



Today

SUMMER 2019

VOLUME 25 (2)

Registration is now open for the 26th Annual BCAK “Walk for Awareness” at Lake Ontario Park on Saturday, 21 September, rain or shine!

Walk the 3.4 km round-trip route along Kingston’s scenic waterfront trail from Lake Ontario Park to Portsmouth Olympic Harbour. Everyone is encouraged to come out and enjoy the day, whether you walk half way or go the distance. This is a walk for all ages, so come out and support BCAK.

Activities will include music with a DJ, information and pink item tables (lots of new items have been added to our collection). More activities will be announced closer to the date.

26TH ANNUAL “WALK FOR AWARENESS”

The registration fee is \$40 and will be waived if you collect \$100 in pledges. Children under 12 are free. If you submit your registration before 30 August, a pink BCAK Walk T-shirt will be included in the fee.

Visit our website for the online registration form, where payment may be made using PayPal, or to download the registration/sponsorship form.

Payment may also be made at our office by cash, cheque, credit card, or Interac, or at the park on the day of the walk.

LINDA YOHN is the 2019 Walk Chair



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The information contained in this newsletter is not a replacement for professional medical attention. Breast Cancer Action Kingston (BCAK) strongly encourages each of its readers to talk to a physician or health-care team to make informed medical decisions. BCAK accepts no responsibility for actions taken as a result of information or materials referred to in its newsletter. BCAK is a volunteer organization that lacks the expertise to research questions of a medical or scientific nature. Articles printed express the author’s opinion and do not necessarily reflect the views of BCAK.

Editor: Lesley Browne

14TH ANNUAL “SHARE THE CARE” GOLF TOURNAMENT

June is a wonderful time of the year. The flowers are in bloom, the bees are busy, the grass is at its greenest, the work of the gardeners is done and now it's time to enjoy life.

What better way than to play in BCAA's 14th Annual "Share the Care" Golf Tournament at the Colonnade Golf and Country Club on Friday, 9 August. The shotgun start is at 12:30 p.m. We still have a few spots available but they are disappearing very quickly so you will need to register online or by email as soon as possible. The fee is \$135 per player, which includes 18 holes of golf, with cart, lunch, dinner with live entertainment, auctions, prizes, contests, ice cream cones, wine tasting, and much more!

We also have some sponsorship positions available — hole donors and specialty hole donors at \$300 each, and we have some special opportunities to showcase your company. Call Wendy Barrette on 613-572-5711 to tailor a package to suit your needs.

Don't forget our booze raffle — \$10 per ticket for a 1/300 chance of winning \$600 of premium liquors. Tickets are available from the BCAA office or through the tournament email.



For up-to-date information about the tournament, to register, to see what's new this year, or for a list of this year's donors, check out the website.

We look forward to seeing you on the tee on 9 August!

Tournament website: <https://sharethecaregolf.wixsite.com/bcak>

Tournament email: sharethecaregolf@gmail.com

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WENDY BARRETTE is the Golf Tournament Co-Chair

BCAK CAR RAFFLE 2019

We are very excited to have partnered again this year with Petrie Ford, Bath Road, Kingston.

Here's your chance to win a brand new 2019 Ford Escape, SEL, 4-wheel drive, 2.0 engine, capable of pulling a 3500 lb trailer if you want, rear tailgate touch button closure, along with the winter tire package. All you have to pay when you win is the insurance and licence to be able to drive the car away.

With only 3000 tickets being offered, the chances of winning are greatly increased. The price per ticket is an unbelievable \$25, and **the purchaser must be at least 18 years of age and be living in Ontario at the time of sale. Raffle tickets may not be solicited or accepted from persons located outside Ontario.**

Tickets will be available at the following locations: BCAA office, Petrie Ford, Comtech Fire Credit Union, Kingston Community Credit Union, The National Bank, and Kingston Mortgage Solutions.

