



UPCOMING EVENTS 2022

BCAK Car Wash - 14 May
Wilderness Retreat - 27-29 May
(applications now closed)

Share The Care Golf Tournament - 18 August
Walk For Awareness - 24 September
Charity Dance - 22 October

IN THIS ISSUE

Car Wash Volunteers Needed

Membership Update

Programs

Exercise Classes
Aquafit

Share The Care Golf Tournament

Wilderness Retreat

Chestmates Paddle Tank Excursion

Request for Input for a Tumour Localization Study

Upcoming Fundraising Events

BCAK Car Wash
Share the Care Golf Tournament
Walk for Awareness
Charity Dance

Donors

When Pink Is Just Another Colour

Education - Breast Cancer Trials

VOLUNTEERS URGENTLY NEEDED

to help with the Breast Cancer Action Kingston Car Wash

Date: Saturday, May 14th

Time: 10:00 a.m. to 2:30 p.m.
(10:00am - 12:15pm OR 12:15pm - 2:30pm)

Place: Petrie Ford – 1388 Bath Road

Cost: donation to BCAK.

The car wash will help raise funds for

- the Wilderness Retreat
- the Chestmates trip to Vancouver in June and
- BCAK for ongoing projects

Volunteers are urgently needed for both washing and attracting customers. Volunteers can choose a preferred shift and where their portion of the funds raised will be directed. Dress in pink to “pink up” the corner of Bath and Centennial with our banners and flags and pink volunteers. We will also be advertising the event on social media and on the radio.

Bring your family and friends to help wash cars and let all your family, friends, co-workers and neighbours know about the carwash. Check out our facebook ad and share it. This is a great way to get Breast Cancer Action Kingston known in the community.

To volunteer email your name, phone number, email and the shift you wish to work to email.bcak@gmail.com, or call the BCAK office (613-531-7912) and leave the information with Bev or on the recording. You will be contacted well in advance of your assignment.

MEMBERSHIP UPDATE

Our 2022 membership numbers currently total 128. We welcome all new members and heartily thank those who have renewed their memberships this year. For those who may have forgotten, we invite you to renew your membership and would like to remind you that membership fees are due in January.

We welcome new members year-round. Basic memberships are only \$35 per year and are tax deductible. Members can take advantage of our Community Discount Program sponsored by a number of local merchants and, for a small additional payment, participate in our exercise programs.

Membership fees help fund BCAF's many programs. Visit the Membership Page on our website to learn more about the types of memberships and the benefits of joining BCAF. You can join and pay your membership fee online or by contacting our office during business hours (613-531-7912).

Programs

Exercise Classes

Monday morning, 10:30 - 11:30 with Tim Bell

Tuesday morning, 10:30 - 11:30 with Sharon Allen

Tuesday evening, 5:30 - 6:30 with Elizabeth Cochrane

Wednesday Morning, 9:15 - 10:00 with Jane Marten (NEW!)

Thursday morning, 10:30 - 11:30 with Tim Bell

The classes with Tim Bell focus on joint movement, breathing techniques and strength training through isometric exercises. There is no cardio component in this class.

Sharon Allen leads a traditional mixed fitness class beginning with cardio, strength training, balance and stretching.

Elizabeth Cochrane's class focuses on all around strengthening and toning.

A new class has been added on Wednesday morning with Jane Marten who also teaches our aqua-fit class. She is familiar with teaching fitness for seniors through the VON and her class will focus on toning.

Yoga

Thursday evening, 6:00 - 7:00 pm with Kathy Kennedy

Friday morning, 11:30 - 12:30 with Tina Beaudin

Aquafit

Will (hopefully) take place at the Royale retirement home beginning on May 5th, 2022. New stricter COVID protocols will be in place including a rapid antigen test before entering the pool.

Thursday afternoons from 1:30 - 3:30 with Jane Marten.

Financial Assistance - Important Update

BCAK provides financial support to breast cancer patients in need who live and receive treatment within the Home and Community Care Support Services South East coverage area. Information about the support we offer and how to apply is available on our Financial Assistance webpage. <https://www.bcakingston.ca/financial-assistance>

All information is kept strictly confidential.

SHARE THE CARE GOLF TOURNAMENT

Planning Update

Organization is well underway for the 2022 Share the Care golf tournament. This year's event will be held Aug. 18th at Colonnade Golf & Country Club. This golf tournament is BCAF's major fundraising event, having raised over \$500,000.00 in it's 17 year history.

This year's event will be played with assigned tee times; from approximately 8:30 a.m. to 2:30 p.m. The \$145.00 entry fee per player covers 18 holes of golf in a shared cart, on-course contests, an entry gift, lunch at the turn, and a barbecued steak or chicken dinner following the round.

