

TODAY



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11TH SHARE THE CARE GOLF TOURNAMENT



Another successful golf fundraiser raised close to \$25,000.00 net and still counting, for a total since 2006 of just over \$200,000.

A wonderful day was experienced by a full field of golfers for this year's BCAK tournament. The week prior to "Golf Day" saw a buzzing hive of volunteers, under the direction of Sarah Emery, sorting and recording the auction bid sheets and boxing and tagging the office supplies, tables, and tents all in readiness for this year's tournament.

Early Friday morning, with Lynne Funnell leading her team of volunteers, the "Pink Trailer" was loaded for the trip to Colonnade Golf and Country Club. Once at the club, volunteers were busy setting up the various areas. In the ballroom, auction and lunch tables were set up and the dinner tables were draped with pink cloths and floral arrangements. In the foyer, tables for registration, mulligans, booze chest and 50/50 tickets, and in the snack bar were tables for the pink boutique, volunteer check-in and "I'm golfing for ..." sales.

And then the golfers arrived. They registered and purchased their mulligans and 50/50 tickets, along with their raffle tickets. They received their lunch, Tana's chicken caesar wraps, and then headed to their carts to decorate and prepare for an afternoon on the course. It was a very hot day, so during the welcome by Alison, Sarah, and Richard all golfers were

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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.

Editor: Lesley Browne

reminded to hydrate at the various water stations located around the course.

New this year was the pink ball contest, to honour Linda Reid, and the poker hand contest. From all comments, these were well received. There were four hole-in-ones to challenge the golfers with prizes of a car from Subaru, tires from DPD Auto and money prizes of \$5,000 and \$10,000 from Investors Group and Gordon F. Tompkins Funeral Home respectively. Back this year was the Investors' chipping of marshmallows and Tompkins' Pelee Island Wine Tasting.

The horn sounded, the carts headed for their starting holes and the fun began. A special treat this year was Rick Frasso's (Response I.T.) guest, Ashley LeTourneau of Diamond Fitness MMA, Napanee. Ashley was there to "Fight Breast Cancer" by putting on a pair of boxing gloves for a photo op with her. From all the laughter, giggles, shouts, and screams, the teams enjoyed themselves out on the course. In true BCAA tradition there were many decorated carts and golfers decked out in outfits as once again the Colonnade was painted pink. It was wonderful to see!

The Colonnade ballroom was also awash in pink as the golfers and dinner guests arrived for dinner to the musical renditions of David Ahara, our entertainer for the evening. The ticket box, silent and live auction items were in readiness and after a delicious dinner the evening festivities began.



At 8:00 p.m. the booze chest raffle ticket was drawn and the winner was Marian Myers with lucky ticket number 54. The 50/50 draw was won by Joanne Zubycyk.

The other winners of the 11th Share the Care Golf Tournament were:

Men's Team: Terry Devlin, Marc Giguère and Ted Bass, with a score of -11.

Women's Team: Sharon Esford, Sandra Esford, Kaitlyn Esford and Paige Bedoe, with a score of -4.

Mixed Team: Sly Ouellett, Lori Burns, Lynne Easter and Hugh Dillon, with a score of -2.

Women's Closest to the Pin: Cathy McNutt and Michelle Cloutier-Hunt

Men's Closest to the Pin: Simon Froqqatt and Paul McDonald

Women's Longest Drive: Paige Bedoe and Kaitlyn Esford

Men's Longest Drive: Pat Nalon and Barratt Potter

Closest to the Dragon: Joe Mangan

Best Dressed Team: Sly Ouellett, Lori Burns, Lynne Easter and Hugh Dillon

Best Dressed Cart: Bathing Boobies

Putting Contest: Lorraine Woodcock

Pink Ball Contest: Seven teams returned with their pink ball and, by drawing a numbered pink ball, the winning team was Nancy Pepin, Paula Bishop-Lansdown, Susan Leeder and Lisa Edwards.