Help us make this car raffle a success by purchasing a ticket for yourself. Imagine the excitement if you win! Help BCAA with this fundraiser by sharing the information with your family and friends. Remember, what we raise locally stays local, helping men and women afflicted with breast cancer.

Thank you for your ongoing support.

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CATHY BOYCE is the President of BCAA

THANK YOU

For making BCAA your charity of choice:

Cobs Bread (Ashley Logan) \$2453.15
Haakon Industries (Lynne Frenette) \$100
Ontario Dental Assistants Association \$100
Scrapbooking Club Fundraiser (Eileen van der Zwan) \$136
United Way \$770
Loyalist Golf Ladies Invitational Fundraiser (Norma Ferguson) \$2594.20

For your generous donations:

Alma Penney
Helen Tolles
Janice McAlpine
Julia Baran
Leda Raptis
Lynda Keeler
Mr. and Mrs. Don Heath
Charlene Poynter

In Memoriam:

For Anne Bechley:
Mac & Judy Grant

For Marjorie Bloom:
Barbara Nalon
Elaine Delaney
John Whitmore

For Thelma Dymock:
Mary Cassidy

BCAK OPEN HOUSE

BCAK held an open house on 4 May to raise community awareness for the support services and activities that we offer to those diagnosed with breast cancer.

We had a small turnout of people, who all received information from our members and enjoyed the refreshments that were provided. Some of the visitors became members for 2019 and we look forward to seeing them during the year.

We were given some generous donations of cookies from Bread and Butter Bakery, as well as baking and other snacks from members of the Board, all of which were greatly appreciated.

Many thanks to Kristi and Leda for helping organize the open house, as well as everyone who helped set up and clear away afterwards.

Getting the word out was the goal of this event, and there was some discussion about an open house becoming an annual event.

JOY NIELSEN is a BCAK board member



Top: visitors to the BCAK Open House, chatting with staff;



Below: some of the BCAK merchandise on display.

Photos: Kristi Murphy

SUMMER FITNESS

Summer is a great time for walking, gardening, golfing, and swimming, but a structured fitness class is still a huge benefit for general well-being. The morning fitness classes at BCAK are therefore going strong throughout the summer.

Fitness Classes:

Tuesday mornings: from 10:30 to 11:30 a.m. led by Carole
Thursday mornings: from 10:30 to 11:30 a.m. led by Blair or Michelle

Yoga Classes:

Wednesday mornings: from 10:30 to 11:30 a.m. led by Jackie
New class for the summer only, May through mid-September:
Tuesday evenings, from 6:00 to 7:00 p.m., led by Shamsham.

QiGong Classes:

Thursday afternoons: from 12:30 to 1:15 p.m. led by Darlene
These classes will take a break in July and August and resume in September.

All paid up members of BCAK are welcome to drop in and try out a class. For additional information, or if you are new to fitness, contact the BCAK office, or call/text fitness coordinator, Willie Kyer, at 343-333-1685 to make sure the class is on schedule.

WILLIE KYER is BCAK's Fitness Coordinator

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CHESTMATES

Chestmates Dragon Boat Team's 2019 paddling season has begun. As always, special thanks go to BCAA for supporting us. A shout out to Collins Bay Marina and Henry of DC Marine for making our boat launch on 6 May a success.

Despite the cold and wet weather we have had several practices, and a very successful boot camp which took place on 11 May.

We are extremely excited to welcome nine new paddlers to our boat this year, giving us 25 active paddlers. It is so nice to see our boat full again and we look forward to another fun season of laughs, hard work, and comraderie.

Our first festival is in Port Perry on 15 June where we expect to show off our flashy new racing shirts and our Instinct

paddling stroke that we are striving to achieve after our boot camp instruction.

The next festivals are Trenton on 20 July, Wellington on 10 August, and Stratford on 14 September.

