



UPCOMING EVENTS

Walk For Awareness - 24 September
Hockey Fights Cancer Night – 15 October

Charity Dance - 22 October

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VOLUNTEERS NEEDED

BCAK is always happy to welcome volunteers. Currently we are in need of people to help out at our annual Walk For Awareness on 24 September and at the BCAK table at the Frontenacs "Hockey Fights Cancer Night" on 15 October. If you are interested in volunteering for these events, or in other volunteering opportunities, please email BCAK at email.bcak@gmail.com or call the office Tuesday through Friday afternoons at 613-531-7912

Volunteering for BCAK qualifies for volunteer hours students need to graduate. If your children or grandchildren are looking to earn volunteer hours, BCAK might be able to help.

PROGRAMS

Exercise Classes

Note: evening exercise classes will resume on 20 September.

Monday morning, 10:30 - 11:30 with Tim Bell
Tuesday morning, 10:30 - 11:30 with Sharon Allen
Wednesday Morning, 10:15 - 11:00 with Jane Martin (*Note Time Change as of 1 June*)
Thursday morning, 10:30 - 11:30 with Tim Bell
Tuesday evening, 5:30 - 6:30 - **starting 20 September**

The classes with Tim Bell focus on joint movement, breathing techniques and strength training through isometric exercises. There is no cardio component in this class.
Sharon Allen leads a traditional mixed fitness class beginning with cardio, strength training, balance and stretching.
Elizabeth Cochrane's class focuses on all around strengthening and toning.

Yoga

Note: evening yoga classes will resume on 22 September

Friday morning, 11:30 - 12:30 with Tina Beaudin
Thursday evening, 6:00 - 7:00 pm with Kathy Kennedy - **starting 22 September**

Aquafit

Takes place at the Royale Senior Residence (2485 Princess Street, Kingston ON). COVID protocols will be in place including a rapid antigen test before entering the pool.

Thursday afternoons. Classes with Jane Martin, 2:00 - 2:45

Free Swim, 1:00pm - 2:00pm and 2:45pm - 3:45pm

Are you interested in evening fitness classes - exercise or yoga?

Currently we offer exercise at 5:30 pm on Tuesdays and Yoga at 6:00 pm on Thursdays. If a later time/day would work better for you, please contact the office.

If there is sufficient interest, we will schedule an additional class. It is our hope to accommodate as many members as possible to our Fitness program.

Financial Assistance

BCAK provides financial support to breast cancer patients in need who live or receive treatment within the Home and Community Care Support Services South East coverage area. Information about the support we offer and how to apply is available on our [Financial Assistance webpage](#). All information is kept strictly confidential.

Post Operative Puffy Pillow Program

Women, who have been recently diagnosed and undergo surgery, often feel alone and overwhelmed in addition to their physical discomfort post surgery. A team of BCAK volunteers, Willi Clark, Stephanie Turner, Angela Fleming and Lucille Davies, lovingly hand-sew covers for soft puffy pillows for every woman who undergoes breast cancer surgery within Kingston and the surrounding area.

These pillows demonstrate that there is a local organization of survivors who care about them and understand their feelings. In addition, they have 3 other very practical purposes.

- Each pillow provides women with helpful arm support post surgery.
- Each pillow contains a handmade drainage pouch, again made by our volunteers, Diane Molson and her daughter Kim Molson-Moore and a pink ribbon made by Marj Mason.
- Finally, each pillow contains information about BCAK and its programs.

The BCAK pillows are delivered free to the hospitals in Kingston, Belleville and Brockville. Hospital staff, who have partnered with us, make sure that every person who wants one receives one. Many of our current volunteers and members fondly remember how important that pillow was to them at the time of their recovery, and many still cherish their puffy pillow. This year our partners in local hospitals have already distributed over 70 puffy pillows to breast cancer patients.

Peer Support:

Peer Support Dedicated Number - Call 613 331-6652

BCAK knows well the importance of the support provided by survivors for the newly diagnosed and those actively engaged in breast cancer treatment. BCAK has therefore developed three programs to make sure all these patients know they are not alone and can access our support.

