

Uxbridge woman hopes to inspire others after beating cancer

Ilaria Varoli to participate in 2015 Enbridge Ride to Conquer Cancer benefiting the Princess Margaret Cancer Centre

Shawn Cayley
scayley@durhamregion.com

ZEPHYR -- Ilaria Varoli hopes others will find inspiration in her story of cancer survival.

Two years ago, at age 49, the Zephyr woman was diagnosed with breast cancer and following diagnosis underwent chemotherapy and radiation therapy in addition to hormone therapy at South Lake Hospital in nearby Newmarket.

Through it all, she kept her head held high, a positive mindset and firm desire to not let her situation get the best of her.

And it didn't.

Ride For Dad to rumble through North Durham on June 13

10th annual prostate cancer fundraiser to start in Port Perry

NORTH DURHAM -- The Telus Motorcycle Ride For Dad will look to surpass the \$300,000 mark when the 10th annual fundraising ride for prostate cancer research and awareness kicks off in Port Perry on June 13.

Over the past nine years, the local Ride For Dad chapter has contributed \$280,000 towards the fight against prostate cancer by investing in public education and awareness initiatives. Organizers are hoping the 300 or so riders expected to participate in this year's fundraiser will push that figure substantially higher.

The fundraiser will see riders take part in a poker run through the scenic countryside of Durham Region and the Kawarthas, starting at the Scugog Com-

Now, two years later, Ms. Varoli is a cancer survivor with a good long-term prognosis, she says. And she's excited to share her story with others.

"I don't want to dramatize what my cancer was," she said in a recent interview. "My prognosis is pretty good and there's been a lot of people who had cancer and who have had it way worse than I did.

"At the same time ... I am interested in helping people that might have a harder time with it. I have some tools that worked for me. Even starting with the news (of being diagnosed). It didn't break me. I could think of a lot of worse things. Like, if you have kids, you can think of a lot worse things than having cancer yourself, right?"

"Because of that I want to help people put things into perspective when and if they get the news."

That perspective has helped Ms. Varoli stop sweating the small things in life. A bad day at work is no longer something she lets consume her. And running out of gas in her car or getting a flat tire are now things she chooses to laugh about rather than fret over.

"I started taking things more seriously when it came to important things and I started taking non-important things more lightly," she said.

Outside of trying to figure out how to tell her children she had cancer, she swears that her own situation has never gotten her down.

munity Centre in Port Perry. Participants will gather at the community centre for breakfast before parading through downtown Port Perry and then heading off on their ride.

The event will start at 7:30 a.m. and is expected to wrap up around 4:30 p.m. Breakfast, lunch and live entertainment will be provided and gifts will be handed out to the first 250 riders.

A pre-registration session will be held the evening before the ride, June 12, from 5 to 8 p.m. at the Scugog Community Centre, 1655 Reach St.

It's expected that prostate cancer will affect one out of every six men in Canada, with 490 Canadian men diagnosed with prostate cancer every week. Of those, 85 will die. Early detection is key, with about 90 per cent of prostate cancer cases successfully treated if found early.

Contact LouAnn Young at 905-925-1241 or e-mail durham@ridefordad.ca or visit www.RideForDad.ca.

"Like, if you have kids, you can think of a lot worse things than having cancer yourself, right? Because of that I want to help people put things into perspective when and if they get the news."

Ilaria Varoli

"Even now I think, if it comes back, it comes back. I'll deal with it ... You have to have a positive attitude," she said, adding that the crew of experienced medical professionals she encountered during her journey also served a big purpose in getting her through her bout with cancer.

Having said that, she is sympathetic to those who struggle with a cancer diagnosis and those who struggle watching someone go through what can be a long and arduous ordeal.

She watched helplessly about six years ago as her father went through his own issues with cancer.

"It was hard," she admits. "I mean he was older and he went through a much longer period of cancer and had different kinds of cancer ... When he died he was 85, so it wasn't by any stretch of the imagination a tragedy, but he was still my dad and it was hard."

Ms. Varoli will be sharing her story on a national platform this summer as a participant in the Enbridge Ride to Conquer Cancer benefiting the Princess Margaret Cancer Centre.

The two-day ride is set for June 13 and 14 and will span more than 200 kilometres throughout Ontario's countryside.

A former marathon runner and triathlete, Ms. Varoli is looking forward to participating.

"I'm nervous about it because I know it's going to be tough," she said. "But I look forward to the training and taking part. I've never done it so it'll be a challenge and I like challenges."

For more information on the ride: VISIT www.conquercancer.ca

Water Clean and Simple

SERVING THE STOUFFVILLE & UXBRIDGE AREA

- Water Treatment Solutions
- Softeners • Filtration • UV Sterilization
- Reverse Osmosis

Bulk Water Delivery • Pool Fill Ups
Sod Watering • Holding Tank Fill Ups etc.

Wagg Road, Uxbridge • 905-852-4699
Cell: 416-452-8497
www.watercleanandsimple.ca
sales@watercleanandsimple.ca

Purifiner

PRIVATE SALE
Property Guys
Listing ID 195595

Call now
Dave & Lorinda
905-862-2774
705-876-9583



Save \$\$ on Desirable Testa Heights Brick Bungalow
Renovated and refreshed throughout.
2+1 br, 2 bath. Steps to walking trails and town.
1 hr to Toronto / Airport / cottage country.
Mature treed lot with 4 car drive. Recent gas furnace, a/c, HWT, windows / doors and roofing.
Solarium. Gas fireplace up, wood fireplace down.
New decks. Gas BBQ outlet. Worry free, low maintenance home. A must see.

www.PropertyGuys.com for more info

Can you swim one length of the pool?
YOU could be in the Swim Club!



It ROCKS!

GIVE IT A TRY!
JOIN US AT THE UXPOOL FOR SOME FUN IN THE WATER!
SUNDAY MAY 31 9-11AM
FREE! FUN EVENTS! RELAYS! DEMOS! PRIZES!

Register kids age 7 - 12 by Tuesday, May 26th
www.uxbridgeswimclub.com
Hurry... spaces are limited and will fill up quickly!

UXBRIDGE USC SWIM CLUB
FITNESS FUN CONFIDENCE POTENTIAL

ERIN POWER Started swimming age 13
MITCHEL FERRARO Started swimming age 7

SEE OUR VERY OWN PAN-AM HOPEFULS SHOW US THEIR MOVES! ... and they started out just like you!