



## 14TH ANNUAL “SHARE THE CARE” GOLF TOURNAMENT

The morning of Friday, 9 August, dawned with bright sunshine and warm breezes – a perfect morning for a stroll on a golf course. That is exactly what our committee did as we prepared for the arrival of 140 golfers.

The tents went up, volunteers trickled in, McDonald’s arrived with their cooking grills and equipment, Pelee Wines set up their wine tasting tent, Energetics set up their golf fitness presentation and the two hole-in-ones were finalized. By 11:00 a.m. the sea of pink was ready for the onslaught of the golfers.

It was a busy hour as golfers arrived, dropped their clubs at the pro shop and made their way to registration. Lunch was ready and the cooking crew from McDonalds did a wonderful job of keeping the ever-growing line moving. The barbecued chicken sandwiches were great. Then came the ice cream, thanks to Gordon F. Tompkins Funeral Home. The wine flowed – albeit in small cups! The videographer was busy recording first impressions of the afternoon.

At 12:15 p.m. sharp the golfers were lined up and waiting for David Cupido and Cathy Boyce to make their welcoming comments and then off they went to enjoy a great afternoon of golf.

None of us saw that big black cloud forming to the southwest (even the weatherman missed it), but shortly after 2:00 p.m. it rolled in with a vengeance. First the ominous black cloud and then every golfer’s biggest fear – the thunder and lightning, along with a deluge of rain that just kept on and on. The tournament was over. Wet golfers straggled into the clubhouse. Some went home never to return; some went home, changed and returned; and some just dried out in the dining room.

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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

To fill the now four hours until dinner, all the prizes that should have been awarded for great golf were drawn, we finished the new Trivia contest, gave away about four cases of wine, opened the floor to golf jokes, drank a little, and, while we waited patiently for dinner to cook, we spent a little money on auctions!

Not quite how the day was envisioned to happen, but in the end we proved to the big weatherman in the sky that we are better than he is – we had a good time despite him! We also raised a lot of money for BCAF.

A great big thank you goes out to every one of the golfers who stayed for dinner, in support of BCAF. Your generosity at the auction table and the outpouring of \$100 cheques in response to the challenge put us over the top in monies we collected on the day of the tournament.

Thank you to each and every donor, golfer, and volunteer, and thank you to Colonnade Golf and Country Club for making the 2019 “Share the Care” Golf tournament a grand success.

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*WENDY BARRETTE is the Golf Tournament Co-Chair*

## **WE WISH TO THANK THE FOLLOWING DONORS FOR THEIR OUTSTANDING SUPPORT:**

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Currie Original  
Dan Foltz  
David & Maxine Cupido  
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The Toucan  
Thousand Islands Playhouse  
Three Dog Winery  
Titanium Joe's  
Toast & Jam (Bread and Butter)  
Wayne Gay Law  
Waterfront River Pub & Terrace  
Woodview Inn, Gananoque



*Photo credits:  
Wendy Barrette  
and Sherida  
Middleton*



## SUPPORT GROUPS

### Regular Support Group

The Regular Support Group is designed to exchange information about practical issues dealing with breast cancer. These concerns are varied and can involve a pending diagnosis, different methods of treatments, side effects, emotional turmoil, and other topics that arise during our 90 minute monthly meetings. Everyone has something valuable to offer during our discussions and everyone has a worthwhile story to tell. Our support group is a safe place for participants to discuss in a confidential setting any topic they wish that pertains to their individual situation. The support group facilitators welcome everyone to come and enjoy some fun and valuable discussion on the second Monday of the month from 5:30–7:00 p.m.

*SYLVIA PORTER is a Facilitator of the Regular Support Group*

### Support Group for Young Women

This spring saw the formation of a support group for young women diagnosed with breast cancer. Meetings are held on the last Monday of the month from 6:00–8:00 p.m. Some meetings have upwards of ten participants, while others are more intimate with three. It is a time for laughter and tears with friendship and a sense of camaraderie ever present. Women feel they have a safe environment to talk candidly about concerns including treatment options, fertility, sexuality, child care, dating, and so much more. Our community is extremely lucky to have such a valuable resource for young women.

*KAREN CRAIG on behalf of LIZ ADAMSON, Facilitator of the Support Group for Young Women*

## Bea's mastectomy boutique

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*Alternatives*



# 26TH ANNUAL “WALK FOR AWARENESS”

Lake Ontario Park played host to this year’s very successful Annual Walk for Awareness on Saturday, 21 September. With over 60 walkers of all ages registered, we collected more than \$7,700 for BCAF.

