

Diabetes Discourse

Volume 7, Issue 1

November, 2016

Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)

This Free Newsletter is a Vital Resource for Diabetes Prevention and for anyone Living with Diabetes

Our Vision

- Enriching lives, one person at a time

Our Mission

- To enrich the lives of people living with or at risk for cancer and diabetes by providing financial resources, support, preventive and management education.

BCDF Activities Include:

- Modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life
- Prevention and management education, and small-group workshops
- Advocacy and referrals to resources for individuals/families affected by cancer or diabetes
- Writing grant proposals and fundraising

BCDF relies on donations to carry out its mission. We are an incorporated, charitable Foundation in the Republic of Trinidad and Tobago. BCDF functions with volunteers only and no paid staff. To contact us with comments, questions or articles, phone 868) 667-2576 or e-mail: adelia@bovellcancerdiabetesfoundation.org; <http://www.bovellcancerdiabetesfoundation.org>

Disclaimer: *This newsletter is meant to educate and inform. It is not to be used as medical advice. Please consult your doctor for medical advice.*

INSIDE THIS ISSUE

- 1 Jamboree 2016
- 4 Thank You to Our Supporters
- 5 Jamboree and Cancer Workshop Highlights
- 7 Clergyman awarded medal for living 70 years with Type 1 diabetes
- 8 BCDF 2017 Rainbow Calendar of Events
- 9 Poster Competition Results
- 10 Thank you for cancer workshop
- 11 Breakfast & Diabetes Awareness Morning

JAMBOREE 2016

WHAT A SUCCESS! SO MUCH LEARNING AND INTERACTION!



8th Annual Diabetes in the Limelight Jamboree

Our persistent commitment and enthusiasm paid off big time this year; at least the numbers were at its highest. Hundreds of adults and children participated in our annual Jamboree. Everything was high – numbers, booths, enthusiasm, and willingness to learn. There were so many learning exchanges, so much interaction among participants and Jamboree host, so much excitement about the posters mounted, so much fun when Festus, our King of the Woods mascot appeared in the children's booth. They have been hearing about Festus in their story time over the past seven years!

JAMBOREE 2016 SNAPSHOTS

Beginning at Registration Booth



Blood Sugar Testing



Blood Pressure Testing



Thanks to our Volunteer Nurses, Student Nurses & EVERYONE WHO HELPED

JAMBOREE 2016 SNAPSHOTS

School Children Story Time



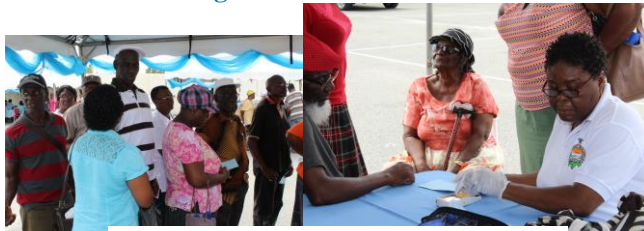
Multimedia Booth



Weight Clinic



Cholesterol Testing Booth



Both cholesterol lines were long

JAMBOREE 2016 SNAP SHOTS

Foot Care Booth



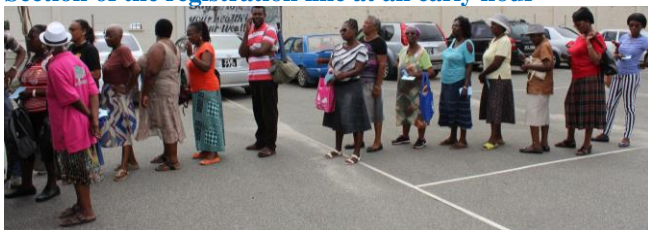
Children's Booth - Festus, King of the Woods has been spreading diabetes awareness messages to Tobago's children for 8 years. Festus appeared in 2016!



Spin to Win with exercise was a hit!



Section of the registration line at an early hour



JAMBOREE 2016 SNAP SHOTS

Assistant Secretary for Health and Social Services Mr. Sheldon Cunningham was the 2016 Jamboree Speaker



Education Booth worked by volunteer student nurses



Look who was at Jamboree 2016, our favourite elderly



HbA1c Booth run by Western Scientific



JAMBOREE 2016 SNAP SHOTS

Zumca© Time with Dr. Mac, Darius & Children



Tatil was there. LeBron James receiving his trophy from Mr. Brendon Gray for the most innovative poster depicting the theme “Eyes on Diabetes”



LeBron James poses with his winning poster



Poster excitement at Jamboree 2016!



