



Members of BCAA accepting a cheque for \$20,000 from 100+ Women Who Care

Photo: Kristi Murphy

INSIDE

Annual General Meeting	2	Do I Have Breast Cancer?	4/5
Board of Directors 2018–19	2	Thank You	6
Our Newsletter	2	In Memoriam	6
Chestmates	2	Recipe: Beet Salad	7
Fitness Classes	3	2018 BCAA Car Raffle	7
14th Annual “Share the Care” Golf Tournament	3		

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. BCAA accepts no responsibility for actions taken as a result of information or materials referred to in its newsletter. BCAA 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 BCAA.

Editor: Lesley Browne

ANNUAL GENERAL MEETING 2018

The 2018 Annual General Meeting of Breast Cancer Action Kingston took place on Wednesday 24 October at Edith Rankin Church. There was a good turnout of over 40 people. Wendy Barrette and Linda Yohn gave a short talk on the formation of a Fundraising Committee and asked for volunteers and ideas.

The two guest speakers were Deanna Roberts, Wellness Consultant and Reiki Practitioner, and Dr. Marian Luctkar-Flude, Assistant Professor, Queen's University. Deanna gave a talk on nutrition for inflammation reduction which was well received. Marian, along with two 4th year nursing students, launched the Breast Cancer Recovery Tools app for breast cancer patients. Many members were able to download the app with the help of the two students.

After refreshments, the annual business of BCAA was conducted when reports were presented and the Board of Directors was voted in for the coming year. We welcomed four new members: Helen Tolles, Janet Grace, Joy Nielsen, and Natalie Ponte. Three Board members resigned since our last AGM: Vinay Singh, Elizabeth Johnston, and Cindy Landon. Thank you cards and gifts will be sent to them as they did not attend. Election of the new Board took place right after the AGM.

.....
Lynne Funnell is BCAA's Vice-President



CHESTMATES

It is that time of year when we are starting to plan for another new and exciting dragon boat season both on and off the water. We are thrilled to be welcoming some newbies this year and I believe we have four confirmed and two possibilities.

Our first team meeting was cancelled due to stormy weather, but we have since had a meeting and chosen four festivals in which to compete. They are Port Perry on 15 June, Trenton on 20 July, Wellington on 10 August, and Stratford on 14 September. We have also been able to book Scott Murray for 11 May to come and do dry and on-water training again.

We will be focusing on community awareness and recruitment as we are still in need of more paddlers, a steersperson, and a coach.

We have one fundraising event booked for 1 May at the Domino Theatre. The production that night is "An Ideal Husband" by Oscar Wilde. Tickets are now on sale, please call the BCAA office for information.

Most importantly, a huge thank you goes to BCAA for its continued support of our program and for its kind support of us and our community through all the services it graciously provides.

Paddles Up!

.....
Lori Cox and Linda Jackson are
Chestmates' Co-Captains

BOARD OF DIRECTORS 2018-19

President: Cathy Boyce
Vice-President: Lynne Funnell
Secretary: Joan Cristoveanu
Treasurer: Marilyn Martin
Bea Faraklas
Helen Tolles
Iris Little
Janet Grace
Joy Nielsen
Kristi Murphy
Leda Raptis
Natalie Ponte
Susan Davies
Willie Kyer

OUR NEWSLETTER

Breast Cancer Action Kingston began in 1993 and started out as a branch of Breast Cancer Ottawa. The first newsletter consisted of just two pages published in-house in the autumn of 1994, announcing the purpose of the organization, what help was needed, and an account of the first Walk for Awareness held in May of that year. Initially four issues were published annually, later reduced to three which are currently printed as an eight-page booklet off-site at Allan Graphics.

There have been several changes to the number of pages and appearance of our newsletter over the years, along with the use of different logos corresponding to changes in our main logo. We hope you like the latest look and layout launched with this issue, which was designed to accommodate our recently revamped logo.

Lesley Browne has been tirelessly putting together our newsletters in readiness for printing since 2006, and I would like to take this opportunity to thank her once again for her continued dedication to BCAA which is very much appreciated.

.....
Sue Davies is BCAA's Newsletter Liaison

FITNESS CLASSES

Breast cancer survivors need to work on fitness after treatments. Some treatments can be hard on the heart so it is very important to get out and move, whether for brisk walks or to attend our fun fitness classes to build a stronger heart. By joining the BCAF classes, participants not only benefit from fitness but also from the camaraderie and support of fellow breast cancer survivors. Even if you are fatigued, exercise will increase your energy level and wellbeing.