The four walkers with the highest donations were: Janet Macdonald, Betty Rushton, Eileen Van der Zwan and Jane Kitchen, collecting over \$2,400 between them. Congratulations ladies!

The weather was beautiful and the sun was shining as everyone enjoyed music in the pavilion by DJ Ben O’Coin. Lots to see and do this year prior to the kick-off, with our participants taking part in the photo booth, donating to the pink boutique, and buying tickets in the hopes of winning one of the 13 fabulous “ticket box” baskets. We collected \$550 from the ticket boxes and the winners of the baskets were: Alison Holah, Cheryl Hosking, Erin Insley, Mary Cassidy, Britta Superville, Dianne Johnston, Linda Votary, Angelina Peters, Heather Hanwell, Diane Sykes (2), Betty Rushton, and Mary Kerr.

A big thank you goes to the donors for the baskets: Dr. Pike, Pelee Island Winery, Landmark Cinemas, Avanta Spa & Salon, and Chic & Whimsy.

Generous donations from local companies and individuals offered us some tasty treats: McDonald’s provided coffee, Quattrocchi’s some bananas, Gananoque

Secondary School Hospitality Program gave us cookies, Spring Meadow Orchards donated two bushels of freshly-picked apples, The Water Store gave complimentary water and Leda Raptis brought some of her home-made baklava.

Media sponsorship this year was provided by Bell Media; 98.3 FLY FM, and PURE Country 99. They did a wonderful job promoting awareness for our event via the radio and social networks. Trinette Atkinson from PURE Country 99 was our Emcee and regularly posted pictures during the day to Instagram, Twitter, and Facebook. Global News arrived to cover the event with footage airing on CKWS Kingston News at 6:00 p.m. and again at 11:00 p.m.

Prior to getting the walk underway, Mayor Bryan Paterson spoke about BCAF, saying what a good organization we are and how much we have done for the community. Lynne Funnell, BCAF Vice-President, gave us some alarming statistics about breast cancer but also shared the good work done by BCAF, and Kingston’s Town Crier, Chris Whyman, was on hand once again this year to kick off our event, “Oh Ye, Oh Ye”.

Warm-up exercises were led by Jenna Slater, who made sure we stretched muscles from top to bottom in preparation for the lovely trek to Portsmouth Harbour and

back. A few moans and groans could be heard as we went through her routine, but all were in good spirits as we made ready. On hand again this year was a team of volunteers from St. John Ambulance who also joined the Walk – just in case. Fortunately, their services were not required.

Starting the Walk, and new this year, was the Victory Lap for survivors. They gathered at the Pink Flowered Arch and made their way along the path amidst cheering from supporters who applauded their strength, success and determination to beat breast cancer.

The day’s festivities were captured by freelance photographer, Kerri Barlow. She managed to catch the essence of the day – the spirit, comradeship, hope, friendship, love, and fun! She generously donated her time, and her photos for us all to see are on her Facebook page. Please check them out at

<https://www.facebook.com/pg/KerriBarlowPhotography/photos>.

The photo booth was busy as walkers, volunteers, and even our media sponsors donned costumes, props, and all things pink to have their pictures taken and forever memorialized by photographer, Dianne Johnston.

One cannot forget to mention the number of volunteers who donated their time to make this event the success it was. A very heartfelt thank you to these folks – the survivors and the supporters who have a vested interest in ensuring our community and Southeastern Ontario is aware of BCAF and all it has to offer.

Finally, the Walk Committee: Lynne and Bill Funnell, Kim O’Coin, Leta Potter, Wendy Barrette, and Alex Shannon, who donated countless hours to organize the 26th Annual Walk for Awareness. Cheers to you and my deepest gratitude.

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*LINDA YOHN is the 2019 Walk Coordinator*



*Photo credits: Kerri Barlow  
and Dianne Johnston*





# FITNESS CLASSES

**N**ow that summer is over, it is time to think of optional fitness programs. BCAA offers free exercise and yoga classes to breast cancer survivors. All classes are held in our gym at 650 Dalton Avenue. If you are new to BCAA, or to our fitness classes, please contact the office at 613-531-7912 first. A signed waiver will be required along with a paid \$30 membership.

Breast cancer survivors need to work on fitness after treatments. Some treatments can be hard on the heart so it very important to get out and move. By joining our 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 feeling of well-being.

**Exercise classes** are designed to improve cardio health, strength, balance, and flexibility. All exercises can be modified according to ability. Equipment is supplied, including mats, but feel free to bring your own yoga mat and don't forget your towel and water bottle.