Thank you
FOR YOUR SUPPORT

The Board of Directors of the Bovell Cancer Diabetes Foundation would like to thank the companies, organisations schools, and individuals who supported the Jamboree whether financially, morally or in-kind. The event could not have been a success without your support.

Supporters

- | | |
|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| ✚ Lesville Guest House | ✚ Nestlé Trinidad, Inc. |
| ✚ More For Less Store | ✚ SM Jaleel & Co. Ltd |
| ✚ R& R Auto Repairs Inc. | ✚ Tatil Tobago |
| ✚ Moses Tent Rental | ✚ Tobago Regional Health Authority, Community Nutrition (Dietitian and Team, Nurses) |
| ✚ Andy Expert Tailoring | ✚ Tobago Eye Clinic (Dr. Oghai) |
| ✚ D.S. Belcon Ltd. | ✚ Tobago Baking Service |
| ✚ Mathanex Trinidad Unlimited | ✚ Tobago Today News |
| ✚ Night Nurse Elderly Activity Centre, Roxborough | ✚ Tobago News |
| ✚ College of Science, Technology and Applied Arts of Trinidad and Tobago (COSTAATT) – Tobago Campus | ✚ Newsday Tobago |
| | ✚ Tobago Channel 5 |
| | ✚ Newsday |
| | ✚ See individuals on page 5 |

The Participating Schools

Thanks to all the school children, teachers and Principals who helped to make this a success. BCDF is still waiting to **ADOPT** a healthy school! Teachers, please look out! We are evaluating the most responsive school to the Foundation’s diabetes education programme; the school that is making the best use of the available resources and expertise at the Foundation; the school that is involving its Parent Teachers Group and working hard at identifying those with and at risk for diabetes; and the school that is putting healthy, sustainable systems in place to prevent diabetes and obesity! Send in your proposal to be evaluated by contacting us directly by phone, e-mail, Facebook or our website.....
www.bovellcancerdiabetesfoundation.org

THANK YOU Volunteers!

Some of our dedicated volunteers 2016

Our dedicated volunteers who come year after year: Dr. Eastlyn McKenzie, Esla Davidson, Keturah Marcelle-Fraser, Mary Boucher-Hercules, Simona Jackson, Lisa Horsford, Leah Newsam, Carla Newsam-Blake, Lois Alleyne, Merle John, Judith Trim, Brian Nurse, Marc Anthoni Bovell-Hector, Jennifer Antoine, Tessa, Lestel Moore, Orville Moore, Tulani Murphy, Catrina Hoffman, Debra McIntosh, Darius Stanley, Joan Phillips-Pierre, Petronella (Ann) Allick, Margaret Phillips, Gisanté Thompson, Selwyn (Tom) Thompson, Roxanne Seaforth, Elvis Dumas, Sandra Hercules, Allison George, teacher, Whim AC, who volunteered at the sales booth that day, all the medical doctors, Mrs. Sitahall and all the student nurses.

Individuals who supported BCDF

Kweku & Alice, Elaine Bromfield, Jo Valentine, Dr. Roslyn Alfred, Kathleen Owens, Kinga Sherril, Matthew Hund, Michael Ingram, Kathy Moyer, Daphne Hunt, Tony Adibe, Heather Dickenson, Paul Kelly, Shelton Austin, Jim Unger, Peter Balogan, Steve Hart, Oscar Watts, Andy Chapman, Dianne Chapman, Lewis Friedrich, Roger Cipriani, Mrs. Melville, Kenrick Andrews, Archdeacon Phil Isaac, Nicolle James, Burnice Caesar, , Kitson Powder, Sydelle Gibson, Michael Stewart, Elizabeth Martin, Sandra Bonas, Sylvia Beckles, Ethylene Lewis and the others from Night Nurse Elderly Activity Centre, our Jamboree Speaker (Assemblyman Sheldon Cunningham).

BCDF ANDROID APP

Download our BCDF Android App. We have made an Android application to help you keep up to date with our activities. Go to: <http://www.bovellcancerdiabetesfoundation.org/> for our app, and to donate - help us stamp out diabetes!

Help us to help you stamp out diabetes!



