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### Share the Care Golf Tournament

BCAK's 16<sup>th</sup> Annual "Share the Care Golf Tournament" took place at the Colonnade Golf & Country Club in Joyceville on Thursday, Aug. 5<sup>th</sup>. Team spots sold out well in advance and the event proved to be a huge success. Participants had a wonderful time as evidenced by the large number of emails and phone calls complimenting BCAK on the professionally organized tournament.

The golf tournament is our premiere annual fund-raising. We are very pleased to announce that this year's tournament, the most profitable in 16 years, **raised more than \$37,000.00** for BCAK programs. We heartily thank the many former and new donors and volunteers whose generosity contributed to this success. Their names are listed at the end of the newsletter.

The tournament also provides BCAK with much appreciated public awareness. This year, Doug Jeffries from CKWS came out and interviewed some of the participants for the 6 p.m. news. In addition, the Kingstonist published an article about the tournament and BCAK in its 30 August 2021 edition. You can read the full text of the interview at the end of this newsletter.

This type of media attention helps spread awareness in the local communities about BCAK and its programs.

### 28th Annual Walk for Awareness

BCAK will be hosting its 28th Annual Walk for Awareness on Saturday, 11 September 11 2021, at Lake Ontario Park from 1:00 - 4:00 pm. The registration fee is \$20.00 but will be waived for walkers with pledges of \$100 or more.

Participants are invited to meet at the Lake Ontario Park Pavilion between 1 and 4pm to enjoy a walk or run along

the water at your leisure. Safety precautions, including appropriate social distancing, will be in place. Alternatively, in respect of Covid concerns, you can participate virtually by walking, running, or riding in your backyard or neighbourhood - any where, any time any distance.

To register for the walk, download the registration form at [www.bcakingston.ca/walk-for-awareness-2021](http://www.bcakingston.ca/walk-for-awareness-2021) or call the office 613 531-7912.

### Annual General Meeting

The Annual General Meeting (AGM) will be held via Zoom on Wednesday, 27 October 27, 2021. Zoom details will be posted on the website starting this week.

The AGM provides members with an update on all BCAK programs and services for the past year and the opportunity to vote on the organization's direction in the upcoming year. Reports include a financial accounting for the previous year with a summary of our current financial position, and the proposed budget for the coming year.

The AGM is also the venue for electing the new Board of Directors. BCAK needs individuals with forward-thinking ideas to sit on the Board. Because Covid forced us to reduce programs, we did not need a full Board. However, as society begins to re-open, we will also be re-opening and will need a full Board in place to best serve our members.

Serving on the Board does not require a large time commitment or previous experience, only a desire to contribute to the organization and help it advance. If you have some time and energy to contribute to an excellent cause, please consider putting your name, or the name of a friend or family member, forward to serve on the BCAK Board. To volunteer or express an interest in joining the Board, or obtain more information, please call the office (613-531-7912) or email us at [email.bcak@gmail.com](mailto:email.bcak@gmail.com).

### Membership and Volunteers

BCAK is happy to announce that we now have 151 members - thanks to all members for joining Breast Cancer Action Kingston!

BCAK operates on volunteers, and we need your help to run its programs. During Covid we were limited with what we could do, but now we are in the process of resuming and expanding our activities and programs. New projects in the works include a community outreach

program and a transportation program. Volunteers are required to help with all these activities.

Fundraising is essential to keeping BCKAs programs and activities going - we desperately need volunteers to help in this area. And on the more practical side, we also need volunteers who understand and are at ease working with today's computer programs and social media.

To volunteer you can call the office (613-531-7912) or email us at [email.bcak@gmail.com](mailto:email.bcak@gmail.com). All help is gratefully accepted



### Dense Breasts Canada

A letter from Jennie Dale, Executive Director of Dense Breasts Canada.

“Dense Breasts Canada was founded in 2016, advocating for breast density notification and optimal breast screening for women in Canada to enable early detection of breast cancer. Over the past five years we have successfully advocated for policy change in six provinces; all women are now directly told their breast density in their mammogram results letter. In five other provinces/territories women with the highest density are now informed. This means hundreds of thousands of women in Canada now have the opportunity to be proactive about their breast cancer risk.