We had a very successful Domino Theatre fundraiser on 1 May, raising \$1,993.41 for our Dragon Boat Team. Many thanks to everyone for making this happen. Our next Domino Production fundraiser will be at a matinee performance of "The Christmas Carol" on 7 December at 2:30 p.m.

Paddles Up!

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LORI COX and LINDA JACKSON are the Chestmates Co-Captains



Photo: Janet Barr

DANGERS OF BREAST IMPLANTS

Most of us survivors know the story: surgery, radiation, chemotherapy, hormonal therapy, or any combination of the above. However, after the dust settles, you may want to put your life back together again and try to reconstruct what was cut away from you.

There are several types of reconstruction. In some cases tissue is taken from other parts of the body to form a breast. It is a long surgery of seven hours or more. But in other cases implants of saline or silicone are used. Smooth silicone implants run the risk of capsular contracture, a condition in which the tissue surrounding the implant(s) hardens.

A newer kind, the textured implants, can reduce the risk of capsular contracture, but it seems they bear a new danger in its place.

The U.S. Food and Drug Administration recently announced that it has received 359

reports of Breast Implant-Associated Anaplastic Large Cell Lymphoma, or BIA-ALCL, a rare form of non-Hodgkin's lymphoma, as well as a range of other autoimmune-like symptoms including cognitive issues, fatigue and muscle pain. Nine of these women died from BIA-ALCL. The vast majority of cases had textured surfaces as opposed to smooth. Many patients have filed lawsuits.

Like many other cancers, it can take up to ten years for BIA-ALCL to develop, which helps explain why it took several years for the FDA to go from a potential link to an established one.

Symptoms of BIA-ALCL may include a breast lump or lumps, pain, swelling, fluid build-up, hardening of or mass around the implants.

Health Canada is about to ban textured breast implants made by Allergan, under the

name Biocell, after an investigation by the Toronto Star, CBC News and Radio-Canada.

For the thousands of women having the implants, Health Canada recommends: "Speak with your surgeon about which type of breast implant you received. Conduct regular breast self-examinations and see your doctor for periodic follow-ups. If you experience unusual changes to your breasts, including breast pain, sudden swelling or a lump, consult your doctor."

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LEDA RAPTIS is the Director of BCAA's Education Committee, and Professor, Department of Biomedical and Molecular Sciences, Queen's University

SUPPORT

NEW SUPPORT GROUP FOR YOUNGER WOMEN

As many of you know, life doesn't always go according to plan. Being diagnosed with breast cancer is most definitely **NOT** in the plan.

Treatments and surgeries can feel overwhelming until we have a plan. And what we don't plan for is the anxious feelings we have when all the treatments and appointments are over.

It can be comforting to spend time with others who have gone through some of the same things you are going through. This support group of young breast cancer survivors will offer encouragement and sharing of ideas — all from their unique perspectives as people who have been there.

Breast cancer diagnosis can be difficult, and coping during and after can be stressful. It can help to talk to others who have gone through it and find compassionate support.

This is a support group open to young women diagnosed with breast cancer. Meetings are held on the last Monday of the month at the BCAF office from 6:00–8:00 p.m. Child care is available as well as transportation upon request.

It is our hope that this support group will give the opportunity for young women to connect and share their experiences with others. It is our hope that these women will learn better coping strategies and feel that they are a part of a larger and supportive community.

I am lucky enough to be able to help facilitate this support group along with Karen Craig to help other young women become stronger and more resilient. Because rebuilding our lives is most definitely **IN** our plans.

Liz ADAMSON is a Facilitator for the Support Group for Younger Women

Facilitators for the Support Groups are:

Barb O'Neill; Carolyn Barnett; Joy Nielsen; Judy Hudson; Karen Craig; Liz Adamson; Sylvia Porter.

Leda Raptis is the facilitator for information on Lymphedema. Breast cancer patients do not need to be a member of BCAF to attend a group.

