

December 2021

BCAK NEWS



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Christmas Letter from the President

Well another year is coming to an end and we are still dealing with COVID. Thanks to Bev Martin and the Board of Directors for all your help and support this past year. BCAK has not only survived, we have thrived.

We welcomed three new Board Members: Maggie Daicar, Aidee Rebello Nunez and Serena Taylor. Our membership is at an all time high and the community was very generous with fundraising efforts. Thanks to a grant from Saunders-Matthey Cancer Prevention Fund our Outreach Program is off to a great start.

We have increased our exercise programs and thanks to the Sienna group we have the use of the pool at the Royale for aquafit.

From my family to yours Happy Holidays and a safe and Happy New Year.

Kindest Regards,
Lynne Funnell
President BCAK

Membership 2022

164 – that's the total number of breast cancer patients, thrivers, survivors, family and supporters who joined BCAK in 2021. We know this is a record – we just hope that each and every one of you profited from your investment in us.

Our membership fee will be increasing to \$35.00 for 2022. It has been a few years since we raised the fee even though our costs have been increasing. Besides rent, heating, insurance, electricity, computer costs, our largest expense is credit card costs, credit card charges are unproportionally high. Every time you donate or pay via credit card, either through the website or on the phone, pay through Canada Helps or Pay Pal, BCAK is charged a transaction fee of approximately 4%. You can help...cheques, cash and e-transfers cost us nothing!

Attached is a membership application for 2022. Note we are asking personal questions on this application. These are not mandatory questions - you do not need to provide a response. We are asking these questions to help formulate new programs that can be introduced.

We hope you will join us again in 2022.



2022 BREAST CANCER ACTION KINGSTON

MEMBERSHIP APPLICATION

MEMBERSHIP is renewable on an annual basis (January to December) for a fee of:

- Basic: \$35.00 for an individual (survivor or supporter), family of a survivor (at the same address) or a charitable organization
Gold: \$55.00 includes Exercise classes, Yoga, Aqua Activities and Chestmates (A Chestmate must be a breast cancer survivor). Tax receipt provided for \$35.00 membership fee but not Activity fee of \$20.00
Corporate: \$55.00 for agencies and corporations/organizations.

Membership payments are deemed donations and a charitable tax receipt will be issued.

Charity number:89056 7241 RR0001

Please complete the form below:

Name: _____

Address: _____

City: _____ Postal Code _____

Phone: _____ Email: _____

Payment can be made at the office with cash, cheque, credit card or Interac or by mail to Breast Cancer Action Kingston 110 - 650 Dalton Avenue, Kingston K7M 8N7. We also accept e-transfers at: donations@bcakingston.ca (please be sure to give us your phone # or email address in the comment line of your bank's e-transfer form).

Would you like to volunteer? Yes ____ NOTE: Do you wish a monthly newsletter sent via email? Yes ____ NO ____

If you have no email address and wish your newsletter mailed to you, please check here _____

In order to direct information to specific groups, we would like the following information.

IT IS NOT MANDATORY TO FILL OUT THIS SECTION. All personal information collected remains confidential.

Table with 4 columns: Age Category, Physical Activity Level, Your Interest in Group Outings, Retreats, Events, etc. (circle interest), Suffer from lymphedema. Rows include categories like UNDER 40, OVER 40, OVER 65, HIGH, MEDIUM, LOW, YES, NO, NOT SURE.

For more information call (613) 531-7912, email admin@bcakingston.ca or visit our website at http://bcakingston.ca

Christmas Float

The end of October BCAK received notification the City of Kingston had decided to go ahead with an in-person Santa Parade, to be held Saturday, November 20th. We had until Nov. 9 to apply to be considered as an exhibitor.

BCAK went to work. We procured a flatbed from Dan Corcoran, Corcoran Excavation. While Travis, from Corcoran, built the railings and wooden platforms on the 2 levels, Mrs. Santa (Linda Yohn) put her vision into being along with her team of elves - Lynne & Bill Funnell, Willie & Marcel Kyer, Helen Tolles, Liz Stachura, Pat Frost, Marilyn Martin & John Rowe and brother Gordon, Sue Cross and her husband, Serena Taylor, Liz McDonald, Heather Jamieson and Liz Hundevad. Eileen van der Zwan and Janet Innes from the Scrapbooking club also used their talents building props.