- Firstly, we have set up a **new dedicated support line, 613-331-6652**, to make it easier for the newly diagnosed to talk to someone who has been there before...to share their anger, denial, fear, and get comfort. This number is provided to every breast cancer patient post-surgery on a BCAK bookmark contained in the puffy pillow. The Intake Person for this line can not only support callers but can also refer them to other BCAK resources and other relevant community programs and resources.
- Secondly, we have been operating survivor-led Peer Support Groups for 25 years. These groups are held monthly with an average of 5 women per session.
- Thirdly, we have developed a new process for offering 1 on 1 Peer Support. At present, we have 10 trained b/c survivor volunteers and are currently developing a program to train more.

WALK FOR AWARENESS

Walk With Us

Our 29th Annual Walk for Awareness is taking place on Saturday, September 24, 2022 at Lake Ontario Park. Mayor Paterson is joining us as well as our Town Crier. The Walk kicks off at 1:00 pm.

Registration is \$20 and will be waived if you have \$100 or more in pledges. You can download the registration form off the website www.bcakingston.ca or pick one up at the office.

Calling All Member Vendors!!!

New this year to the Walk event - we are inviting our members to display their wares. We know we have artisans, crafters, and business owners in our midst, and we invite you to set up a table / tent around the pavilion and show off your talents.

Interested?? - Contact Linda Yohn at vp@bcakingston.ca or call the office at 613 531-7912 and I will get back to you with details.

SHARE THE CARE GOLF TOURNAMENT UPDATE

\$46,000.00 - the profit raised by this year's tournament!!!!

The golf committee is pleased and excited to announce that this year's golf tournament set a record profit - \$46,000.00. This represents a incredible \$9,000 increase over the previous record set at last year's tournament and will go a long way to support BCAF and its programs.

This milestone could only have been accomplished with the support and participation of our many sponsors, participants and volunteers:

- 11 local businesses supported us with a \$1,500 donation. Another 32 companies and individuals donated from \$300.00 to \$1,000.00.
- 187 golfers came out to have a great time, enjoy the camaraderie of the day. and spend some money at our tournament fundraising activities
- And finally, but just as importantly, over 40 BCAF members, families and friends joined us on tournament day to help man the games and keep the tournament flowing smoothly - true ambassadors for BCAF.

With this kind of support, it is no wonder we hear that our tournament is one of the best tournaments every summer, and the reason why most of our golfers return year after year.

From the organizing committee - David Cupido, Wendy Barrette, Linda Yohn, Lynne & Bill Funnell, Marilyn Martin, John Rowe, Karen Labern, Amber Beck and Mike Cupido to everyone who made this year's tournament such a resounding success - **THANK YOU!!!**

For more information about the tournament, read the Share the Care Golf Tournament - A Volunteer's Perspective article at the end of the newsletter.

And be sure to mark Thursday, August 10th on your calendars for next year's event. Please consider volunteering for our committee so you too can take part in the fun and help BCAF support its many programs for breast cancer patients and survivors.

Wendy Barrette - Share the Care Committee

CHESTMATES 2022 – What We've Been Up To

The summer has flown by so quickly and we were gifted to have had some amazing paddling weather.

The weather was especially amazing for one the major highlights of the summer - participating in the Concord Pacific Dragon Boat Festival in Vancouver at the end of June. We had so much fun. We went with solid bonds and pure excitement and

returned with even stronger connections and love for each other. It was truly a fabulous experience that none of us will ever forget. It was exciting to watch other races and amazing to see how much our two new paddlers, who had not been to a festival before, embraced the comradery - not just with our team members, but also with other Canadian survivor team members whom we had the pleasure to encounter through our journey. The opportunity to bond with other sister team survivors is a huge part of the BCS Festivals. And the icing on the cake is crossing the finish line as your adrenaline is at its peak. Being a Chestmate is an incredible privilege thank you BCAF.

I'd say we are still riding high on continued excitement which shows through every stroke we take at practices. For the past 2 months we have continued to practice twice a week, focussing on our stroke and endurance. We are currently preparing for our second and final Festival in Stratford on September 17th. This will be a great opportunity for the remaining 4 of our 6 new paddlers this year to experience their first Festival.

Another big highlight of the summer was welcoming our new 5 seat/10 person dragon boat. We were finally introduced to her at practice on Thursday, August 25th, at which time we did the awakening ceremony and took her out for a short ride on the Bay. She is truly a beauty with her glamorous pink scales. We have named her "Hope", a name we consider to be very fitting. Thanks again to the special donor who made this possible.