Kudos to our official photographer, Marc-Anthoni Bovell-Hector



BCDF Board member receives cheque from Mr. Brendon Gray, Tatil Tobago



Newsday Thursday November 17, 2016 Cancer Education and Awareness Workshop



Excerpts from the Chief Secretary's (THA) Address at BCDF's First Annual Cancer Education & Awareness Workshop held at the Scarborough Public Library on 15th November, 2016

Newsday Thursday November 17, 2016

NEWS

London: Alarming prevalence of cancer, diabetes in Tobago

By VINDRA GOPAUL

Cancer and diabetes do not discriminate and can attack anyone at any time, regardless of a person's age, sex and way of life.

This was the warning from Tobago House of Assembly Chief Secretary Orville as he spoke at a Cancer Awareness Workshop on Tuesday hosted by the Bovell Foundation at the Scarborough Library.

Stating that too many Tobagonians were dying from cancer and lifestyle diseases, London said, "If we observe what is happening, we will recognise that the prevalence of diabetes and cancer has in fact become quite alarming in Tobago and throughout this country."

Noting that everyone has been touched by these diseases, either through having contracted one or by knowing someone who has, he said some of his classmates have died before age 65 after having contracted these diseases.

London said persons must be prepared to take the correct action to not only prevent getting cancer and diabetes but also to improve their quality of life. He said while young people may believe they cannot get cancer and diabetes, they must recognise that they can and therefore look to change bad habits.

He also said that said too many women, and men, were not proactive when it comes to their health "When you get the symptoms, then you start to respond and we need to treat with being proactive," he advised, noting that too many men believe it is not "macho" to be concerned about their health and only start taking care of themselves when it is too late. London said he gave up smoking after witnessing a close friend succumb to lung cancer.

"I'm saying if good sense don't

work, try fear," he said.

Tobago East MP and Minister in the Office of the Prime Minister, Ayana Webster-Roy, also speaking at the event said there was a great need for open discourse around cancer. She said the subject was often treated as taboo and consequently many persons were denied the opportunity to learn from each other's experiences. Webster-Roy, saying that government remains fully committed to ensuring that health care remains available to everyone, said there must be a collective effort to ensure greater support for cancer.

She said a proactive approach must also be taken to limit risk factors for cancer and that more emphasis must be placed on public education as statistics show that among men, the five most common types of cancer diagnosed for 2012 were lung, prostate, colorectal, stomach and liver. Among women, the most common cancers were breast, colorectal, lung, cervix and stomach cancer. She said one third of all cancer deaths were as a result of dietary and behavioural risks that include having a high Body Mass Index, a low intake of fruits and vegetables in the diet, low physical activity, tobacco use, alcohol use and stress.

Webster-Roy said tobacco use was the most significant risk factor for cancer, causing 20 percent of global cancer deaths and 70 percent of lung cancer deaths. She noted that cancer causing viral infections such as HPV were responsible for 20 percent of cancer deaths in low and middle income countries.

Adelia Bovell-Benjamin, spokesperson for the Foundation, noted that the two most common cancers prevalent in Trinidad and Tobago were breast cancer and prostate cancer. She said both cancer and diabetes were a major problem in Tobago, and that families have been impacted by these diseases.

Tobago TODAY The Pulse of the People

tobagotoday.com November 23 - 29 2016

news A11

Health care pro worried about Tobago cancer figures

Prostate cases 10th highest in world

LOVSE VINCENT

Health officials in Tobago are seeking to screen at least 35 men daily for prostate cancer.

This is according to a study by a public health officer in the country's largest city, Port of Spain, who has the highest risk of developing prostate cancer.

The issue was just one of many topics covered during a Cancer Awareness and Education Workshop at the Scarborough Library facility, as part of the recent Bovell Cancer and Diabetes Foundation's outreach programme.

In presenting the research to back up his statement on the link between Afro-Caribbean men and the high rate of prostate cancer, Dr Anthony Thompson said studies on Afro-Caribbean men indicate that they are more predisposed to prostate cancer than any other race.

He revealed some startling statistics. The Dr Allan Patrick Tobago Prostate Cancer Survey, which ran September 1999 to June 2005, looked at African males in Tobago between the ages of 40 and 69 years. In all, 100 men were screened and 10 were found to have prostate cancer. That is 10 men who need to take a closer look at, and of this 10 men 12 would have been confirmed by a biopsy to have cancer.

Thompson said these figures are definitely a cause for concern.

"Prostate cancer is responsible for 10 deaths per year in Tobago and now you have to remember that we are about a little over 100,000 people," he said.

"It is alarming because that means prostate cancer is the sixth leading cause of death among males and this is actually six times the world's average. We get about 15 new cases diagnosed per year, which is ten times the world average."