SUPPORT GROUP

BCAF offers a safe place for people affected by breast cancer to share their experiences and emotions with others in similar situations in a relaxed and confidential setting.

The meetings are held on the second Monday of the month from 5:30–7:00 p.m. at the BCAF office and are led by trained facilitators who have experienced breast cancer themselves.

A volunteer facilitator is always available to address any immediate concerns by phoning 613-531-7912, Tuesday to Friday from noon to 4:00 pm.

A warm welcome to everyone!

SYLVIA PORTER is a Support Group Facilitator and the Coordinator

NANNY ANGEL NETWORK

The Nanny Angel Network (NAN) of Toronto recently received a sizeable financial commitment from Britton Smith of Homestead Land Holdings here in Kingston for the purpose of expanding the NAN to our community. At present, NAN is only available in the Toronto area.

The aim is to provide free, specialized relief child care for moms with cancer while they are undergoing treatment. Caring volunteers provide four hours a week of their time so mothers can rest, attend appointments, or simply have a few hours of time to themselves. Moms know their children are in safe hands receiving compassionate support, thus allowing them to focus on their own well-being.

The operation is currently being set-up in Kingston. Volunteers will be recruited shortly and will receive specialized training. NAN of Kingston hopes to open its doors in the fall. This will be a much-needed service for those going through their cancer journeys, especially, from our perspective, for some of the mothers attending our support group for younger women.

SUE DAVIES and KAREN CRAIG. Sue is a BCAF Board Member, and Karen is a Support Group Facilitator.

INSPIRATIONAL CORNER

WOMEN WALK ON

Women walk on — for those who have been safe and free from the possibility. They have no history, no scars, no “what ifs”.

Women walk on — for those who are yet to come and have only become aware. They see the road as a daunting task, seeming without end. Where life can be taken from them because cancer doesn’t care.

Women walk on — for those who have gone before and came out on the other side. They are strong and determined to live a full life, seizing every moment that is given and deciding not to hide.

Women walk on — for those who will fight the cruel invasion of body and soul. They are weak at times but fight to regain their strength. Working towards remission – that ultimate goal.

Women walk on — for those who have lost their battle but their spirit still remains. They taught courage, fortitude and determination despite setbacks. They carry us onward, their time has not been in vain.

Women walk on — so as not to lose hope, never to forget to cherish each day without any regrets. To abolish this killer on a race for the cure. We must endure to ensure ...

WOMEN WALK ON!

.....
KAREN JONES, 2005

RECIPE

CREAMY AVOCADO PASTA SALAD WITH ROASTED VEGETABLES

Prep Time 15 minutes. Cook Time 30 minutes. Total Time 45 minutes.
Serves 4-6.

Ingredients

3 cups of mixed sliced vegetables that will hold their shape when roasted, such as:
zucchini, yellow squash, bell pepper, red onion, mushrooms, eggplant, broccoli
1 cup cherry tomatoes halved
2 tablespoons olive oil
2 teaspoons kosher salt
2 teaspoons freshly ground black pepper
1 package (450 gm) short pasta, such as fusili
1 avocado
1 cup almond milk
1 small jar (218 gm) pesto
1/2 lemon, juiced
1/2 cup halved and pitted Kalamata olives
1/4 cup grated Parmesan cheese
1/4 cup toasted pine nuts, pistachios, or sliced almonds
Basil leaves

Instructions

1. Preheat the oven to 425° F and line a baking sheet with aluminum foil. Toss the sliced veggies and tomatoes with olive oil and 1 teaspoon of kosher salt and freshly ground black pepper. Roast for 10–15 minutes or until the veggies soften and start to caramelize. Set aside to cool.
2. Meanwhile, cook the pasta in salted water according to package directions, drain, rinse, and cool.
3. Scoop the avocado flesh into a blender and pulse a few times. Add the almond milk, pesto, lemon juice, and the remaining teaspoon of kosher salt and pepper. Blend on high until light and frothy. Add more almond milk if needed to create a lush sauce.
4. Add the cooked pasta to a large bowl with the roasted veggies and the kalamata olives. Drizzle with the avocado sauce and toss to coat. Taste and adjust the seasoning, garnish with the Parmesan cheese, nuts, and basil leaves if desired. Serve at room temperature or chilled. Will keep in the fridge for 1–2 days.