A Special Thank You to our Hole and other Donors:

Golf Ball Donor: Gordon F. Tompkins Funeral Homes; Township and Central Chapels

Lunch Donor: All Hair Alternatives and Bea's Mastectomy Boutique—Bea Faraklas

Dinner Donor: TV Cogeco

Hole-in-One Donors: Subaru Kingston—David Tidman, DPD Auto Centre Inc.—Dave Watson, Investors Group—Lee Christy, Gordon F. Tompkins Funeral Homes, Township and Central Chapels—Luke McEachnie

Longest Drive—Women: Dr. Susan Irving and Sheila Menard

Longest Drive—Women: Sarah Emery, Physiotherapist

Longest Drive—Men: TV Cogeco—Scott Meyers

Longest Drive—Men: Assante Wealth Management—Duncan Present

Closest to the Pin—Women: TD Financial

Closest to the Pin—Women: TD Commercial

Closest to the Pin—Men: Knights of Columbus—Council 12309

Closest to the Pin—Men: United Brotherhood of Carpenters & Joiners of America—Local 249

Closest to the Dragon: Chestmates Dragon Boat Team

Putting Contest: Reddendale Bridge Club in support of Fran McLean

Hole Donors:

ADT Security Canada; Chestmates Dragon Boat Team; Kingston Injury Management Centre; Knights of Columbus—Council 12309; Gerald & Muriel Gilroy and Terry & Sheila Bovingdon; Marjorie & Gary Stefan in memory of Phillip Stefan; Pat & Mike Brennan; Hawthorne Kitchens; Ryder-Burbidge Hurley Fasano; Jack Reid, in memory of Linda Reid, Blanche & Dennis McBrien; Response I.T.—Rick Frasso; Merry Maids of Kingston; Madarnas Medicine Professional Corp.; Today's Woman Traveller—Debbie Lloyd; Arbonne—Health and Wellness Specialists; Kingston Hyundai; Foley & Sutherland Insurance and Financial; David J. Cupido Construction Ltd.



All golf photographs courtesy of James Sherk

Donations toward our Golf Tournament:

All contributors to our silent and live auctions and ticket box items; Wine Kitz Kingston—Rose Schwager; LSP Designs—Leanne Parcher; Reddendale Bridge Club; Tamarack Homes—Jacqueline Collie; The McAdoo Group—Delia McAdoo; Mandarin Restaurant; F.W. Black Ltd.—Colin Humphrey; Linda Reid Estate; R.G. Ahara; GDF Distribution—Dalia and Dennis Woods.

BCAK Volunteers:

This event would not have been possible without you: Alison Ahara; Barb O'Neill; Barb Raudnask; Bea Faraklas; Berniece Bos; Betty Doherty; Bev Martin; Bill Funnell; Bill Hogg; Blair Hutchings; Bob Clarke; Darlene Evans; Dave Fisher; David Ahara; David Cupido; Dianne Johnston; Elizabeth Pratte-MacDonald; Heather Demers; Iris Little; James Sherk; Jane Kitchen; Joan Cristoveanu; Judi Bonner; Judy Hudson; Kelsey Cooper; Liz Hundevad; Lori Cox; Louise Brown; Lynne Funnell; Marcel Kyer; Marian Faraklas; Marilyn Wilson; Mary Dowsley; Mary Ellen Courtright; Mary Frink; Maxine Cupido; Pat Bradshaw; Richard Makin; Sarah Emery; Sheila Menard; Sheila York; Sherida Middleton; Sue Davies; Sylvie Fisher; Wendy Barrette; Wendy Sheridan; Willi Clark; Willie Kyer.

Another successful BCAK Share the Care Golf Tournament was enjoyed by all and our next one, the 12th, is scheduled for Friday, 4 August 2017.

The 2016 STC Golf Committee:

Richard Makin; David Cupido; Sarah Emery; Lynne and Bill Funnell; Louise Brown; Sheila York; Sheila Menard; Sylvie and Dave Fisher; Wendy Barrette; Willi and Bob Clarke; Bea Faraklas; Luke McEachnie; Sherida Middleton and Alison Ahara.

BCAK NEEDS YOUR HELP

We are actively seeking out interested individuals for a new President and Vice-President for our Board of Directors. These positions will become effective at our AGM in October.

If you are interested in helping us to continue providing much needed programs and services to those affected by breast cancer in the greater Kingston area, we need to hear from you. Being a breast cancer survivor is not a pre-requisite for either position, just the desire to help us further our mission.

Please contact the office to ask for a job description, or feel free to speak to a member of the Board of Directors. We look forward to hearing from you.

Our Mission Statement

Breast Cancer Action Kingston is a local volunteer-based organization dedicated to the education, support and empowerment of persons affected by breast cancer.