He said at those rates prostate cancer could be considered part of the island's heritage. He added that studies have also found that most men are hesitant to get tested due to their reluctance to undergo the local prostate exam.

"If you invite men that are willing to do something, initially they will accept that they need to be tested, but the hesitation usually steps in when they are faced with the actual exam. But we have also found that a lot of men are more than willing to take the PSA test."

The PSA test is a blood test used primarily to screen for prostate cancer. The test measures the amount of prostate-specific antigen (PSA) in the blood. PSA is a protein produced by both cancerous and non-cancerous tissue in the prostate, a small gland that sits below a man's bladder.

Thompson said although prostate cancer is so common, only one out of every eight people diagnosed with the disease will die from it. He stated that the statistics showed that there is a wide range of prostate cancers, some are very aggressive while others act very slowly. However, he maintained that since the risk of being diagnosed is so high, all men over the age of 45 should get tested.



This woman takes a look at one of the displays at the recent Diabetes in the Spotlight Jamboree hosted by the Bovell Cancer and Diabetes Foundation at the Cyt Gary Stadium last week. The foundation also held a cancer focusing on both cancer and diabetes.

More info

The prostate is a gland in the male reproductive system. It makes most of the semen that carries sperm. The walnut-sized gland is located beneath the bladder and surrounds the upper part of the urethra, the tube that carries urine from the bladder. Prostate cancer is usually a very slow growing cancer often causing no symptoms until it is an advanced stage. Most men with prostate cancer die of other causes, and many never know that they had the disease. But once prostate cancer begins to grow quickly or spreads outside the prostate, it is dangerous.

Doctors don't know what causes prostate cancer, but diet contributes to the risk. Men who eat lots of fat from red meat are most likely to have prostate cancer. Eating meat may be risky for other reasons: Meat cooked at high temperatures

produces cancer-causing substances that affect the prostate. The disease is much more common in countries where meat and dairy products are common than in countries where the diet consists of rice, soybean products, and vegetables. Not exercising also makes prostate cancer more likely.

Some prostate cancer signs include:

- Having a pain during urination
- Difficulty urinating or trouble starting and stopping while urinating
- More frequent urges to urinate at night
- Loss of bladder control
- Decreased flow or velocity of urine stream
- Blood in urine (hematuria)

Treatments for prostate cancer

If the cancer is small and contained

located - it is usually managed by one of the following treatments:

• Watchful waiting - not immediate treatment is carried out. PSA blood levels are regularly monitored.

• Radical prostatectomy - the prostate is surgically removed.

• Radiotherapy - radioactive seeds are implanted into the prostate.

• Cryosurgery - the radiation beams are shaped so that the region where they overlap is as close to the shape of the prostate as possible.

• Brachytherapy - radioactive seeds are implanted into the prostate.

• Intensity modulated radiotherapy - beams with variable intensity are used. An advanced form of conformal radiotherapy usually delivered by a computer-controlled linear accelerator.



A woman gets ready to have her blood sugar level tested at one of the booths.

Diabetes Jamboree and Cancer Education & Awareness Workshop met their goals

Page 10 TOBAGO NEWS Friday, November 18, 2016

COMMUNITY

Diabetes and cancer jamboree a 'success'



CHOLESTEROL testing booth.

Margen Wallace

THE Scarborough Sporting Complex was filled with excitement last Friday as the Bovell Cancer Diabetes Jamboree held its annual jamboree.

Various schools were invited to attend, along with members of the Scarborough community for a day of education, fun and free medical testing. Co-founder of the organisation Adelia Bovell-Benjamin said that the event was a success.

She noted, "Today I am very happy with the turnout, especially since we have a record number of children and adults coming out. All the booths that were prepared to be here have been delivered for the people. The first day being so long that some people are utilizing the free medical attention and getting educated."

There were several booths operating at the event catering to areas such as cholesterol testing, weight and stroke prevention.

The Tobago Regional Health Authority (TRHA) had their nutrition education booth along with other doctors. An eye doctor was also on site and gave free eye tests to school children present. As president, Bovell-Benjamin introduced this year's new "spin-to-win" activity which caught the attention of many at the event and several persons won items.

Meanwhile, the day's fitness and activity coach Darren Stanley said he believes that having someone into a game speaks people's interest and is one of the most effective ways to lose weight. He also helped to facilitate the event's "Zumba" activity, which is the combination of a Zumba workout and soccer music.

There was also a children's poster competition which encouraged children to showcase their artistic



CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

CHOLESTEROL testing booth.