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Recipe adapted from www.foodiecrush.com

CFKA GRANT AWARDED TO BCAA



Award recipients and members of the Community Foundation of Kingston and Area, 23 May 2019. Photo: Garrett Elliott Photography

For most of us experiencing breast cancer, the story is shared. The lump, then surgery, chemotherapy, irradiation, hormonal therapy, depending on the case. When all treatments are finished you may think that's it. But no! In about half the cases, lymphedema, a swelling of the arm and hand, sets in. This is because lymph nodes may have been removed because they might harbour cancer cells. The lymph then has nowhere to go so it pools in the arm. The biggest problem is that there is no immunity in the arm, and you are extremely sensitive to infections. A tiny scrape can cause an infection that, if left untreated, may become life-threatening.

Treatment for lymphedema is compression, along with special, custom-made sleeves and gloves, exercise, and massage. All this costs money. The Ontario Government Assistive Devices Program (ADP) covers 75% of the cost of sleeves and gloves, but the patient portion comes to over \$1,000 a year. This is in addition to the special massage (at \$90 per hour) and exercises, and the expense comes at a time when you have the cancer to fight.

This is where the Community Foundation of Kingston and Area (CFKA) comes in. CFKA is funding programs designed to help improve the Kingston community. BCAA applied for a grant last February and in May we were overjoyed to hear that the grant was approved! We received \$14,770 — enough to give financial support to a good number of sufferers who cannot afford it. We also received special prices for swimming passes at the Queen's swimming pool at the ARC and at the RMC pool. As there is no lymphedema expert in Kingston, we will be inviting Dr. Anna

Towers from McGill to give a talk and advice on how to fight this condition. Time and date to be announced later.

We are grateful to the Community Foundation and also the Tragically Hip Community Fund and the Smart and Caring Community Fund for making all this possible. Special thanks are due to Penny Scott for the help she gave us in putting the application together. We hope that lymphedema, which generally lasts a lifetime once it starts, will be brought under control and people will be able to lead happy and productive lives once again.

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LEDA RAPTIS is BCAA's Grant Coordinator



Bea (Bea) Faraklas
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Calendar

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Kingston, ON, K7M 8N7
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Fax: 613 531 9675
E-mail: admin@bcakingston.ca
www.bcakingston.ca
Charitable number:
89056 7241 RR0001

ALL FITNESS CLASSES ARE FOR SURVIVORS

EXERCISE CLASSES

Until mid-September:

Tuesdays 10:30–11:30 a.m.

Thursdays 10:30–11:30 a.m.

YOGA CLASSES

Tuesdays 6:00–7:00 p.m. until mid-Sept.

Wednesdays 10:30–11:30 a.m.

QI GONG CLASSES

Thursdays 12:30–1:15 p.m. until end of June.

Will resume in September.

SUPPORT GROUP

8 July, 12 August, 9 September

5:30–7:00 p.m. at the BCAF office.

SUPPORT GROUP FOR YOUNGER WOMEN

29 July, 26 August, 30 September

6:00–8:00 p.m. at the BCAF office.

LYMPHEDEMA SUPPORT

One-on-one support always available.

Please contact the office to arrange for a facilitator to contact you.

SCRAPBOOKING CLUB

First Tuesday of the month

12:30–4:00 p.m. at the BCAF office.

BCAK GOLF TOURNAMENT

Friday 9 August

See information on page 2.

BCAK WALK FOR AWARENESS

Saturday 21 September

See information on front page.

Breast Cancer Action Kingston
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