Paddles Up

Lori Cox - Co-Captain

UPCOMING FUNDRAISING EVENTS

29th Annual Walk for Awareness

Date: BCAF's Annual Walk for Awareness will be held Saturday, 24 September, at Lake Ontario Park. This year, Covid permitting, it will be a full, in-person walk. We will kick off at 1:00 with the victory lap. In addition to the walk, there will be vendor displays, music, our legendary "Pink Table, fun and camaraderie.

Hockey Fights Cancer Night

Hockey Fights Cancer Night sponsored by the Kingston Frontenacs will be taking place on Saturday 15 October. BCAF will have a table at the event. BCAF will get a contribution for every ticket purchased through the BCAF portal. More information, including a link to BCAF's ticket portal will be coming soon.

Charity Dance

Get your dancing shoes ready for a Charity Dance fundraiser on behalf of BCAF, featuring Steve Cheesman and the Heeters.

- Date: 22 October
- Time: 8 pm to midnight
- Place: Collins Bay Legion 631 - 4034 Bath Rd., Kingston
- Cost: \$20 in advance - \$25 at the door.

More information is available on BCAF's [Charity Dance](#) webpage. Reserve your tickets before they go on sale by contacting the BCAF office during regular business hours, as seating will be limited. We will let you know when tickets become available.

MEMBERSHIP

BCAF is a dynamic organization and is always open to comments and suggestions from members. Please contact us at email.bcaf@gmail.com if you have any potential opportunities for improvement or ideas for new initiatives. Your input is important to us - it's how we know if we are doing a good job for you.

BCAF welcomes new members year-round. Basic memberships are only \$35 per year and are tax deductible. Members can take advantage of our Community Discount Program sponsored by a number of local merchants and, for a small additional payment, participate in our exercise programs. Membership fees help fund BCAF's many programs. Visit our Membership Page to learn more about the types of memberships and the benefits of joining BCAF. You can join and pay your membership fee online or by contacting our office during business hours (613-531-7912).

DONORS

Thank you to all our generous donors for the month of June:

July

Canada Helps Org Confronting Cancer Together Fund
Lynda Keeler – Canada Helps Donation
Molly Luhta’s Studio – Fundraiser Music Benefit Concert (May 6/22)
Avril Morris – In Memory of Michael Ottenhof
Jacquelyn Coutre – In Memory of Michael Ottenhof
Britton Smith Foundation – Donation
Mary Cassidy – Donation
Mary Peel – Donation
Bev Martin – Donation
Thomas/Katherine Truesdell – In Memory of Michael Ottenhof
Bonnie McCalpin – In Memory of Michael Ottenhof

August

Canada Helps Org Confronting Cancer Together Fund
Mary Cassidy – In Memory of Delia McAdoo
Sylvia Porter – In Memory of: Delia McAdoo and Florence Zinck
Bev Martin – In Memory of Delia McAdoo
Beverley Muller – In Memory of Michael Ottenhof
Sue Davies – In Memory of Delia McAdoo
Lynda Keeler – Monthly Donor
Hew Davies – For the Kingston Chestmates Dragon Boat Team
Chimp: Charitable Impact Foundation (Canada) James Sherk/Anonymous

SHARE THE CARE GOLF TOURNAMENT - A Volunteer’s Perspective

August 18th,2022. **It was a beautiful day.**

Up before dawn working with friends and colleagues at the golf course by 6:30. By the first tee off time at 8:20, the course, registration facilities, games and pavilions are all ready to go. A satisfying 2 hours work.

It was a beautiful day.

Out on hole 7 in the sunshine, chatting and joking with every happy golfer as they came through, selling them chances at closest to the pin, watching great shots and total whiffs, was fun. The day sped by.

It was a beautiful day.

Watching everybody try the seemingly easy but surprisingly difficult games at the clubhouse increased the enjoyment of the sausage and chips lunch. Ice cream for dessert.

It was a beautiful day.

Back at hole 7, it’s hot in the sun but there is lots of water and everyone is still laughing and generous as they pass through.

It was a beautiful day.

Tired by late afternoon but revived by Tana’s great steak and beans dinner. It was satisfying to hear all the chatter about the good time had by all participants. It was a beautiful day.

Finally got all the pavilions down and into the trailer around sunset. Glad it is over but happy because it was a job well done for a worthy cause.

It was a beautiful day.

Bill Hogg