absolute worst thing that you could do to me at that moment in my life is take away my independence and invincible youth.

I've spent 4 of the last 10 years on crutches, and 9 of the last 10 years in chronic pain. You don't realize the effect that chronic pain has on you, mentally and physically, until it's gone.

After around my 5th year of surgeries, I stopped attending cancer support groups. Around year 8, I felt that even my friends and family had checked out. As a result of the chemotherapy, I'm on life-time hormone medication and can no longer have children. Perhaps even more frustrating, the side effects of finding that never-ending hormonal balance: cystic acne, mood swings, night sweats, among others, are a common occurrence. That began at 27 years old. The decision to take the risks associated was made at 26. The cancer was in my calf? What was the big deal?

The hoops that I jump through to get a prosthetic capable of supporting a normal, active, 36-year-old lifestyle are exhausting. My current prosthetic is around \$50,000. Jointly paid for between the War Amps and my healthcare insurance. The prosthetic that the provincial government currently funds for free is the technological equivalent of a carved wooden wheel on a modern car. I consider myself lucky to have the prosthetic that I do, however it is actually only a mid-tier example of what is available.

Now, at 36 years old, I find myself living a suspended life, often straddling the line between feeling like life is short and needing to live that life to its fullest, and that, as a single woman, I need to plan for future retirement and potential further complications. How do you tell people that you still vividly remember the last time that you showered on two legs? The last time that

you went into the ocean, unassisted? Or the last time that you felt young? Attractive? Free?

It's not all bad. I'm proud to say that I now work as a director in healthcare, overseeing a large portfolio with 7 direct reports and over 450 indirect reports. I was recently accepted into a prestigious Executive MBA program based on my work and life experience. For the first time since diagnosis, I'm regularly playing tennis, badminton, and golfing. Maybe even more motivating, I'm dreaming again; of things I want to do and see past that five-year mark. For a long time, my dreams were dormant. There had been too many instances of the clock running out on them. It's been a relief to learn that I still know how to dream.

There's a relatively well-known comic of a tiger nearing the end of its life in a zoo. When death comes to the tiger's cage to say that it's time, the tiger asks for a final request before moving on. Death grants that request. And the final box shows the tiger, running through open grasslands, unencumbered by cages.

I'm grateful for the oncologists and surgeons who went to bat every single time, saving my life and ultimately providing the quality of life that I currently enjoy. It's why I choose to work in healthcare and volunteer for cancer initiatives. My "zoo" and "cage" are well cared for and safe existence that many would envy. Isn't it funny that life seems to cut off the legs of those that were born to run free and force those, who would prefer the routine, to run?

All of the good doesn't stop me from hoping that one day I get a final request and, if I do, I think you can all imagine what I would wish for."

[Read Jasmine's Full Story on Our Website](#)

CanSaRCC Student Mentorship Program

As we've shared in the past, over the last few years CanSaRCC has been pooling information on sarcoma cases from coast to coast to form a single national database. Taking a look behind the scenes, part of its tremendous growth and success can be attributed to its Student Mentorship Program.



This Student Mentorship Program provides mentorship and training for students interested in sarcoma research and clinical practice. It aims to foster a multidisciplinary approach to sarcoma research and care, offering students valuable opportunities to learn about the disease, its treatment, and the latest advancements in research. Students can participate in CanSaRCC research

projects, contribute to data collection, and learn about the latest advancements in sarcoma research, while exploring their interests in healthcare and research and guiding them towards their future career paths. SCFC has provided funding for this program so that students can enjoy incredible mentorship and learning opportunities, inspiring the next generation of sarcoma researchers. The CanSarCC Student Mentorship Program currently has 21 students, as seen below, working hard to make CanSarCC a success!

