



Photo by Dillan Cools

(From left) Barb Boos and Charlene Bonham-Carter celebrate after successfully completing the Cat Walk Maze at the Picton Ultimate Road Rally's second challenge stage in Cherry Valley last Saturday. The wooden labyrinth was designed and built by Bev Humphrey, one of the core group of organizers and volunteers that made the rally a reality. See story, page 1.

## Participants come out to Run for the Cure

By Giovanni Capriotti

A sunny and chilly Sunday in Toronto accompanied the annual Run For the Cure fundraiser organized by the Canadian Breast Cancer Foundation.

Since the early hours of the morning, the field beside University of Toronto convocation hall was scattered with men, women and children wearing pink.

It was a morning dedicated to all the people who had to fight cancer. The survivors were celebrated; the ones who lost their battle remembered and most of all, research was hailed as a tool to have a breast cancer free world in the very near future.

Cynthia Mulligan from CTV, and a

breast cancer survivor, was the presenter of the day.

"I am truly delighted by the massive participation of Torontonians in this event. As a winner over the disease, I feel lucky but at the same time, I need to express gratitude to the prevention, which is what the CBCF is promoting in its campaigns."

Since 1986, the Canadian Breast Cancer Foundation has been at the forefront of a nationwide movement to raise awareness and mobilize action on breast cancer. According to the statistics, one in nine women in Canada are expected to develop the disease during their lifetimes (by the age of 90) and the five-year survival rate is roughly 88 per cent.

Singer Kathy Philips, who showed bald

at the last edition of the fundraiser, because of the chemotherapy she had to undergo to fight her cancer, raised \$20,000 through her Facebook page and was visibly happy for her victory over the disease, "Breast cancer does not discriminate," she said. "I was healthy and fit when I was diagnosed. Research and periodical screenings are the only weapons we have to fight. Keep donating please."

Prevention and systematic research of the causes are the pillars on which CBCF works on a daily basis. Breast cancer continues to be the most common cancer diagnosis in women in Canada over the age of 20 and is the second leading cause of cancer deaths in Canadian women, after lung cancer.

Ontario Premier Kathleen Wynne did not experience the disease herself, but had her partner affected by it.

"I am glad to see all this people here today. This is a great message to breast cancer. We will get rid of you," she stated while wearing her running outfit.

Breast cancer is a complex disease with no single cause. Scientific evidence shows that a combination of internal and external factors influences a person's risk of developing the pathology.

There are some risk factors for breast cancer that we can't change – these are known as non-modifiable risk factors. Inherited causes of breast cancer are an example of a non-modifiable risk factor. They are part of the genetic makeup we

received from our parents and do not change through life.

Modifiable risk factors for breast cancer are factors that can be changed. These are factors that we have more influence over and can affect us throughout our lives. They include our lifestyle and the environment we live in, for example, our level of physical activity, how much alcohol we drink, our use of hormone replacement therapy and our exposure to chemicals that are known to change cell DNA.

Awareness and co-operation in fighting the disease seem to be growing in Canada and across the 65 communities where the run has been held. This represents the challenge that an entire country has thrown at breast cancer.



Photos by Kayleen Preston

(Left) While explaining what the 'fox' transmitters were, Brian Williams noticed a fox beside him. The fox kept its distance, but was calm and curious. Williams could not contain his excitement as he went to grab his camera from his truck to capture a photo of the fox.

(Above) After about an hour and a half of searching, Williams found the unmanned transmitter. It was secretly hidden within the trees, and the antenna was wrapped around light coloured branches to make it more difficult to see. It was found in a small park by the Picton Airport.

## Enthusiasts go on 'hunt' with transmitters

By Kayleen Preston

The cold and the rain didn't keep six of the members of the Quinte Amateur Radio Club (QARC) from participating in their fall Tour of the County 'Fox Hunt' Oct. 4.

The members had three hours to find two hidden radio transmitters ('foxes') that beamed a tone for approximately a minute, every three-four minutes. Both of the transmitters had a different tone to help decipher between the two.

In order to find the transmitters, the members used various types of directional antennas, which helped them determine the direction they should drive towards. They used different tools also to strengthen or weaken the signal. Depending on how close or far they were from the transmitter. This helped them determine how far the transmitter was from where they were receiving the signal.

The winner is not determined by who

found the 'foxes' the fastest, it is determined by who found the most in the least kilometres driven. Before the beginning of the hunt, all of the participants set their trip odometers to zero kilometres, and once they found a 'fox' they recorded the amount of kilometres driven. Each 'fox' has a different coloured pen to indicate that the member did find the transmitter.

The club hosts two "Tour's of the County" each year; one in the spring, and one in the fall. Generally the "Tour of the County" hunts have three hidden 'foxes' to find in three hours.

Brian Williams, the president of the QARC and has been a member since 2005.

"Now it would sound like three hours is a long of time to do that, but to tell you the truth, when there are three 'foxes' out there, most people still only find two," he elaborated.

They also do small monthly hunts from spring to fall, which only have one or two

'foxes' to find in 90 minutes. The larger turn out of the members is during the "Tour of the County" hunts.

Williams, did not win the hunt on Saturday, but he feels he is the true winner, since he saw a real fox while looking for the transmitter by Picton's Airport. He chuckled at the coincidence of seeing a live fox while looking for the transmitter 'foxes'. "See that's why it's an entertaining experience, you never know what you're going to run into."

All of the members who participated found the unmanned 'fox' that was hidden close to the Picton Airport, but none were able to find the 'fox' that was manned by David Ward a member of the club. As Williams described it, the 'foxes' have "all kinds of places to hide" in the county, as long as they are not on private property or in an unsafe area, such as a busy road.

An unmanned 'fox' is solely a box transmitter with an antenna hidden in

trees or other places to make it difficult for the members to see it. While the manned 'fox' is usually a member sitting on the side of a quiet side road transmitting from their vehicle.

After the hunt was over at 3:00pm, the participants regrouped in the Wellington Library basement. They shared their trials and tribulations from the hunt, as well as a few snacks and beverages. They also viewed a map using a projector. The map showed the paths that each member drove while on the hunt, as long as their vehicle sent off a beacon. This map displayed a live view of the members as they drove.

Although this weekend's festivities were all about friendly competition, this is also to help the group practice in the case of an illegal transmission. If this were to happen, the group would work together to find out where the signal was coming from in order to disable the broadcast. They are able to do this even if they all

had heard the transmission for only a few short moments. Granted, this is a very rare occurrence.

It is not a rare occurrence that the club helps with major events, such as the MS bike/walk and Halloween. Members of the group either set up a post or patrol around depending on the event. If there is an incident or accident, they report the location to the appropriate force so they can act appropriately and efficiently. For the member's safety they do not get involved in the situation, they only give the coordinates of the location.

Once a week the members meet for breakfast at the Quinte Restaurant. Williams explained that generally during these meetings they do not discuss amateur radio, but it is gratifying to interact with the other members. Monthly they meet at the Pioneer Building at Loyalist College for presentations from members of their group, or around Canada.