



## **UPCOMING EVENTS**

Share The Care Golf Tournament - 18 August  
Walk For Awareness - 24 September

Charity Dance - 22 October

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## **NOTE FROM THE PRESIDENT**

Summer has arrived and Breast Cancer Action Kingston continues to offer programs and support during the summer. Our annual Share the Care golf tournament is taking place on August 18th at the Colonnade. Future events planned are the Walk for Awareness on September 24th and a dance on October 22nd.

Please note that our July and August newsletters will be slightly abbreviated. They will still contain all standard information on programs and services as well as important notices and timely reports on summer events and activities. However educational information and stories of general interest will not be included to allow our volunteers time to enjoy the summer holidays. Articles of this nature will resume in the fall.

Thank you to all our members for your continued support. May you and your families have a happy and healthy summer.

Kindest Regards  
Lynne Funnell - BCAK President

## **VOLUNTEERS NEEDED**

BCAK is always happy to welcome volunteers. Currently we are in need of people to help with the Share The Care golf tournament on 18 August and our annual Walk For Awareness on 24 September. If you are interested in volunteering for these events, or in other volunteering opportunities, please email BCAK at [email.bcak@gmail.com](mailto: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**

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

Note: Tuesday evening classes with Elizabeth Cochrane are postponed until 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.

**An Invitation to try out the Exercise Program** - Are you interested in our activities program but would like to try out a class or two before you commit? Members are invited to try out an exercise class during the months of July and August. Class times are Monday, Tuesday, Wednesday and Thursday beginning at 10:30 a.m.

This is a great opportunity to see if you can fit a class or two into your schedule and if the program is right for you. If you decide to continue, you only need pay the \$20 activity fee which will also allow you to join our other programs throughout the year.

### **Yoga**

Friday morning, 11:30 - 12:30 with Tina Beaudin

Note: Thursday evening sessions with Kathy Kennedy are postponed until 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

### **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 and Belleville. 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.

## SHARE THE CARE GOLF TOURNAMENT UPDATE

With a little over one month to go, organizing the 2022 Share the Care golf tournament is well underway. This tournament is our number one fundraiser netting an average of approximately \$30,000 annually for BCAF's programs. The past two years have been especially successful, and we are hoping to surpass expectations again this year.

To achieve this goal, volunteers are needed to help out on tournament day, Thursday August 18. Without volunteers there could be no tournament - if possible, please set aside some time on the 18th to come out and help make the tournament a huge success. To volunteer, email Wendy Barrette @ [email.bcak@gmail.com](mailto:email.bcak@gmail.com) as soon as possible to let her know you are available. If needed, Wendy can try to fit you in with a carpool - just let her know where you live and what shift you want (morning or afternoon).

The success of our tournament is very dependent on donors. To date our donor list includes the following companies and individuals - our special thanks for your generosity:

### **Bronze**

Reliance Home Comfort  
CE Safety  
Fuzix  
Sheila Menard & Dr. Susan Irving  
Ed Malette Electric Ltd.  
Kingston Hyundai  
Soloway & Wright

Merry Maids  
Clark's Bus & Marine  
Tolles Ltd.  
Janet Grace, Broker & Kelly Kennedy, Associate  
Royal LePage ProAlliance Realty Brokerage, Inc.  
Caldwell Wealth & Estate Advisory Ltd., David Sutherland  
Raynor & Associates

### **Silver**

James Reid Funeral Home, Crematorium Reception Centre  
Sienna Senior Living  
Barr Homes

Kingston Mortgage Solutions  
Rone & Karen Sutherland

### **Gold**

Assante Wealth Management, Duncan Present, Fay Raymor, Emma Firzgerald and Henry Treier

### **Platinum**

Cupido Construction Limited  
Sabliere Constructors  
TD Bank  
Edward Jones Investments, Peter Schenk  
CaraCo Group of Companies

Kingston Laser and Cosmetic Clinic  
Raymond James Limited  
Leading Edge Hobbies  
Gordon F. Tompkins Funeral Home

### **Special Mention**

Spearhead Brewery

Kingston Frontenacs Hockey Club

## MEMBERSHIP UPDATE

June was a good month for membership with the addition of 10 new members - membership now stands at 158.

BCAK is a dynamic organization and is always open to comments and suggestions from members. Please contact us at [email.bcak@gmail.com](mailto:email.bcak@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.

BCAK 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 BCAA's many programs. Visit our Membership Page to learn more about the types of memberships and the benefits of joining BCAA. You can join and pay your membership fee online or by contacting our office during business hours (613-531-7912).

## **UPCOMING FUNDRAISING EVENTS**

### **Share The Care Golf Tournament - Sign Up Now**

BCAA will be holding its annual Share the Care Golf Tournament on Thursday, 18 August at Colonnade Golf & Country Club. Similar to last year there will be assigned starting times in the morning and afternoon. The cost this year will be \$145 dollars which will include golf, goodies and a choice of a chicken or steak sit-down meal. Spots are nearly sold out, so sign up now online on the Share the Care 2022 webpage.

### **29th Annual Walk for Awareness**

BCAA'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.

### **Charity Dance**

Get your dancing shoes ready for a Charity Dance fundraiser on behalf of BCAA, 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 BCAA's Charity Dance webpage. Reserve your tickets before they go on sale by contacting the BCAA office during regular business hours, as seating will be limited. We will let you know when tickets become available.

## **EXCITING NEW FUNDRAISING OPPORTUNITY**

The Tru Earth company is offering BCAA the opportunity to earn 20% profit from every purchase made by BCAA supporters through its online store. Complete information about this fundraising opportunity is available on the poster below and on BCAA's home page.

**PLEASE NOTE** - for BCAA to receive the contribution, purchases must be made through BCAA's Tru Earth online store. The store is also accessible through the BCAA website.

## **DONORS**

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

DAVE CUPIDO CONSTRUCTION – Retreat

Audrey Brown

Frank Sullivan

Tracy Cunningham

Maggie Daicar

Lynda Keeler

Mary Peel

Audrey Harvey

Shelley Bernabel

Bev Martin