So far we can confirm that Spearhead Brewery will be on site serving up cold suds on the 17th; and that Sienna Senior Living and David Sutherland of Caldwell Advisory will be hosting contests on respective holes. Peter and Catherine Schenk of Edward Jones will also be contributing support and the Kingston Frontenac will be present. Stay tuned for more exciting news in the coming months.

Golf Registrations are arriving quickly - nearly all the tee times between 10:30 and 2:00 p.m. have already been reserved. So if you want to play, find your team and register as soon as possible. You can register online on the Share the Care 2022 webpage, or by contacting the BCAF by phone during working hours at 613 531-7912.

Supporters Needed

Do you know someone who owns a local company who might like to support a golf hole (\$300.00) or be a Silver (\$500.00), Gold (\$1,000.00) or Platinum (\$1,500.00) donor? If so please tell them about our golf tournament, or let our tournament chairperson, Wendy Barrette know about a potential supporter. Wendy can be contacted by email at email.bcak@gmail.com.

You can also help us find supporters the next time you are out to dinner with your special friend - try asking for the manager and requesting \$25 restaurant gift certificates donations. If you would like to help in this way or help obtain other donations for the tournament, email Wendy for assistance (same email - email.bcak@gmail.com). She will ensure that you will have all the tools you need to approach prospective donors.

WILDERNESS ADVENTURE RETREAT

With the registration deadline now passed, we can confirm that 13 participants will be taking part in this year's Whitewater Rafting event being held the last weekend of May. All participants are looking forward to a fun-filled, relaxing and educational weekend.

To help cover cost of the Retreat, BCAF will be holding a car wash at Petrie Ford on Bath Rd. on Saturday, 14 May from 10 a.m. to 2:30 p.m. Please come out to wash cars with us and bring along any family and friends who would like to help raise money for a good cause. We also encourage you to pass the word about the car wash to family and friends - the cost is a donation to BCAF.

CHESTMATES PADDLE TANK EXCURSION

On a beautiful Sunday morning, 14 Chestmates, including our awesome coach Sarah Emery drove to Peterborough to get some early dragon boat water training before our boat is launched in May. Trent University has an amazing indoor paddling facility. The facility, pictured here, was built by alumni and sponsors.

Sarah put us through exercises to fine tune our paddling and racing techniques.

We were all a little rusty after the winter break and with the covid limitations of the past two years. Under Sarah's skilled and patient guidance, we all improved our strokes and conditioning. As a result, we have a head start on our season and our preparations for attending the 25th anniversary festival in June in Vancouver, British Columbia.



Many thanks to BCAF for supporting our team as always as well as these opportunities.

It has been 25 years since Dr Don MacKenzie a sports medicine physician did a research project on breast cancer survivors. For years survivors were told not to perform strenuous upper body activity for fear they would develop lymphedema and make their condition worse. Dr, MacKenzie reached out to women of all ages who were breast cancer survivors to prove people wrong. He was able to recruit enough women to fill a dragon boat. The team is known as Abreast in A Boat. There are still several original mates on this team. Little did Dr MacKenzie know at the time how he would affect the breast cancer community. Dragon boating for breast cancer survivors is found in countries all over the world. Dr. MacKenzie was awarded the Order of Canada this year for his research and the work he has done for breast cancer survivors.

We really have a lot to celebrate.

Our local Chestmates are always looking for new team members to join our survivors family. No experience is necessary. We are lucky to still have two of our original paddlers from when our team was formed back in 2002 - both are in their late 70s. Our oldest paddler is in her early 80s and our youngest three are their late 30s. The rest of our mates fit somewhere in-between.

If you are interested in joining us, or are simply curious, or would just like to watch our beautiful boat. Feel free to come out to one of our sunset practices. We can be found at Collins Bay Marina at 5:45 every Monday and Thursday evening starting the second week in May.

Everyone is always welcome!
Paddles Up!!

REQUEST FOR INPUT FROM HEALTH TECHNOLOGY and ASSESSMENT - ONTARIO HEALTH

BCAK has received a request from Isabelle Labeca, an Analyst with the Health Technology Assessment (HTA) team at Ontario Health for input into a study on localization of breast cancer tumours for surgery. Below is the text of this request. Please contact Isabelle directly if you are interested in contributing to this research. She can be reached by email at isabelle.labeca@ontariohealth.ca , or by phone at 647-264-1277.

Dear Breast Cancer Action Kingston & South East Ontario,

My name is Isabelle and I am an Analyst for the Health Technology Assessment (HTA) team at Ontario Health. We are currently completing an assessment of Innovative Localization Techniques to Guide Surgical Excision of Nonpalpable Breast Tumours. The goal of this assessment is to provide recommendations to the Ministry of Health on whether a subgroup of wire-free, nonradioactive localization devices for nonpalpable breast tumours should be funded publicly.

