



IN THIS ISSUE

[2022 – A year in Review](#)

[What's in Store](#)

[New Board Member Tamara Stone](#)

[First Reuse Project Deliveries](#)

[December Donations](#)

2022 – A YEAR IN REVIEW

2022 was a busy and successful year for BCAA. Going into the year our emphasis was on Awareness and here are just some of the things we accomplished:

1. Community Outreach

-A second Saunders-Matthey Cancer Prevention grant was awarded for our Outreach Program. These funds enabled us to expand our puffy pillow program to Belleville and Brockville General Hospitals.

-We trained ten facilitators and introduced one-on-one peer support. We also set up a dedicated support phone line that is manned 24/7 (613-331-0652).

-We were able to do a wonderful insert in all of Post Media papers in our region for Breast Cancer Month (October).

-Our membership increased throughout the year to a final number of 197 in December, an increase of over 20%.

-We participated in the Santa Claus parade, the Royale Senior residence tree decorating program and set up a booth at two Kingston Frontenac hockey games.

2. Our **Financial Assistance** program was boosted by a generous donation from the Homestead Foundation and another anonymous donation.

3. BCAA hosted a number of **fundraisers** throughout the year – a car wash in May, The Share the Care golf tournament in August, the Walk for Awareness in September, our first annual Charity dance in October and a chocolate and cheese fundraiser in December. We hosted a Member's Retreat in May that was a huge success.

4. We purchased a 10 person dragonboat for our ever-expanding Chestmates dragonboat team. The same team attended the Concord Pacific Dragonboat festival in Vancouver in June as well as several festivals a little closer to home over the summer months. Due to demand we added classes to **our in-house fitness programs**.

5. We partnered with **Earthhub and TruEarth** with environmental initiatives.

6. We expanded our Community Discount program.

7. In keeping with our mission, we **donated** half the proceeds from our Walk to Kingston Health Sciences Centre research on breast cancer.

8. BCAF was presented with the [Chamber of Commerce Business Excellence Award for Social Impact](#). The Business Excellence Awards are dedicated to recognizing exemplary models of excellence and community service by Greater Kingston's businesses. It was an honour to be recognized by the business community for the services and programs we offer to those with breast cancer in the Kingston and SouthEastern Ontario Cancer region.

And finally, the BCAF Board of Directors bid farewell to [Lynne Funnell](#), president, [Joan Cristoveanu](#), [Helen Tolles](#), and [Iris Little](#) – all long time board members and welcomed [Audrey Harvey](#), [Lori Cox](#), [Maggie Daicar](#), [Donna Hackett](#), [Jo-Anne Smith](#), [Sarah Arrowsmith](#) and [Tamara Stone](#).

WHAT'S IN STORE:

2023 is shaping up to be a four-star year. The Board of Directors have put together a plan to grow our organization. Where we have been concentrating on awareness for the past few years, this year we hope to add involvement. We want to see our members get the best possible experience from their membership.

While 13 of us sit around trying to put together programs, we can't read minds. We want to get to know all our members and we want to get our members to know each other. How would you like to get involved? We would love to hear from you....email : email.bcak@gmail.com or office@bcakingston.ca with your ideas.

Besides asking you for your input, we want to set up a member's corner in the newsletter (and perhaps on the website) where we talk about our members and their achievements. We would like to feature one or two members each month with a short bio and picture. We would like to know when you ring the bell, important landmarks In your journey, about your family and your interests.

Lori Cox has agreed to take on a new committee; Member Engagement. Very shortly she will begin personally phoning all new and returning members to welcome them to or back to BCAF. The goal is not only to make you feel welcome but to include you as part of our dynamic group of survivors, thrivers and supporters.

Here are some plans that have been introduced or are in the works for 2023. PLEASE EMAIL: email.bcak@gmail.com if you are interested in any of these events – let us know which ones! We will get back to you as plans are formed.

1. **IN THE PINK** : Janet Innis and Ellen Van der Zwan are coordinating a resurrected IN THE PINK group and we want you to join them!

This is a social gathering and is open to all BCAF members. It is an opportunity to get together to chat, listen, talk, commiserate, cheer and to share.

The gatherings will be held at the BCAF office, #110 – 650 Dalton Avenue, on the first Tuesday of the month beginning on February 7th at 12:30 pm. Bring your lunch, relax and

enjoy the camaraderie.

2. An afternoon in the **Chocolate** is planned for the end of January, beginning of February. This will be a Saturday afternoon event for members and will feature Audrey Brown from CocoaBistro who will give a talk on chocolate, its origins and the different types of chocolate, following by a session of learning how to melt and mold chocolate. There might even be some bubbly to share while sweating over the chocolate. Cost will be in the order of \$30.00.

3. A **Sky Diving** (indoor) event at the Whitby i-fly venue. We will leave Kingston on Friday afternoon, have dinner and a pj party and sleep over at a nearby hotel. Saturday morning we will have breakfast, shop or relax and head for the i-Fly right after lunch. Spend the afternoon soaring and then board the bus home around 4 p.m. This is planning for early April - prior to Easter (April 9).