We got a bags of lights from Helen Prohaska, Serena Taylor and Marilyn Martin, Fizzabai Burton and Liz McDonald donated decorations, Aidee Nunez made some spectacular candy

for the gingerbread house and Wendy Barrette sent along a bench. If we missed you in the tribute - we apologize. All I can say is the support of our members was absolutely amazing and together we built a spectacular tribute to Breast Cancer Action Kingston.

The big day was November 20th and started in the parking lot at BCAK. The flatbed arrived and the elves moved all the decorations from gym to flatbed. Andrew Acton, our driver and his partner Mallory Wright (from Corcoran) picked up the flatbed and joined our parade participants at Innovation Park to await the start. As the sun set we were off - Andrew laying on the air horn.

Riding the float were Pat Frost, Heather Jamieson, Fizz Burton, Leslie Thompson, Susan Cross, Donna Hackett, Maggie Daicar and Lynne Funnell. Walking behind were Willie Kyer, Darlene Evans, Bill Funnell, Sarah Young, Serena Taylor and her husband pulling daughter Lily in a wagon, Linda Yohn and Marilyn Martin. Our participants tell us the audience loved our float - they could hear the wows of the crowd as they passed by. All our participants were decked out in pink - scarves, mitts, hats, hockey shirts, sweaters, jackets - all PINK!

As quickly as it began, it was over and the slightly chilled and very exhausted crew arrived back at the office to enjoy hot chocolate and pizza and undecorate the float. We will definitely do it again next year!!! Thank you TEAM BCAK!!



Introducing Maggie Daicar, New Board Member



It is with great pleasure that we announce the appointment of Maggie Daicar to the Board of Directors.

Maggie grew up in England where she trained as a nurse and where she met her Canadian husband Tony, who was doing post-graduate studies in Ob/Gyn at the same hospital. Tony persuaded her to join him in Kingston in 1963, and once here Maggie worked first in ICU at KGH and then in the OR at HDH. Maggie and Tony had 50 happy years together before Tony died in 2016.

She has two sons, both married, and four grandchildren. All of them live in Kingston and for 25 years her sons have owned Leading Edge Hobbies, which two years ago went online.

Maggie joined BCAK the day she finished her last radiation treatment - in fact she showed up at Collins Bay ready to paddle with the Chestmates. Since then she has taken advantage of some of our exercise programs, she worked on the Santa float and has enjoyed meeting other survivors and getting involved so much that she decided to join the board of directors. We are lucky to have you Maggie, and thank you for stepping up.

Community Fundraisers for Breast Cancer Awareness Month

Every October local businesses recognize Breast Cancer Awareness month by hosting fundraisers with profits going to Breast Cancer Action Kingston. This year we were honoured to receive funds from:

- . The Trillium Retirement Home held a Bake Sale on October 13th and BCAK received \$564.00.
- . The Royale Senior Living residence held a Chili Drive Thru on October 20th with proceeds of \$571.50.
- . Courtney Leroux is a local distributor of Gel Moment. Her fundraiser netted BCAK \$230.00.
- . 5th Avenue Collection Jewelry's Kim Skelhorn gave us \$440.00, representing a portion of her October sales .
- . Cher Mere Spa gave \$400.00 - a portion of pedicures, manicures and pink rose petal facials done in their Pinktober promotion.
- Louise Boardman sold stain glass ribbons for a total donation of \$300.00.
- Stephanie Boardman sold resin tags and donated \$500.00 to BCAK.
- . Amanda Hulton represents Stella & Dot online and works hard to raise funds for BCAK. This year Amanda donated \$925.00 for Breast Cancer Awareness month.
- . Kingsdale Chateau raised and donated \$330 to BCAK through "Think Pink Thursdays" - a 50/50 draw and sale of t-shirts.
- Bonnie Sparrow, Independent Consultant Rodan & Fields donated \$180.00 of her sales.

Here are the November donations with our gratitude and sincere thanks!

BCAK Scrapbooking Club
Barry & Donna Riddell
Bev Martin
Cathy Keates
Conor Spalvieri
Dillon Consulting
Doreen McDonald
Dr. Samuel S. Robinson Charitable Foundation
Elski Jansen
Emily Casterton
Irene Witzke
Liz Hundevad
Lynda Keeler

Maxine Cupido
Ryan Hobart
Tal & Ann Marie Wolf in honour of Deena Rasky's birthday

Of special mention, thank you to Catherine Freymond for your donation in celebration of ten years' cancer free. Congratulations Catherine!