Clinical and economic evaluations are being led by my colleagues as part of this HTA; however, my area of focus is patient engagement. As a leading community-based organization for breast cancer patients and survivors, I would be grateful for your advice or help in finding individuals who have undergone a localization procedure for a nonpalpable tumour and who may be open to sharing their experiences. Any help or suggestions you can provide would be greatly appreciated!

Also, if you have any questions regarding the project or our work at Ontario Health, please do not hesitate to let me know. I would be happy to share our outreach materials or schedule a virtual meeting. More information about our work at Ontario Health may also be found here: <https://www.hqontario.ca/Evidence-to-Improve-Care/Health-Technology-Assessment>

Thank you very much for your time and consideration. I look forward to your reply!

Warm regards,
Isabelle

UPCOMING FUNDRAISING EVENTS

BCAK Car Wash

BCAK will be holding a car wash to raise funds for the Wilderness Adventure, Chestmates, and other programs.

- **Date:** Saturday, May 14
- **Time:** 10 a.m. until 2:30 p.m.
- **Place:** Petrie Ford on Bath Rd.
- **Cost:** a donation to BCAK

Please come out to wash cars with us and bring along any family and friends who would like to help raise money for a good cause. We also encourage you to pass the word about the car wash to family and friends.

Share The Care Golf Tournament - Sign Up Now



BCAK will be holding its annual Share the Care Golf Tournament on Thursday, 18 August at Colonnade Golf & Country Club. Similar to last year there will be assigned starting times in the morning and afternoon. The cost this year will be \$145 dollars which will include golf, goodies and a choice of a chicken or steak sit-down meal.

Sign up now online on the Share the Care 2022 webpage on our website or call the office during office hours.

29th Annual Walk for Awareness

BCAK's Annual Walk for Awareness will be held Saturday, 24 September, at Lake Ontario Park. This year, Covid permitting, it will be a full, in-person walk. We will kick off at 1:00 with the victory lap. In addition to the walk, there will be vendor displays, music, our legendary "Pink Table, fun and camaraderie. <https://www.bcakingston.ca/walk-for-awareness-2022>

Charity Dance

Get your dancing shoes ready for a Charity Dance fundraiser on behalf of BCAK, featuring Steve Cheesman and the Heeters.

- **Date:** 22 October
- **Time:** 8 pm to midnight
- **Place:** Collins Bay Legion 631 - 4034 Bath Rd., Kingston
- **Cost:** \$20 in advance - \$25 at the door.

More information is available on BCAK's Charity Dance webpage. <https://www.bcakingston.ca/copy-of-walk-for-awareness>
Reserve your tickets before they go on sale by contacting the BCAK office during regular business hours, as seating will be limited. We will let you know when tickets become available.

DONORS

March Donors

Our apologies to donors whose intentions were omitted from the March Newsletter:

Maggie Daicar - *to the Wilderness Retreat 2022*
Phil Masters - *in honour of Deena Rasky's birthday*
Aaron Forsyth - *in memory of George Forsyth*

April Donors

Maria Zielinski - *in memory of Suzie Julian's Mom*
Charlotte Jones - *in memory of Jeanette Thomson*
Women's Help In Focus
Ryan Hobart

Lynda Keeler
Anne McConnell and Elmer Strong
Marilyn Bennett
Bev Martin

WHEN PINK IS JUST ANOTHER COLOR - The Story Behind The "Pink" Song

In October 2022, Dolly Parton, together with Monica, Jordin Sparks, Rita Wilson and Sara Evans, released the song "Pink" in aid of the Susan G. Komen (Komen) charitable organization. Komen's mission is "to save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer".

The song was written by well-known songwriter, Victoria Shaw, after she saw an ad for Komen and thought to herself: "someday pink will just be another color and we won't have to do this anymore". This thought eventually led to the writing and recording of the song "Pink". Its moving lyrics and vocals provide listeners with hope for a future when no one loses someone they love to breast cancer.

You can read more about and listen to the song on the "When Pink is Just Another Color " webpage on the Komen Blog site. Alternatively, you listen to the song by searching for "Pink" by Dolly Parton, Monica, Jordin Sparks, Rita Wilson & Sara Evans, online on YouTube website.

EDUCATION - BREAST CANCER CLINICAL TRIALS

Why Clinical Trials

Over the past 40 years, breast cancer treatment has greatly improved due to findings from clinical trials. Clinical trials test the safety and benefits of new treatments as well as new combinations (or new doses) of standard treatments. They can also study other parts of care including risk reduction, diagnosis and screening.