The exercise class schedule is as follows:

Tuesdays and Thursdays: 10:30–11:30 a.m.

Tuesdays: 5:30–6:30 p.m.

**Yoga classes** are gentle and restorative, yet build flexibility and strength. Good for everyone. Mats are provided. Bring your own towel and water bottle.

The yoga class schedule is as follows:

Wednesdays: 11:00 a.m.–noon.

Thursdays: 6:00–7:00 p.m.

**Qi Gong** is under the direction of Darlene Evans who leads the class in 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 feeling of well-being. No equipment or special clothing is needed.

Classes are Thursdays 12:30–1:15 p.m.

**Scrapbook 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 expertise and tools. The club meets in our all-purpose room on the first Tuesday of the month from 12:30 p.m. until 4:00 p.m. 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.

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*WILLIE KYER is the Fitness Coordinator*



# CHESTMATES

**W**e have had a very fun summer on the water, from the cold, wet spring to the hot, humid July and August. Special thanks to BCAA for supporting us as there would not be a Chestmates team without you. Another special thanks goes to our coach Sarah Emery for graciously giving us her time, heart, and expertise for yet another season.

Our proposed festival schedule had to change due to high water levels in some areas. In Port Perry we sported our new race shirts and bettered our average time for 200m races. In July we visited Arnprior, where we paddled hard through extreme heat and improved our average time for 500m races. The Belleville festival was a lot of fun with our Arnprior Chestnut friends who helped to fill the boat. We didn't improve our race times but there were lots of laughs and good food that the Chestmates provided as a potluck to thank the Chestnuts for paddling with us. Due to festival changes causing date changes, we ended up having a three-festival season as many Chestmates already had prior commitments in September.

Our newbies were beyond awesome this year and we look forward to their continued growth and positive attitudes in 2020. What can be said about our team? Strong, collegial, supportive, competitive yet easy-going, hard-working and fun loving—the best friends and seat mates one could ask for. We want to thank everyone for a wonderful season as we look to 2020. We have enjoyed our two year co-captainship, but it is now time for a new mate or mates to step up and take the torch as captain(s) for the 2020/2021 season. Please take this time to consider taking on such a wonderful opportunity to volunteer in a leadership role for your Chestmates Team—we can't do it without you.

## Upcoming Events:

1. An important Team Meeting will be held in late October or early November, date TBA, to discuss the 2020 season, festival choices, fund raisers, and Executive positions.
2. The Domino Theatre Fundraiser "The Christmas Carol" matinee on 7 December at 2:30 p.m.

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*LORI COX and LINDA JACKSON are the Chestmates Co-Captains*

## INSPIRATIONAL CORNER

"Keep your face to the sunshine and you will never see the shadow"

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*HELEN KELLER*

# THANK YOU

## For making BCAA your charity of choice:

Anonymous, for the Chestmates \$500  
Giant Tiger Grand Opening  
(Jennifer Boutillier, Manager) \$1,000  
Joyceville Institution Poutine Fundraiser  
(Julie Blasko) \$2,043.80  
My Tribute Gift \$781.20  
Online Memorial Portal, My Tribute Gift \$281.20  
PayPal Online Giving Fundraiser (In honour of Judy  
Rose's birthday) \$245  
Providence Manor Dress Down Days  
(Lori Lawles) \$129  
Queen's Besties for Breasties \$500

## For your generous donations:

Diana Mansell  
Doreen McDonald  
Henry Peel  
Joanne McCulloch  
Lynda Keeler – monthly scheduled gift  
Mary Peel  
Participants Using Gym  
Rob Pasch  
Studio Me Hair Design

## In Honour of Judy Rose's Birthday:

Earl & Lee Whan  
Laurie Weaver  
Linda Struthers  
Nancy Drew  
Patricia Rose

## In Memoriam:

### For Winnie Forte:

Mary Cassidy

### For Darlene Quinn:

Cavalluzzo LLP  
Haakon Industries (Andy Hammond)

### For Paul Quinn:

Gina Pink  
Sharlene & Andy Hammond

### For Paul & Darlene Quinn:

Alan & Darlene Quinn  
Anglio & Angelina Gencarelli  
Audrey & Jim Oosting  
Bill & Terri Wood  
Charlene Whalen  
Christine & Joe Quinn  
Colleen Joyce Morley  
David & Linda Ackerman  
Don Dainard & Ruth McInroy  
Jaime & Maria Pacheco  
Janine Reaburn  
Jasmine Scott  
John & Debbie Vieira  
Laura Lee & Greg Davies  
Leo P Quinn  
Louise & Peter Kuenzig  
Mary Brannen  
Patricia Murray  
Patty Lovett  
Paula & Graham Christie  
Peter & Clare Byer  
Richard & Marie Patterson  
Russell & Rosaline Duffy  
Sherry Shorroch  
Shirley & Chuck Joyce

# ANNUAL GENERAL MEETING

Edith Rankin Memorial United Church Hall, 4080 Bath Rd, Kingston (lower level)

Wednesday, 23 October 2019

7:00 p.m. – doors open at 6:30 p.m.