Classes are held in our all-purpose room at 650 Dalton Avenue. If you are new to BCAF and/or to our fitness classes please contact the office before attending, as a signed waiver and current BCAF membership will be required.

Exercise classes are designed to improve cardio health, strength, balance, and flexibility. Equipment is supplied, including mats, but feel free to bring your own yoga mat if you wish.

Tuesdays from 10:30–11:30 a.m. and 5:30–6:30 p.m., and Thursdays from 10:30–11:30 a.m.

Yoga classes are gentle and restorative, yet build flexibility and strength. Good for everyone. Mats are provided.

Wednesdays from 10:30–11:30 a.m. and Thursdays from 6:00–7:00 p.m.

Please note that the Thursday classes do not run between the end of April and mid-September.

Lymphatic Yoga is led by Janet Barr twice during the year for a six to eight week session. Participants are led through self-massaging and gentle poses that enhance the movement of lymph fluids through the lymphatic system. A yoga mat is required and participants will be moving from floor to standing for various poses, with the option of doing some of the moves while seated in a chair.

Mondays from 10:30–11:30 a.m. The spring session runs for eight weeks from 4 March to 29 April with the exception of Easter Monday, 22 April.

Qi Gong classes are under the direction of Darlene Evans who leads the class through the various movements in proper sequence.

For those who are more familiar with Tai Chi, this discipline is gentler and easier to learn. The movements enhance mobility, balance, and the natural flow of bodily fluids to leave one with a good feeling of wellbeing. No equipment or special clothing is needed.

Thursdays from 12:30–1:15 p.m.

Scrapbooking Club

Participants get together to work on making cards and/or creating page layouts. We bring our own projects to work on including supplies. The purpose of the club is to learn from each other and share our expertise and tools. The club meets in our all-purpose room on the first Tuesday of the month from 12:30–4:00 p.m. If you are interested in this group, please call or email the BCAF office and your contact information will be passed on to the coordinator, Janet Innis.

.....
Willie Kyer is BCAF's Fitness Coordinator

14TH ANNUAL "SHARE THE CARE" GOLF TOURNAMENT

Mark Friday, 9 August 2019 on your calendar as that is the day BCAF supporters will spend time at Colonnade Golf & Country Club enjoying a great afternoon of camaraderie and golf.

This year's event planning is well underway. The brochures are printed, the donors are being solicited and the committee members have their heads together to come up with some unique and exciting ways to make the day a huge success. We would love to have your support.

Check out the BCAF website to see how we have grouped our support levels to make it easy for you to become an ace,



birdie or eagle donor. Plan to golf in the event and, no, you don't have to be a good golfer. This event is a fundraiser, not a PGA tournament — we aim to have fun all day!

We will give you lunch and dinner, and make sure refreshments are available all afternoon. You will get a token of our

appreciation for your support at registration and we will have lots of little contests on the course to keep you entertained while you golf.

At the end of the day, after a hearty roast beef or chicken dinner, there will be lots of silent auction and ticket box items up for grabs. Bring your enthusiasm and your cheque book to help ensure the success of the 14th Annual "Share the Care" Golf Tournament. We look forward to seeing you there.

.....
Wendy Barrette & Janet Grace are BCAF's Golf Committee Co-Chairs

DO I HAVE BREAST CANCER?

CANADIAN TASK FORCE ON PREVENTIVE HEALTH CARE

Breast cancer incidence, i.e. the chance of getting breast cancer, has increased enormously since the war, from 1 in 50 back in the early 1950s to 1 in 7–8 now (StatsCanada). It is true that we now live much longer after diagnosis because of tremendous advances in molecular biology, and from newer radiological aspects. Still, because of the seven-fold increase in incidence, the chances of dying from breast cancer today are roughly the same as back in the early '50s – a time when even the double-helix of DNA was not known.

The key to survival is early detection. There has been substantial progress on that front in recent years, with mammograms, ultrasound imaging, and MRI, as well as our trained fingers. Therefore, the guidelines that came out in December 2018 from the Canadian Task Force on Preventive Health Care, advising family doctors to forgo all these for a big swath of women (40–49 years old), came as somewhat of a surprise.