- [Rachel Aubrey \(2019 - Current\)](#): Biochemistry, Nursing , McMaster University and Princess Margaret Hospital, Toronto
- [Delaney Sharp \(2021 - Current\)](#): Bachelor of Science Biology and Psychology, Queen's University and Princess Margaret Hospital, Toronto
- [Alexandra Auger \(2021 - Current\)](#): Bachelor of Biopharmaceutical Sciences, Université de Montréal, Maisonneuve-Rosemont Hospital
- [Pat Vellalaghan \(2022 - Current\)](#): Industrial Engineering, Ryerson University and Princess Margaret Hospital, Toronto
- [Ellen Wang \(2022 - Current\)](#): Bachelor of Health Sciences , McMaster University and Princess Margaret Hospital, Toronto
- [Michelle Jude Michael \(2022 - Current\)](#): Honors Specialization in Genetics, Western University and Princess Margaret Hospital, Toronto
- [Anisha Rakkar \(2022 - Current\)](#): Master's of Science in Global Health, McMaster University, UHN/ SickKids, Toronto
- [Luigi Russo \(2022 - current\)](#): Bachelor of Health and Human Kinetics, Ohio Wesleyan University and BC Cancer , Kelowna
- [Brookelyn Biffart \(2022 - Current\)](#): Medical Student, University of British Columbia and BC Cancer, Victoria, BC
- [Nikol Kuleshov \(2023 - Current\)](#): Medical School, Laval University and CHU , Laval, Quebec
- [Pamela Psarianos \(2023 - Current\)](#): Medical Student, University of Toronto, Princess Margaret Cancer Center, Toronto
- [Caroline Ruus \(2023 - current\)](#): Integrated Sciences: Genetics & Physiology, UBC and BC Children's Hospital, Vancouver, BC
- [Kaveri Ravisangar \(2023 - Current\)](#): Biology for Health Sciences and Psychology, U of T and Princess Margaret Hospital, Toronto, Ontario
- [Evonne Henning \(2023 - Current\)](#): Science and Physiology , McGill University Health Centre , McGill, Quebec
- [Aswini Vellalaghan \(2023 - current\)](#): Biomedical Sciences & Physiology , U of W and Princess Margaret Hospital, Waterloo, Ontario
- [Burrak Urrehman \(2024-current\)](#): Health Sciences, University of Toronto, PMH, Toronto, Ontario
- [Ariel Feather \(2024 - Current\)](#): Medical Student, McMaster University and BC Cancer, Victoria, BC
- [Ryan Trenholm \(2024 - Current\)](#): Bachelor of Science in Biochemistry, NS Health Authority, Halifax, Nova Scotia
- [Evelyn Li \(2024 - Current\)](#): Psychology, McGill University and Tom Baker Cancer Center, Calgary, Alberta
- [Mackenzie Noyes \(2025- current\)](#): Health Sciences, University of Waterloo, Toronto, Ontario
- [Haady Urrehman \(2025 - current\)](#): Health Sciences, University of Toronto, PMH, Toronto, Ontario

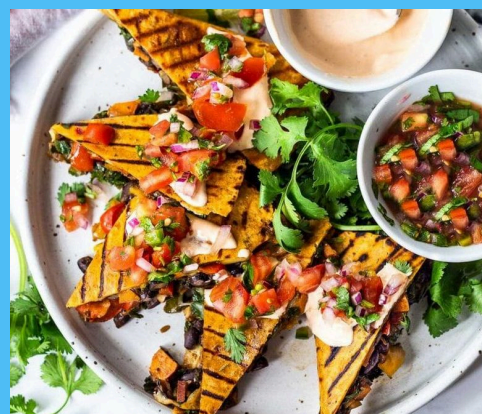
[Learn More About CanSarCC](#)

Must Try Farmer's Market Recipes - Showcasing Seasonal Produce



Farmer's Market Bowl with Green Goddess Sauce

Ingredients:



Farmer's Market Veggie Quesadillas

Ingredients:

Quesadilla Filling:

Roasted Veggies:

- 1 acorn squash, halved lengthwise, seeded and sliced into 1/2" half-moons
- 1/2 lb Brussels sprouts, trimmed and halved
- 1 bunch heirloom carrots, halved lengthwise
- 3 tablespoons olive oil
- 1 teaspoon salt
- Black pepper

Bowls:

- 1 1/4 cups farro
- 1/2 cup pepitas (hulled pumpkin seeds)
- 1/2 teaspoon olive oil
- Salt
- 1 head radicchio, thinly sliced, or 4 handfuls arugula or greens of choice
- 1 can (15 oz) chickpeas

Green Goddess Yogurt Sauce:

- 1 cup plain Greek yogurt
- 1/2 cup parsley leaves
- 1/4 cup cilantro or mixed leafy herbs of choice—fresh sage, oregano or marjoram, and/or thyme
- 1/4 cup buttermilk (optional)
- 1 tablespoon lemon juice
- 1 clove garlic, chopped
- 1/4 teaspoon salt

Instructions:

To roast the veggies: Preheat the oven to 425 degrees Fahrenheit with racks in the middle and upper third of the oven. Line two large, rimmed, baking sheets with parchment paper. On one of the sheets, combine all vegetables. Drizzle olive oil on top and sprinkle with the salt and some pepper. Toss until veggies are all lightly and evenly coated in oil and spices.