THE AGM AND EMPOWERING CANCER SURVIVORS

Breast Cancer Action Kingston invites you to attend

THE ANNUAL GENERAL MEETING

Wednesday, 26 October 2016 at 7:00 p.m.
110 - 650 Dalton Ave, Kingston

Guest Speaker: Dr. Marian Luctkar-Flude, Assistant Professor,
School of Nursing, Queen's University

Topic: "Breast Cancer Survivorship: Guidelines for Post
Treatment Care in the Primary Care Setting" (see associated
article on this page)

RSVP to BCAA by 14 October
Everyone welcome
Telephone: 613-531-7912
Email: admin@bcakingston.ca
www.bcakingston.ca

Following the completion of their cancer treatment (which could include surgery, chemotherapy or radiation therapy), people living with cancer move into a new phase, of survivorship care. Often, neither they nor their primary care practitioners are familiar with all the aspects of this type of care.

Four components of survivorship care:

- Prevention of recurrent and new cancers and late effects of cancer treatment (e.g., exercise, nutrition, smoking cessation)
- Surveillance for recurrent and new cancers and late effects of cancer treatment (mammogram, medical history, physical examinations)
- Interventions for long-term effects of cancer and its treatment (e.g., management of pain, lymphedema, fatigue, distress).
- Coordination of care between primary care providers and specialists (e.g., use of survivorship care plans and referrals).

Marian Luctkar-Flude's research is changing that. A lecturer and instructor in the Queen's School of Nursing since 2001, Dr. Luctkar-Flude's doctoral research looked specifically at breast cancer survivors and the after-care they received from their primary care practitioners.

"When I started my PhD, there wasn't a single comprehensive guideline that addressed all of these issues. My work synthesized

recommendations from 30 published guidelines into one document."

Since the publication of Dr. Luctkar-Flude's recommendations for breast cancer survivorship care in the primary care setting, the American Society of Clinical Oncology published a comprehensive guideline for breast cancer survivorship care that addresses the four domains of survivorship care and the many issues relevant to primary care.

On the long-term effects of cancer

"Even after cancer treatment has finished, patients can experience fatigue, distress, depression, pain and memory loss. Both cancer survivors and their primary care practitioners should be aware of these effects and discuss options for addressing them. They should know what resources are available and rule out other possible causes of symptoms, such as anemia, in the case of fatigue.

"Physical activity has been shown to be very effective in addressing many of the survivorship needs, including fatigue. In the past, doctors would tell cancer survivors to rest. Now we know that any level of physical activity for this population is better than being dormant."

What is cancer fatigue?

Cancer fatigue is the most common and most debilitating symptom that cancer patients report. It can be more distressing than cancer pain and it's pervasive across all types of cancer and through all treatments. It gives you a cognitive and emotional sense of fatigue, and affects your whole being, your whole life. It's not proportional to activity level – you can be sitting down all day and be totally exhausted. And it can persist for years. When people are diagnosed with cancer, they often don't expect that after they complete treatment they won't necessarily return to normal functioning. Often, family members and employers don't expect the level of fatigue experienced by the patient, either."

How can cancer survivors effect their own survivorship care?

"It's important that survivors are aware of the specific treatments that they've had and the potential complications that can occur years down the road so that they know what to look for and what to report to their primary care practitioner (PCP). They should be aware that fatigue, anxiety and sexual problems are common and they should bring up these issues with their PCP so that they can get help. I'm now working with a group of women from Breast Cancer Action Kingston (BCAA) to develop a survivor version of the guidelines that can help them to manage their own care."

*(Reproduced with permission from
the Queen's University Alumni Review, issue 3, 2016)*



CHESTMATES



Group photo at the GWI Festival

It is hard to believe our 2016 paddling season is nearly over. It started off in May with a Boot Camp hosted by Scott Murray. The team had a great turn out. We met at the BCAK office for a few hours of classroom lessons, then headed to the boat for some on water training. We all had a chance to learn some great new tips and techniques. It was certainly the perfect start to our paddling season.

In June, our coach, Sarah, held a clinic at the Collins Bay Marina where the team had a chance to learn some of the rules of dragon boat racing and how to be in the drummer's seat.

The team also hosted the play "Calendar Girls" at the Domino Theatre which was a great success and a complete sell out. Thanks go out to Kelsey Cooper, our fundraising coordinator, and all the volunteers for doing such an amazing job at organizing the event.

Also in June, we attended our first festival of the season which was held in Peterborough. The team had dinner together at the hotel the night before our race and had a chance to initiate one of our newest members, Jo-Anne, into the family with a little pre-race tattoo and polish. The next

day, we had a great final race where we finished second in our division by a photo finish.

In July, our captain, Janet, and her husband Boyd, graciously opened their beautiful home on Buck Lake to the team for a family fun paddle day. The weather couldn't have been better and it was a great opportunity to get the kids, grand kids and spouses together out on the water to give paddling a try. The day finished off with a delicious pot luck BBQ and the chance to spend some time with our fellow Chestmates and family members.