Free admission. Light refreshments will be served

## Guest Speaker: Marize Ibrahim, MSc, PT, CDT (CS), ALT

(Physiotherapist, Lymphedema Therapist and Specialist)

Her research has led to many publications in scientific journals and she has been an invited speaker at conferences both nationally and internationally.

## Topic: Lymphedema: all you need to know and how to cope with it

All BCAA members and the general public are invited, and new members are always welcome. We are also seeking current or new members to serve on our Board of Directors and/or to oversee some of our programs. Submit your nomination by 16 October 2019 via email or in person. Contact and website details on back page.

## VEHICLE RAFFLE

We have had the opportunity to work once again with Petrie Ford, Kingston, this year to raise funds for BCAA.

The prize is a 2019 Ford Escape, SEL, 4x4, complete with winter tire package, and valued at \$39,550. At \$25 a ticket, with only 3000 tickets available, the odds of winning are greater this year.

Besides Petrie Ford, the following organizations are all working with us to help sell tickets: Kingston Community Credit Union, Comtech Fire Credit Union, The National Bank, and Kingston Mortgage Solutions. Tickets are available at all these locations as well as through our office, or via our website using PayPal. The draw takes place on 26 October at Petrie Ford at 10:00 a.m.

The lucky winner will have to provide their license and insurance, then grab the wheel, turn the key or push the button, and drive!

Let's make this the best year ever for BCAA. Thank you for your ongoing support and encouragement.

.....  
*CATHY BOYCE is the President of BCAA*

## HELP NEEDED

BCAA needs your help to continue the services we have been providing to breast cancer patients in Kingston and the surrounding areas for the last 26 years.

There are several Board and Executive members retiring at the AGM, with the result that we may not have the minimum number required for the Board to operate. You do not need to be a breast cancer survivor to be able to help us, just an enthusiasm for our mission.

We also need someone to look after our social media; some people for a new newsletter committee; and a newsletter editor. The "Share the Care" Golf Tournament needs a new chair (if you have an interest in golf and working on a dynamic committee, please contact David Cupido at 613-536-8295). There may also be other vacancies arising in the near future.

Think about these positions and how your skills may fit in. People are not getting any older when they are diagnosed with breast cancer, but are now younger and younger, some in their early 20s, and our services are increasingly important.

Fuller information on the help we need is available on our website.

# Calendar

110 - 650 Dalton Avenue  
Kingston, ON, K7M 8N7  
Tel: 613-531-7912  
Fax: 613-531-9675  
Email: [admin@bcakingston.ca](mailto:admin@bcakingston.ca)  
[www.bcakingston.ca](http://www.bcakingston.ca)  
Charitable number:  
89056 7241 RR0001

## ALL FITNESS CLASSES ARE FOR SURVIVORS

### EXERCISE CLASSES

Tuesdays and Thursdays: 10:30–11:30 a.m.

Tuesdays: 5:30–6:30 p.m.

### YOGA CLASSES

Wednesdays 11:00 a.m.–noon

Thursdays: 6:00–7:00 p.m.

### QI GONG CLASSES

Thursdays 12:30–1:15 p.m.

### SCRAPBOOKING CLUB

First Tuesday of the month

12:30–4:00 p.m. at the BCAF office.

### REGULAR SUPPORT GROUP

21 October, 18 November, 9 December

5:30–7:00 p.m. at the BCAF office.

### SUPPORT GROUP FOR YOUNG WOMEN

28 October, 25 November, December TBA

6:00–8:00 p.m. at the BCAF office.

### LYMPHEDEMA SUPPORT

One-on-one support always available.

Please contact the office to be put in touch  
with the facilitator.

### BCAF ANNUAL GENERAL MEETING

Wednesday, 23 October, 7:00 p.m.

Edith Rankin Memorial United Church Hall,  
4080 Bath Road.

See details on page 7.

### BCAF/PETRIE FORD CAR RAFFLE

2019 Ford Escape SEL 4x4

Draw: 26 October, 10:00 a.m. at Petrie Ford.

Tickets \$25 each.

See details on page 7.

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