4. Is anyone interested in a repeat of last year's **White Water Rafting Retreat**? If so, let me know and if enough people are interested I will put it together.'

5. In the fall we are planning a **Retreat on the 1000 Islands Parkway**. Friday night we will take a bus to Glen House where we will dine on their famous and delicious prime rib. We will be staying in the 2 bedroom, 2 bathroom cabins (capacity of each cabin is 4). Saturday after breakfast we will head to the **Zipline/Treetop** facility where we will spend the remainder of the morning before returning to Glen House for dinner and an evening of camaraderie. We will have breakfast Sunday morning and head home. (For those who were underwhelmed with i-fly, we will offer an opportunity to **tandem jump** from an airplane as part of this outing)!

6. We are hoping to reintroduce the Health and Wellness Fair that fell victim to Covid back in April 2020. No date has been chosen but October - Breast Cancer month is a possibility. If you are interested in being involved in the planning of this event, please email office@bcakingston.ca or email.bcak@gmail.com.

7. There is still space in the Scrapbook Club. It's held at BCAF on the second and last Tuesday of the month and offsite in Harrowsmith on the third Tuesday.

8. We are working on a walking group and will give more details next month. Again, if you are interested, let us know (we have heard from several ladies).

9. **Kingston Frontenac's** will be hosting a Community Corner at the March 3rd game against the Ottawa 67's. BCAF has been invited to participate which means we will be



selling tickets (@\$21.00) and for every ticket sold, we will receive \$2.00. We will also set up a table in the foyer where we will display information on our organization and sell our pink items.

More details and the link to tickets to come.

Introducing our Latest Board Member, Tamara Stone



Hello, my name is Tamara Stone and I am so honoured to be joining the BCAF Board.

I feel incredibly lucky to have moved to Bath a few years ago with my husband, son and daughter, and I am thrilled to say it has become our forever home--we absolutely love Bath and Kingston, and feel we have landed in a very special place on the shores of Lake Ontario!

In August, I retired from the Ontario Public Service, where I had worked for 33 years in the Ministry of Children, Community and Social Services, specifically within the Youth Justice Division. Throughout the years, I have worked directly with youth in open and secure settings, as a Probation Officer within the community, in addition to regional and corporate senior roles. Working with youth and their families was a real privilege over the years, partnering with many social and justice sector organizations and services.

Community is so important to me, and I feel BCAF is such an important organization to be a part of! I am a breast cancer survivor, and was diagnosed in 2015 just two weeks after my husband had been diagnosed with throat cancer! What an incredible journey that was, but as challenging as many days were, we also fondly recall the support we received from friends, family, colleagues and the community! I called them our earth angels, and one particular one came by to check in on me and just talk, as she had just been on her own breast cancer journey and had gained so much knowledge and experience that she could share about treatment and supports. She was just wonderful and made such a difference on how I approached my treatment journey--both my husband and I made a commitment that once we were able to get to better health, we too would reach out and support others going through the same cancer journey. My husband was a firefighter from Toronto, and sadly there have been a few colleagues that have undergone the same cancer diagnosis as his.

BCAF is a shining example of community, with committed volunteers that are dedicated to supporting, educating, and leveraging the strengths of those impacted by breast cancer--it is a special organization that I feel so lucky to be a part of.

FIRST REUSE PROJECT DELIVERIES

In mid-December, all of the items members had kindly delivered to BCAA's office were sorted and delivered to our 3 reuse partners, Earthub, the Humane Society, and Staples. In total, 15 pounds of items were diverted from landfill and are going to be reused. There were 45 large plastic milk bags, boxes of packing paper and bubble wrap, a huge bag of towels and toys for rescued animals, 2 milk bags filled with metal tabs and plastic lids and tabs, and 131 pill containers.

Just a reminder that the prescription pill containers need to be totally clean without any label residue. The Earthub organizers suggest first soaking them in hot water to remove the paper; then wiping any residue with vegetable oil; a second soak in hot water and soap to remove all the glue; and finally, a wipe clean. It is a bit tedious, but it is the only way these plentiful bottles can be reused by the Medical Mission.

A big thank you to everyone who is collecting the specific reuse items described on our web site. Please keep collecting!!!!

DECEMBER DONATIONS:

Bev Martin
Caroline Farrell
Claudia Morrisson
Dona Riddell
Haakon Industries Cda Ltd (Mark Lake)
Iris Little (to Chestmates)
Lynda Keeler
Mark Rubin
Dr. Mark Rutherford

Mary Weston
Molly Solc
Paul & Linda Middaugh
Sandra Buckingham
Sandra Esford
Sarah Emery (to Chestmates)
Sharon Esford
Sylvia Healey
Sylvia Treadgold

In Honour of: Erin Stevenson – Palmier Stevenson-Young
In Memory of: Janet Dickland – Sue Davies
In Memory of: Julie Rawding – Brynn Potter
In Memory of: Sheree Ennis Henning – Sylvia Cobourn & Lynn Carr

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