The Canadian Task Force on Preventive Health Care was established to develop

clinical practice guidelines that support family doctors in delivering preventive health care. These guidelines are used by 36,000 family doctors in their interactions with nine million women, aged 40–74, of average breast cancer risk.

According to its website, the Task Force consists of 14 members: seven family doctors, one occupational therapist, one chiropractor, one nephrologist/health economist, one epidemiologist, one emergency doctor, one pediatrician/epidemiologist, and the chair, who is a psychologist. One would think that, since the committee is charged to decide on policy on breast imaging, it should consist, at least in part, of imaging experts, but there is not a single radiologist on the team.

The Task Force released a report in 2011 and the update last December. This time the report advises doctors to decide, “together with the woman”, whether to have a mammogram or not. However, nobody wants to risk death. In order to decide, a woman needs accurate

information first and foremost, and this is totally lacking.

Apparently, the Task Force ignored current evidence, which shows that women having mammograms are 44% less likely to die from breast cancer. They ignored the benefits of avoiding the misery of surgery, chemotherapy, and lymphedema.

The report advises no screening for women 40–49 years old, although one sixth of breast cancer deaths and 24% of the years of life lost to breast cancer are in women diagnosed in their 40s. As a result, up to 4,000 Canadian women may die unnecessarily over the next decade if this recommendation is followed.

One reason offered in the report is that not much information can be gained from a mammogram. However, according to the 130 breast cancer experts who signed a letter protesting the report, including Dr. Martin Yaffe (who is the Chief Scientific Officer, Centre for Imaging Technology Commercialization; Co-Program Director, Imaging Technology Program, Ontario Institute for Cancer Research; and Senior

Scientist, Imaging Research, Sunnybrook Health Sciences Centre), the Task Force relied heavily on old data, from studies 25–50 years old, which were based on equipment that is now obsolete. Since then, there have been significant improvements to digital mammography across Canada, so that far better results can be obtained.

Other reasons offered are the potential for false positives, and to “avoid anxiety”. Well, burying your head in the sand works better, ask any ostrich. Not knowing provokes the worst anxiety, and for a good reason.

Interestingly, the report also advises against self-examination. I fail to understand where the harm lies in simply trying to feel a lump. The Canadian Cancer Society advocates to “know your body”. How can you do that if you don’t even try to feel?

To top it all off, the guidelines ignore the risks of breast density, which have been known for 40 years. Having dense breasts increases the risk of developing breast cancer and the risk that cancer will be missed on a mammogram. The guidelines advise against ultrasounds or MRIs, although these are a good way to detect cancer early in the 40% of women with high breast density.

Of course, the Task Force would be tasked to find ways to contain costs. However, a cancer diagnosed after it has spread is far more expensive to treat, therefore, more money is spent, not less.

I have to add a personal story: We lost a friend to breast cancer a few years ago. She

was an athlete and a beautiful soul. Her family doctor told her twice that her lump was nothing. She was diagnosed a short time after this and died two years later. We are left to wonder if he had just been following these guidelines.

In short, get your annual mammogram starting at 40 and keep doing self-exams every month. There is a guide on our website under resources>self education>breast self examination, on how to do it right. If you feel any change, ask for a mammogram, keeping this report in mind. If your breasts are dense, ask for an ultrasound or MRI. This is the advice that the breast cancer experts are giving.

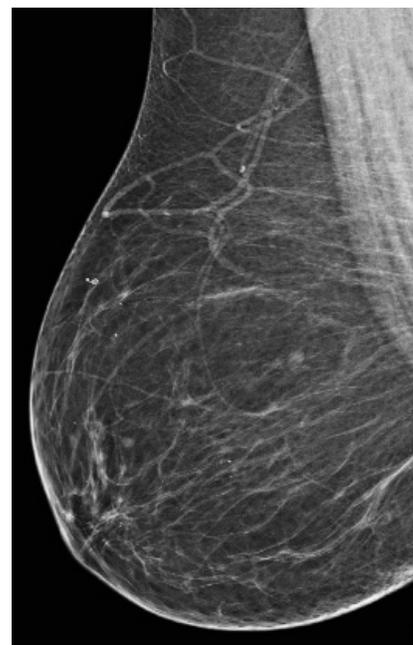
BCAK has always advocated for breast self-examination. We give out models of a breast with simulated cancer lumps for free to health practitioners for training and demonstration purposes.