Breast Cancer Action Kingston recently reached out to Dr. Mihaela Mates MD, FRCPC, Associate Professor, and Attending at both KGH and HDH.

Dr. Mates has agreed to be our Medical Consultant and she will attempt to answer any medical questions we might have and will inform our members of current and upcoming breast cancer clinical trials and other pertinent information that might be of interest to you, our member.

We are thrilled to have Dr. Mates associated with our group.

From Dense Breasts Canada (in case you missed the story)

The guidelines ignore the importance of screening for women in their 40s: One sixth of breast cancer deaths and 24% of the years of life lost to breast cancer are in women diagnosed in their 40s. Even with statistics like these, the Task Force does not recommend screening for women in their 40s. As a result, 4,000 Canadian women will die over the next decade if this recommendation is followed.

November 24 at 9:53 AM ·

We're beyond excited!!

We've known since we began DBC that Canadian women were being harmed by misinformation and disinformation stemming from a flawed study on mammograms in the 80s. Even though the study's results were considered statistically impossible by experts, the study was used by our government to make our screening guidelines and prevent women in their 40s from getting mammograms. Yesterday was an important day for the doctors we work with and for Canadian women. Congratulations to Drs. Paula Gordon, Jean Seely, Martin Yaffe, Shushiela Appavoo and Daniel Kopans for publishing your commentary on the tampering that took place in the study.

While we're so happy the truth is finally coming out, it won't matter unless our government acts to revise policies for women in their 40s. We have to use our collective voices to make sure there is action. There have been over a dozen media pieces in just the past 24 hours because of the importance of the story.

The ill-conceived screening policies should be revisited now that there is conclusive proof that the Canadian study was corrupted and is invalid. Based on all the other randomized trials, and modern observational studies, women should be advised they can start getting screening mammograms at age 40 instead of waiting 10 more years.



Who's Up for a Little Fun and Camaraderie?

It's a Weekend Retreat and it's going to be a blast!!!!

We are looking for members (or cancer survivors) interested in taking part in an Adventure Retreat. It is tentatively scheduled for the weekend of May 27th-29th 2022 at Wilderness Tours just outside of Ottawa.



The retreat includes a two-night stay in double-occupancy cabins with meals included, a beginner white water rafting course, full access to the resort, and breast cancer seminars and guest speakers as well as transportation to and from the resort.



Worried about the physical demands of rafting? Don't be! Not only is the rafting course at a beginner level and designed for people as young as 13 years old, it's absolutely **not mandatory** that you take part. We are planning other great activities to keep you fully engaged and entertained.

The weekend will be a great opportunity for members to step outside of the BCAK Office for an exciting weekend of activity, education and connection.

We are at the planning stage right now – but before we go any further we need your input.

The total cost will be in the range of \$250 to \$400.00 – once we know we have enough interest to proceed we will actively seek sponsors to pay down some of the cost per person.



Are you interested in attending? Let us know if you are. Email: email.bcak@gmail.com or call Bev at 613-531-7912

By contacting us you are telling us you are interested, it is not a commitment. If numbers warrant we will continue to plan an activity packed weekend for young and old alike!



Priority will be given to Breast Cancer Action Kingston members but the retreat is open to any cancer patient or survivor.

Don't be deceived by the white water rafting...no matter how young or old you are – this weekend is for you!

Expansion of Services

As you know, BCAF has recently begun an outreach program to try to connect with breast cancer patients and survivors in the outlying areas of the South East Ontario Cancer Region. We are hearing from a number of ladies that they would like a support system in their area. At the moment we can only offer support via Zoom or telephone and our volunteers are working hard to meet that need.

We are looking into a training program for facilitators/support group leaders. This is in its initial stages but we would like to know if you are interested in taking the course to become a facilitator/group leader. Email us at email.bcak@gmail.com if this interests you.

Also, if you live in an outlying area and you know of any exercise programs in your community, could you email us with the contact information for the group and where they are located.



The Royale Senior Residence recently invited local enterprises to participate in their "Festival of Trees" by decorating a tree in the rotunda. Our tree was decorated Tuesday – hope you like it!



And that's it for 2021. I hope you have enjoyed your monthly newsletters. From the Board of Directors of Breast Cancer Action Kingston to you and yours....all the best throughout the holiday season. Best wishes for 2022.