

## ORNAC Breakfast Sessions

OMG!!! We discovered years ago that the best way to get nurses mobilized and off to educational sessions in the morning was to feed them first. Normally, we start work in the morning earlier than most people, but to start sessions over an hour earlier than we normally commence work is really calling for dedication!

You can always tell the people who have never been to a conference before, especially a national one. They're the ones who say "have a nice holiday!" and "at least you won't be working this week". Seriously?

I made it to all 4 breakfast sessions this year. The first one started at 0600 and the doors were open at 0530. My eyes were fixated on my coffee in my room at that hour! Once we got going, though, we were at full attention!

Dr. Marla Shapiro spoke to us about the Breast Cancer Awareness Program, sponsored by MedLine Canada. I had heard Dr. Shapiro speak at the Victoria conference regarding her journey with breast cancer and she had done a wonderful job. I told the rest of the girls in our group that if they only made it to one breakfast session, that should be the one. They all made it and were awake soon enough!

MedLine has been promoting breast cancer awareness for years and for every box of their pink gloves that are sold, they donate \$1 toward the Breast Cancer Foundation. To date, they have donated over \$1 million. So, they provided us with a selection of pink gloves, we had a little rehearsal time, and away we went!

CTV Ottawa was there to film the event and do interviews, and at 0615, we were recorded as being the largest flash mob in Canada to do the pink glove dance. There were over 500 of us and if you'd like to check us out, copy and paste this:

[Medline Canada Breast Cancer Awareness Breakfast - 2013 ORNAC Conference](#)

into YouTube and voila!

The breakfast sessions this year had some of the best speakers at the conference and I was very glad that I managed to attend them all. And, of course, get a good breakfast base for the day's education and networking!

Respectfully submitted,  
Heather Lifeso