For more information please see our website under resources>self education>do I have breast cancer?

.....
Leda Raptis is the Director of BCAK’s Education Committee, and Professor, Department of Biomedical and Molecular Sciences, Queen’s University



Dense breast — showing how hard it is to identify a tumour on a mammogram



Fatty breast — showing how much easier it is to identify a tumour on a mammogram

Bea's **mastectomy boutique**

Beata (Bea) Faraklas
 Owner / Professional Fitter

1334 Princess Street
 Kingston, On K7M 3E2

TEL: 613.547.3262
 FAX: 613.536.0182
 TOLL FREE: 1.888.331.9928
 E-MAIL: bea@aha-studio.com
 WEB: www.aha-studio.com

prosthesis • bras • swim wear • etc.

hairstyling • hair replacement • wigs

Beata (Bea) Faraklas
 Owner / Hair Specialist

1334 Princess Street
 Kingston, Ontario
 K7M 3E2

TEL: 613.536.0180
 FAX: 613.536.0182
 TOLL FREE: 1.888.331.9928
 E-MAIL: bea@aha-studio.com
 WEB: www.aha-studio.com

all hair Alternatives

THANK YOU

FOR MAKING BCAF YOUR CHARITY OF CHOICE:

100+ Women Who Care (a one-time very generous donation) — \$20,000.00
Bowling for Boobies (Tanya Peeters in memory of Jeff Howes) — \$2500.00
Community Spirit Entertainment (Kingston Voyageurs) — \$380.00
Dr. Samuel Robinson Charitable Foundation — \$300.00
Home Sense Donation (Betty Rushton) — \$93.25
Kingsdale Chateau (Nancy Pike) — \$770.80
Napanee District Rod & Gun Club Ladies Day (Mike & Cheryl Atkinson) — \$1000.00
Pay Pal Giving Fund Canada — \$355.00 (Fundraiser Sylvia Treadgold)
Perfetta Spa Skin Therapy — \$675.00
Recycling Fundraiser for Chestmates (Iris Little) — \$1000.00
Scrapbooking Fundraiser — \$103.25
Shoot for the Cure (Queen's Basketball) — \$274.25
Uncle Big Chris Hockey Tournament — \$3015.50
West Corporation Wellness Committee Fundraisers — \$260.00
Spearhead Fundraiser:
Aaron Dingman: donation towards event — \$50.00
Broken Chart Records (Michael George) — \$500.00 (Music)
D.J. Cook Medicine Professional — \$250.00 (Food Truck)

FOR YOUR GENEROUS DONATIONS:

Agnes Ritchie	Liz Latourell
Alexis Girling	Lori Streefkerk
Allen W. MacLeod Inheritance	Lynda Keeler
Anne Tolley	Mark Firth
Avril Morris	Michelle Method
Barry & Donna Riddell	My Tribute Gift
Benevity Community Impact Fund	OPSEU Local 444
Berta Pranger	Renata Vorano (for Chestmates)
Bethann Meunier	
Dianne Sykes	IN HONOUR OF WILLIE KYER:
Doreen McDonald	Greta Hofstra
Ellen Courtright (for Chestmates)	Irene Hilderbrink
Gail Portt	
Geneve Maurice	
Joan Cristoveanu	
Kathie Thomas	

IN MEMORIAM:

FOR DOUG LAKE:

Eileen Manson
Greg Belyea & Family
Hilda Lake
Jim Cotter
Ruth Belyea
Shirley Buell
Timothy Hillen

FOR JEFF HOWES:

Bruce Rowsome
Mike Deveau
Tanya Peeters

FOR MARILYN MCCALLUM:

David & Janet Burt
Dwight & June Pero
IBEW Local 115 (local union fund)
Lois Eves
Robert & Marcia McGregor
Wayne & Pamela Truesdell

FOR ANDY SMIRNIOS:

Bev Martin

FOR GEORGINA LANGILLE:

Bev Martin

FOR JULIE RAWDING:

Brynn Potter

FOR LINDA MENYES:

Sandra Buckingham

FOR LINDA REID:

Janet Dillon

FOR MARILYN JACKSON:

Pat Turner

BEET SALAD WITH QUINOA AND SPINACH

Spring is finally within sight, and what better way to celebrate its arrival than with a colourful salad made from seasonal ingredients.

Break away from the stodgy winter comfort foods and enjoy the fresh tastes of superfoods like beets, carrots, edamame, spinach, and avocado, with a tangy vinaigrette.