Cholesterol testing



BCDF in the News

Tobago TODAY The Pulse of the People NOVEMBER 16 • 22, 2016 feature



Anthony Joseph and schoolmate Carina Kari.

Adella Bovell-Benjamin, fourth from left, poses with foreign and local volunteers.

PHOTOS: MARG-ANTHONY



A nurse prepares to check a student's blood sugar.

Annual Bovell Cancer Diabetes Jamb

Students learn a lot

Continued from Page 15

Two students, 10-year-old Anthony Joseph and 11-year-old Carina Kari, of the Parlatuvier Anglican Primary School, said they looked forward to the annual event. "I learnt that I must not eat too much sugar or I will get sick. I must also eat healthy stuff like my peas and carrots," said Anthony.

"I know what is healthy for me and it is not so I try to eat healthily and not around and watch television as I need exercise too," she told Tobago Today. Unfortunately, children of primary school age are part of the 450 million people living with diabetes worldwide. The International Diabetes Federation predicts that by 2040, over 540 million people will suffer from the lifestyle disease.

BCDF in the News

FEATURES Tobago TODAY 15
www.tobago2009.co.tt NOVEMBER 16 • 22, 2016
HAVING A COMMUNITY EVENT? SEND US YOUR PHOTOS AND A SHORT WRITE-UP ON IT TO: carolina@tobago2009.co.tt

Annual Bovell Cancer Diabetes Jamboree

Light shed on serious cause



Dr. Eustice Mcintosh, MC for the day's event, takes students through their blood sugar test results.



Adella Bovell-Benjamin, the main organizer of the Bovell Cancer Diabetes Foundation, is declaring this Diabetes Day the "tremendous success."

Bovell-Benjamin, a Tobagonian living in the USA, used factors such as the number of participants, kinds of services offered and information obtained from an informal survey to determine whether the organization had reached its goal of educating the public about diabetes at the event, which was held at the Cpl Gary Stadium last week.

"This year over 500 persons showed up - 100 students and close to 200 adults - so we have surpassed the figures for last year," she said. In addition to the blood pressure, cholesterol and eye testing services offered, participants were given some nutritional ad-

"The sugar shocker booth which showed the amount of sugar consumed on a daily basis really helped people to identify what they are eating," the Food and Nutritional Science professor, from the University of Trinidad.

She added: "Children were fascinated when they saw the amount of sugar they were consuming and the important that they remembered most of it was information from last year."

She was pleased many still took advantage of the free services offered by the foundation Division of Health and Social Services and Division of Education, Youth Affairs and Sport. However, Bovell-Benjamin said she was more thrilled that children were learning to take care of their nutritional needs. She noted that the jamboree was child-friendly and catered to the children's learning and excitement.

CLERGYMAN WHO HAS LIVED WITH TYPE 1 DIABETES FOR 70 YEARS AWARDED MEDAL



A man who has lived with type 1 diabetes for 70 years has been awarded a medal for his "courage and perseverance". Rev. Richard Chapple was diagnosed with type 1 diabetes when he was six years old. His success in managing the condition for 70 years has been acknowledged with the John MacLeod medal from charity Diabetes UK. Rev. Chapple who resides in Yeovil, told Somerset Live that managing type 1 diabetes as a youngster was considerably more exasperating than it is now. "I was diagnosed with it when I was six and in those days it was pretty laborious." "Every day I would have to give my mother a urine sample and she would boil it in a pan with Benedict solution. "You would then have to compare the colour it went with a chart to determine if your blood sugar level was too high or too low." Depending on the result Rev. Chapple would either be fed sugar cubes to bring his sugar level up or have to undertake strenuous activity to bring it down. On receiving his award from Diabetes UK, the father of two dedicated it to all the people who have supported him over the years. "I feel a bit embarrassed really - it should be going to all the people who have supported me over the years - doctors and family, my parents, my wife. "I have been lucky to have a good support network who know me and know the danger signs." Over the years Rev. Chapple has witnessed many advancements in the treatment of diabetes and says that being able to test blood sugar levels regularly and easily has made life a lot easier. His advice to others living with type 1 diabetes is to look after your diet properly and stock up on hypo treatments if you know you are going to have a busy day.