Whether a new therapy or test becomes part of standard treatment for breast cancer depends largely on clinical trial results. Findings from large randomized clinical trials are viewed as the best for making treatment guidelines.

Types of Clinical Trials

There are four basic types of trials:

- Treatment trials test new treatments or ways to make existing ones better. Maybe it's new drugs or methods of surgery and radiation. This is the most common type of clinical trial involving people with cancer.
- Prevention trials look at new ways to lower the risk of getting cancer or stop it from coming back.
- Screening trials look for ways to find cancer early in populations of people, before they have any symptoms.
- Diagnostic trials look for better ways to diagnose or stage cancer.

Clinical Trial Phases

Clinical trials for new treatments are always tested through several steps called phases. Each phase answers specific questions. The most common phases for clinical trials for cancer are:

- Phase 1 trials are often the first time a new therapy is tested in people. This phase is used to see how safe a treatment is and what the best dose is. These trials are usually offered to people who have advanced cancer that is no longer responding to treatment or who have no other treatment options. There are usually 15 to 30 people in the trial.
- Phase 2 trials are used to show how well a treatment works for a certain type of cancer. They continue to look at how safe the treatment is and what are the possible side effects. There are usually fewer than 100 people in the trial.
- Phase 3 trials compare a promising new treatment to the standard treatment, which is the accepted and commonly used treatment for a condition or a disease. In particular, researchers want to know if the new treatment is better than the standard one. Phase 3 trials may include people from all over the world. The usual number of people in the trial is several hundred to several thousand.
- Phase 4 trials gather more information on possible effects – good and bad – after a new treatment has been approved for use in Canada. There are usually several hundred to several thousand people in this phase.

Breast Cancer Clinical Trials

Prevention, screening and diagnosis trials are important for helping reduce breast cancer risk and early identification. Statistics clearly demonstrate that early identification and treatment of breast cancer greatly increases survivorship.

Treatment trials are aimed at helping those already diagnosed with breast cancer. While some of these trials are targeted at improving treatment for earlier stage cancer, many are aimed at improving and prolonging life for those whose cancer has progressed to Stage IV – metastatic breast cancer (mBC).

Clinical Trials and Metastatic Breast Cancer

In today's world, many treatments have been discovered to treat mBC and it is often referred to as a chronic disease. However, to date, there is no cure. Current treatments are aimed at prolonging and improving life. However, all are expected to fail at some point in the future. That end date varies greatly from person to person, and it is difficult to know how long mBC treatments will remain effective for any individual. For some it might be weeks, while for others, treatment might result in years of extended enjoyable and productive life.

What we do know is that research and clinical trials are working. Twenty years ago, the life expectancy of a person with mBC was 2 years or less. The survival rate for women with mBC in Canada now is approximately 5 years, and some live well beyond that. Sadly however, many do not even reach the 5-year mark. It is only through continued research and development that more effective treatments can and will be developed.

For those with mBC for whom currently approved and available treatment choices are limited or exhausted, clinical trials can provide a hope of extending survivorship. It is through clinical trials that drugs such as Herceptin and Kisqali are now available. Both treatments were approved within the past few years following clinical trials, and both have resulted in a significant increase in life expectancy for many women with mBC.

Determining whether to participate in a drug trial is a very personal decision, and one that must be approved by the researcher leading the trial as a trial candidate must meet all the criteria required to participate in the study. Many trials are not successful. However, whether or not the trial is successful, the information gathered will help in the search for a cure.

Finding a Clinical Trial

Many clinical trials are currently underway or about to start in Canada, the United States and worldwide. Your oncologist is the first source of information regarding Canadian trials. However, your doctor might not be familiar with all the available trials, especially those taking place in another province or country.

The following websites provide tools for finding breast cancer clinical trials in Canada:

- [Home | Canadian Cancer Trials](#)
- [Clinical Trials, Living with Metastatic Breast Cancer – Canadian Breast Cancer Network \(cbcn.ca\)](#)
- [Clinical Trials Ontario \(ctontario.ca\)](#)

Many more trials take place in the US than in Canada, and many of these are open to residents of other countries. It is important to note, however, that while some researchers may cover some or all the costs for participants, participation in US drug trials could incur significant travel, accommodation and out of country healthcare costs. The following websites are excellent sources for finding clinical trials in the United States:

- [Breast Cancer Clinical Trials \(komen.org\)](#)
- [www.breastcancertrials.org](#)
- [www.centerwatch.com/](#)
- [www.cancer.gov/about-cancer/treatment/clinical-trials](#)
- [www.cc.nih.gov/](#)
- [www.clinicaltrials.gov/](#)
- [www.trialjectory.com/](#)

References

Types and phases of clinical trials | Canadian Cancer Society
[Breast Cancer Clinical Trials \(komen.org\)](#)