In August, we attended the Barrie Festival. While the first race wasn't our best, our team came together in the second race, qualifying us with five other teams

for the Women's Division final where we placed 2nd overall with a time of 1:29:71. This was a great day for the Chestmates including our two newest team members, Diana and Darlene, who completed their first races of the season.

In September, we competed in our final race of the season, the GWN Dragon Boat Festival in Toronto. Along with our sister paddlers from Barrie's Ribbons of Hope team, we paddled in six 500M races and one 200M race over the weekend. With our team's strong determination and grit we missed 3rd by only 0.02sec in the Premier Woman's final and came away with two gold medals and a trophy in our division consolation finals. What a great way to end the season.

Despite a very hot and humid summer we all practiced hard and kept our spirits high – and it showed. Our average time this year for a 425M race was 1:83:90 and for a 300M race was 1:33:46, a great improvement over our previous year's times of 2:33:40 and 1:41:26 respectively. Thanks go out to our coach Sarah Emery and our Captain Janet Barr for always pushing us to be our best.

The Kingston Chestmates will always paddle proud and strong together for ourselves and for those of us who no longer can.

Paddles up and take it away!

*Heather Demers,
Assistant Captain*



HANDS-ON PROJECT

This is a program sponsored by BCAA which was started back in 1996. It is designed to promote greater awareness of the importance of performing breast self-examination (BSE) regularly and correctly.

Beginning in their 20s, women should be told about the benefits and limitations of BSE. Even those who choose not to do BSE should be aware of how their breasts normally look and feel and report any changes to a health professional as soon as they are found. Women should also use a hands-on approach that is comfortable for them and at whatever time is most convenient.

There have been articles in the news in recent years about whether BSE is helpful or not, but BCAA feels it is beneficial for a woman to get to know her own body so she can pick up on any changes and report them in a timely fashion. Many of our members can attest to the benefits of BSE.

Our aim is to have kits in all the family medicine clinics and other health care settings which provide clinical breast exams. Upon request, we provide physicians, nurse practitioners, and clinics with a BSE kit. This free of charge kit includes a breast model with simulated lumps and educational material. The kits are a valuable resource for practitioners to illustrate to patients the correct BSE technique.

Are you a patient? Ask if your health facility uses a kit. Are you a health care provider? Apply for a free kit by downloading the request form from our website www.bcaakingston.ca and send it to us.

*Sue Davies,
Hands-On Project Coordinator*

MEMBERSHIP

It will soon be membership time! Membership runs for the calendar year January to December and any membership purchased after 1 October is credited to the next year. Your membership fees help support our programs that include, among other things, exercise, yoga, dragon boating with the Chestmates, educational events, financial support for those going through treatment, and breast cancer research.

You do not need to be a breast cancer survivor to join; we welcome all who support our mission.

Membership is \$25, unchanged for many years. Download a membership form from our website or call our office to have one e-mailed or mailed. BCAA always welcomes new members. If you or someone in your life has been affected by breast cancer, please consider joining us. Come, join, partake and volunteer. Everyone is welcome! We are making a difference.

*Joan Cristoveanu,
Membership Coordinator*

DONATIONS

When you are thinking of holiday gift giving, and are at a loss as to what to give someone, why not consider making a donation to BCAA in their honour? We will send an appreciation note to your recipient to let them know a donation has been made in their name. Any contribution will be very much appreciated.

Another way you could help us would be to consider donating on a monthly basis. We welcome any donations large or small through personal or corporate giving, monthly donations, estate bequests or fundraisers (with prior approval by BCAA).

Thank you for making BCAA your charity of choice:

1000 Island Soap Company, perfume sales
–Jackie Marshall \$140
Pink Lemonade Stand–the Clarke girls of
Buck Lake \$705



Daley, Aubrey, and Riley Clarke, with Sue Davies

United Way (Donor Choice Designation)
\$364.23

Wedding Gala Fundraiser–Italo-Canadian
Club–Serendipity Studios–Jen Fitzpatrick
\$340

Wedding Gala Fundraiser–donation B.I.B.S.
–Karen Searle & Shirley McNichols \$500
Napaneerod & Gun Club, Ladies
Day–Cheryl Atkinson \$700

Thank you for your generous donations:

Barbara Ruttan
Joan Stevenson
Joyce Forsythe
Muriel Williams

In Memory of Barbara Wyss:

Janet Krevolin

In Honour of:

50th Wedding Anniversary for Jim & Linda
Myers–John & Bev Smith donation for
research.