BCDF 2017 RAINBOW CALENDAR OF EVENTS

November 2016 - December 2016	Complimentary Foot Care - “So in Love with my Feet” Project Diabetes in the Limelight Jamboree Cancer Education and Awareness Workshop Children & Teen Hangout
January - December	Life for a Child Project Patterned after the International Diabetes Federation's program, this project meets the immediate needs (testing strips, assistance and support for doctors' visits, monitoring and education) of a child with diabetes.
20 th January	Application for First Quarter Funding Deadline Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
February	Diabetes Discourse Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation Board of Directors Retreat
March	Complimentary Foot Care - “So in Love with my Feet” Project
13 th April	Application for Second Quarter Funding Deadline
April 29 th April	Complimentary Foot Care - “So in Love with my Feet” Project Breakfast and Diabetes Awareness Dialogue Morning Market Square, Scarborough, Tobago
May	Teachers’ Workshops Hands-on workshops that will provide current information to help teachers learn about diabetes identification, prevention and management among students. Children & Teens Hangout
June	Complimentary Foot Care - “So in Love with my Feet” Project
21 st July	Application for Third Quarter Funding Deadline
August	Diabetes Discourse Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation
20 th October	Application for Fourth Quarter Funding Deadline
October/November	Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its sixth annual primary school poster competition for the occasion of World Diabetes Day 2017.
10 th November	9th Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention
14 th & 15 th November	Children & Teens Hangout Cancer Education & Awareness Workshop Diabetes Discourse Distribution of the free Quarterly Newsletter of BCDF

Bovell Cancer Diabetes Foundation

<http://www.bovellcancerdiabetesfoundation.org>

Phone: 868) 667-2576

E-mail: adelia@bovellcancerdiabetesfoundation.org



RESULTS

2016 Primary School Poster Competition on Diabetes Prevention

Most Innovative Depiction of the 2016 World Diabetes Day Theme (*Eyes on Diabetes*)

Le Bron James – Montgomery Government School

AGE GROUP - 6 – 9 YEARS

DRAWING

1 st Prize	Shaniah Benjamin	Belle Garden AC
2 nd Prize	Abriella Roberts	Scarborough SDA
3 rd Prize	Fia Kent	Charlottesville SDA

AGE GROUP - 10 – 15 YEARS

1 st Prize	Joshua George	St. Patrick's AC
2 nd Prize	Tayshaun Joseph	Speyside A.C.
3 rd Prize	Aziel Wright	Roxborough AC

COLOURFUL

AGE GROUP - 6 – 9 YEARS

1 st Prize	Kieneal Dillon	Goodwood Methodist
2 nd Prize	Laura Hanlon	Castara Government
3 rd Prize	Mia King	Ebenezer Methodist
Merit	Malick Laptiste	Montgomery Gov't

AGE GROUP - 10 – 15 YEARS

1 st Prize	Kenaldo Melville	Roxborough AC
2 nd Prize	Khristiana George	Speyside AC
3 rd Prize	Janea McKenna	Charlottesville Methodist

OTHER

AGE GROUP - 6 – 9 YEARS

1 st Prize	Isabel George	Speyside AC
2 nd Prize	Rondelle Daniel	Delaforde AC
3 rd Prize	Alexa Campbell	Roxborough AC

AGE GROUP - 10 – 15 YEARS

1 st Prize	Shaneik Alleyne	Roxborough AC
2 nd Prize	Dejah Mark	Montgomery Government
3 rd Prize	Joelle Miller	Whim AC



The Board of Directors of the Bovell Cancer Diabetes Foundation would like to say 'thank you' to all who participated in the Cancer Education and Awareness Workshop on 15th November, 2016.

- ✚ Chief Secretary, THA, Hon. Orville London
- ✚ MP Tobago East and Minister in the Office of the Prime Minister, Hon. Ayana Webster-Roy
- ✚ Ms. Raelene Lindsay, Advisor to the Secretary of Health & Human Services
- ✚ The following MDs: Drs. Frank, Alfred-Dumas, Thompson and Garbar
- ✚ Archdeacon Phil Isaac, Ms. Nicolle James
- ✚ Mrs. Joan Phillips-Pierre, Ms. Tulani Murphy
- ✚ Dr. Eastlyn McKenzie & all the participants
- ✚ Staff & Management, Scarborough Library



4TH ANNUAL BREAKFAST MORNING & DIABETES AWARENESS DIALOGUE

Saturday 29th APRIL, 2017

**Market Square, Scarborough
6:00 a.m.—12 Noon**

TRADITIONAL TOBAGO BREAKFAST... +++

Choose one from:

- **Buljol, herring, eggs, sausage or black pudding**
- **Cassava bread or bakes**
- **Chocolate “tea”, black tea, cocoa or**