This recipe will serve four as a side salad, or two as a main course. Quinoa is a complete protein, and the dish also contains five of your five-a-day veggies. It's a winning combination!

.....
Recipe adapted from Kathryne Taylor's vegetarian blog, "Cookie + Kate" (<https://cookieandkate.com>)

1. To cook the quinoa: first, rinse the quinoa in a fine-mesh colander under running water for a minute or two. In a medium-sized pot, combine the rinsed quinoa and 1 cup water. Bring the mixture to a gentle boil, then reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let it rest, covered, for 5 minutes. Uncover the pot, drain off any excess water and fluff the quinoa with a fork. Set it aside to cool.
2. To cook the edamame: bring a pot of water to boil, then add the frozen edamame and cook just until the beans are warmed through, about 5 minutes. Drain and set aside.
3. To toast the almonds or pepitas: in a small skillet over medium heat, toast the almonds or pepitas, stirring frequently, until they are fragrant and starting to turn golden on the edges, about 5 minutes. Transfer to a large serving bowl to cool.
4. To prepare the vegetables: grate the beet and carrot on the large holes of a box grater. Cube the avocado. Roughly chop or tear the spinach or arugula.
5. To prepare the vinaigrette: whisk together all the ingredients until emulsified.
6. To assemble the salad: in a large serving bowl, combine the toasted almonds/pepitas, cooked edamame, prepared beet and carrot, roughly chopped spinach/arugula, cubed avocado and cooked quinoa. Finally, drizzle dressing over the mixture (you might not need all of it) and gently toss to combine. You'll end up with a pink salad if you toss it really well! Season to taste with salt (up to an additional ¼ teaspoon) and black pepper. Serve and enjoy.

Salad

- ½ cup uncooked red quinoa, rinsed
- 1 cup frozen edamame
- ½ cup slivered almonds or pepitas (green pumpkin seeds)
- 1 medium raw beet, peeled
- 1 medium-to-large carrot, peeled
- 2 cups packed baby spinach or arugula, roughly chopped
- 1 avocado, cubed

Vinaigrette

- 3 tablespoons apple cider vinegar
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh mint or cilantro
- 2 tablespoons honey or maple syrup
- ½ to 1 teaspoon Dijon mustard, to taste
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

2018 BCAA CAR RAFFLE



Raffle winner Lynda Hoyle-Beehler checking out the Ford Mustang

We collaborated with Petrie Ford again last year to raffle a 2018 red Ford Mustang. The event culminated on 27 October with MPP Ian Arthur drawing the winning ticket, #0967. This was held by Lynda Hoyle-Beehler who opted to take the \$25,000 cash in lieu of the car.

I am pleased to report that BCAA raised over \$17,000 from the raffle after expenses. We would like to thank all those people who purchased tickets, sold tickets or supported us in other ways. A special thank you to Petrie Ford and their marketing manager, Patrick Nolan, for their large contribution to the success of the raffle.

We are planning to conduct another raffle for 2019 and details will be released soon. We are also seeking volunteers for the 2019 car raffle committee.



Lynda and her husband with Mary Cassidy (seated), who sold the winning ticket.

.....
Lynne Funnell is BCAA's Vice-President

Calendar

110 - 650 Dalton Avenue
Kingston, ON, K7M 8N7
Tel: 613 531 7912
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

Tuesdays 10:30–11:30 a.m./5:30–6:30 p.m.
Thursdays 10:30–11:30 a.m.

YOGA CLASSES

Wednesdays 10:30–11:30 a.m.
Thursdays 6:00–7:00 p.m.

LYMPHATIC YOGA CLASSES

Mondays 10:30–11:30 a.m.
(4 March to 29 April, excl. 22 April).

QI GONG CLASSES

Thursdays 12:30–1:15 p.m.

REGULAR SUPPORT GROUP

8 April, 13 May, 10 June, 8 July,
5:30–7:00 p.m. at the BCAF office.

SUPPORT GROUP FOR YOUNGER WOMEN

1 April, 6 May, 3 June, July TBA,
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 OPEN HOUSE

Saturday 4 May
Details to be announced.

BCAK GOLF TOURNAMENT

Friday 9 August
See information on page 3.

Breast Cancer Action Kingston
110-650 Dalton Avenue
Kingston, ON
K7M 8N7