EXERCISE AND ACTIVITY CLASSES

In keeping with studies that confirm physical fitness promotes healing and helps deter re-occurrence of cancers, BCAA offers exercise and yoga classes. We will also be introducing urban poling this fall. By joining the BCAA classes, participants not only benefit from fitness but also from the camaraderie and support of fellow breast cancer survivors.

All classes are held at 650 Dalton Avenue. If you are new to BCAA and would like to attend any of these classes, please contact the office at 613 531-7912. A signed waiver will be required along with a membership of BCAA.

Exercise Classes

The exercise class is designed to improve strength, balance, flexibility and overall fitness. Under the direction of our enthusiastic instructor, Blair Hutchings, we are led through a lively cardio workout accompanied by upbeat music. After the workout for the heart we slow down and the focus is on strength, balance and flexibility. Equipment is supplied, including mats, but feel free to bring your own yoga mat if desired. If using the mats available at the class, we also request that towels be used.

Each participant works at their own level and ability, especially when first joining after treatments. However, we are constantly challenged to do better as our strength, endurance and range of motion improve. Most exercises can be modified according to individual needs.

The exercise class schedule is as follows:

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

Thursdays: 10:30–11:30 a.m.

Yoga Classes

Yoga Classes are held under the direction of Jackie Adams. This is a gentle yoga where participants enjoy relaxing stretches and poses that expand flexibility and ease tight joint muscles. The moves start at the beginner level and we are encouraged to try more challenging poses. During yoga classes, participants will be moving from floor, lying prone, to standing for the various poses. A yoga mat is required.

The yoga class schedule is as follows:

Wednesdays: 10:30–11:30 a.m.

Thursdays: 6:00–7:00 p.m.

The Wednesday morning class is ongoing throughout the year. The Thursday evening classes run from mid-September to the end of April.

Lymphatic Yoga

Under the direction of Janet Barr, participants are led through self-massaging and gentle poses that enhance the movement of lymph fluids through the lymphatic system. Again a yoga mat is required

and participants will be moving from floor to standing for various poses. There is also the option of doing some of the moves while being seated in a chair.

The lymphatic yoga class will be ongoing for six to eight weeks beginning on the first Monday of October with a new session beginning mid-winter into spring. **They will be held on Mondays, 10:30–11:30 a.m.**

*Willie Kyer,
Fitness Class Coordinator*

Scrapbook Club

New to BCAA, the scrapbook participants get together to work on making cards and/or creating page layouts. We bring our own project 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 at 650 Dalton Avenue on the first Tuesday of the month, from 12:30 to 4:30 p.m. Space is limited so if you are interested in joining, please call or email the BCAA office and your contact information will be passed on to the coordinator, Janet Innis.

Other clubs are welcome to use the space at BCAA when it is available. For instance, if a member is willing to facilitate a book club, then that person can arrange a time to meet and put out a request for participants through our office coordinator.



Bea's mastectomy boutique

Beata (Bea) Faraklas
Owner / Professional Fitter

1334 Princess Street
Kingston, On K7M 3E2

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

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Beata (Bea) Faraklas
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FAX: 613.536.0182
TOLL FREE: 1.888.331.9928
E-MAIL: bea@aha-studio.com
WEB: www.aha-studio.com





CALENDAR

EXERCISE CLASSES FOR SURVIVORS

Tuesdays and Thursdays, 10:30–11:30 a.m.
Tuesdays, 5:30–6:30 p.m.
Please call the office to register.

YOGA CLASSES FOR SURVIVORS

Wednesdays 10:30–11:30 a.m.
Thursdays 6:00–7:00 p.m.
Please call the office to register.

LYMPHATIC YOGA CLASSES FOR SURVIVORS

Mondays 10:30–11:30 a.m.
Please note new day and time.
Please call the office to register.

SUPPORT GROUP

Will meet on 17 October, 14 November,
and 12 December (Christmas party).
5:30–7:00 p.m. at the BCAA office.

LYMPHEDEMA SUPPORT GROUP

One-on-one support always available.
Please contact the office.
Will meet on 12 December in conjunction
with regular Support Group.

1 OCTOBER

“SPARK OFF YOUR DAY”

TAYLOR AUTOMALL EVENT WITH BCAA

Car Raffle Draw 10:00 a.m.
2440 Princess Street.

26 OCTOBER

BCAA ANNUAL GENERAL MEETING

See details on page 4.

26 NOVEMBER

ONE STOP HOLIDAY SHOP

Bay Park Baptist Church Hall
11:00 a.m.–4:00 p.m.
775 Progress Avenue.

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