Transfer half of veggies to the other prepared baking sheet.

- 2 tablespoons olive oil
- 1/2 an onion, diced (1 cup)
- 4 garlic cloves, rough chopped
- 4 cups finely chopped veggies: bell pepper, zucchini, summer squash, mushrooms, broccoli, sweet potato, corn, etc. (Chop the veggies small, so they cook faster!)
- 1/2 teaspoon salt
- 1 teaspoon dried oregano
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon chili powder
- 1–2 cups chopped greens—beet greens, turnip greens, spinach, chard, etc.
- 1 cup black beans (cooked or canned)
- 2 tablespoons water
- 1/4 cup cilantro, chopped—optional
- 1 teaspoon lime zest—optional
- 4 x 10-12 inch tortillas
- 6 ounces shredded cheese

Spicy Sour Cream:

- 1/4 cup sour cream (or yogurt)
- 2–3 tablespoons hot sauce

Instructions:

Preheat the oven to 400F (or preheat grill to medium).

Make the Veggie Filling: Heat oil in an extra-large skillet over medium-high heat. Add the onion and garlic, saute 3-4 minutes until fragrant. Lower heat to medium, and add the chopped veggies and salt. Stir occasionally until the veggies soften (check) and release their liquid, about 10 minutes (lower heat if need be).

Add oregano, cumin, coriander, chili powder, and give a good stir. Add the chopped greens and

Arrange in an even layer across the pans. Roast on separate racks, tossing the veggies and switching the pans on the racks halfway, until the vegetables are tender throughout and golden on the edges, about 30 to 40 minutes.

To cook the farro, combine the farro with enough water to cover by several inches in a large saucepan. Bring the mixture to a boil, then reduce the heat to a gentle simmer, stirring occasionally, until the grains are tender to the bite but still pleasantly chewy, 15-25 minutes for pearled farro or 25-40 minutes for unprocessed farro. Drain off the excess water and set aside.

To toast pepitas, combine pepitas, olive oil and a few dashes of salt in a medium skillet over medium heat. Cook until pepitas are making popping noises and golden on the edges. Set aside to cool.

To prepare green goddess sauce: In a food processor or blender, combine all ingredients and blend until smooth. Taste, and add additional lemon juice and/or salt if necessary. Set aside.

Spread a big spoonful of sauce across the bottom of 4 bowls. Divide cooked farro into the bowls, then arrange radicchio, roasted veggies and chickpeas on top. Sprinkle pepitas over each bowl and serve with extra sauce.

[View Full Recipe](#)

black beans and a couple of tablespoons of water, and stir until the greens wilt 1-2 minutes. Turn heat off. Stir in optional cilantro and lime zest.

Assemble the Quesadillas: Scatter 1/2 cup cheese over the whole tortilla. Add one cup of veggie filling over half of the tortilla. Fold the Tortilla in half so the filling is encased with cheese. Brush the outer side of the tortilla with oil, and place in a hot oven for 15 minutes. You can place the greased quesadilla directly on the oven grates, or on a parchment-lined sheet pan, flipping halfway through. Bake until tortilla is crispy and cheese is melty.

Cut each into 4 pieces and serve with the Spicy Sour Cream and Pico de Gallo.

To make the spicy sour cream - simply mix a few tablespoons of hot sauce with the sour cream in a little bowl.

Cooking options:

The quesadillas can also be grilled on a well-greased grill, rotating to create hash marks and taking care to not to burn.

Quesadillas can also be pan-seared in an oiled skillet or grill pan on the stove.

[View Full Recipe](#)

Help Make an Impact

When you give to SCFC you add your voice to the growing community working to raise awareness, fund crucial research, and ultimately eradicate sarcoma. One of the easiest ways to make your voice heard is to consider setting up a small monthly donation in 2024. Setting this up takes less than 2 minutes, but every donation made, no matter how small, makes a big impact on the Canadians and their families going through a sarcoma diagnosis and treatment.

[Donate Today](#)

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