However our work is not done. Considerable variations in screening practices and shared information across Canada make it confusing for women to know when, and how to access screening programs, ultimately impacting early detection and health outcomes. There are at least seven variations in provincial screening programs resulting in unequal access and disparate standards of care across the country. Finding breast cancer should not depend on a woman's postal code.

In order to demystify breast cancer screening options, ensure women have accurate information to have discussions with their health care providers and allow them to advocate for their health, we are launching a new website: [www.mybreastscreening.ca](http://www.mybreastscreening.ca), on October 1st. Created with input from breast cancer health experts and women across Canada, [www.mybreastscreening.ca](http://www.mybreastscreening.ca) will

provide accurate, current and local screening information for women over the age of 25.”

BCKA supports Dense Breasts Canada and their advocacy for women with breast cancer. They will be launching a new website on 1 October 2021 - [www.mybreastscreening.ca](http://www.mybreastscreening.ca).

We encourage all members to check out the site and let us know your reaction.

### Canadian Breast Cancer Network - Genetic Testing

The Canadian Breast Cancer Network (CBCN) is an invaluable resource for information about breast cancer in Canada. Below is one of their articles about genetic testing.

Hereditary genetic testing, genomic testing, precision oncology, personalized medicine. You may have heard of these terms before and wondered what they meant and how they differed from each other. You may have also been curious about how they apply to breast cancer patients. If this is the case, then our latest two **CBCN Advocacy Guides** are for you.

In these two guides (Accessing Genetic Testing in Canada and Accessing Genomic Testing in Canada), we provide information on what genetic testing and genomic testing are, when to get them done, and what they mean to breast cancer patients so that you can discuss with your healthcare team whether accessing them is right for you. At the end of each guide, we provide various steps that breast cancer patients in Canada can take to access each of these tests.

*CBCN Advocacy Guides are short booklets that take a deep dive into a specific topic as a means to provide breast cancer patients with the knowledge and tools to become a part of their breast cancer care team. Advocacy Guides, Action - [Canadian Breast Cancer Network](http://CanadianBreastCancerNetwork.org).*

### About BCKA

BCKA serves the Kingston and Southeastern Ontario Cancer Region. All funds raised by BCKA stay local to this region to support the many programs we offer.

## Our Thanks

### July / August Donors

A special thanks go out to all those who so generously donated to bcak in the months of July and August

#### JULY

BEV MARTIN  
CONFRONTING CANCER TOGETHER  
JIM WALLACH  
LYNDA KEELER  
PALMER STEVENSON  
RYAN HOBART  
WOMEN'S HEALTH IN FOCUS  
MARY CASSIDY **IN MEMORY OF** VIKI COLLEDGE  
SUE DAVIES **IN MEMORY OF** VIKI COLLEDGE  
BEV MARTIN **IN MEMORY OF** VIKI COLLEDGE  
MARY PEEL **IN MEMORY OF** BARB RAUDNASK  
MARY PEEL **IN MEMORY OF** RICHARD LEEMAN  
ANDREA GUINDON **IN MEMORY OF** MARY KIRKPATRICK  
PATRICIA ROY **IN MEMORY OF** MARY KIRKPATRICK  
GAYLE WOOLEY **IN MEMORY OF** MARY KIRKPATRICK

#### AUGUST

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BEV MARTIN  
DEENA RASKY  
GOODLIFE KIDS FOUNDATION  
LINDA CASSIDY  
LYNDA KEELER  
FRANCES READER  
RYAN HOBART  
SARAH YOUNG  
ROBERT & MARION COWHEY **IN MEMORY OF** VANESSA NURSE  
MARILYN BOUCHER **IN MEMORY OF** VANESSA NURSE  
SHAWN MCNICHOLL **IN MEMORY OF** VANESSA NURSE

### Golf Tournament Donors

#### PLATINUM LEVEL SUPPORTERS (donated \$1,500 each)

Cupido Construction Limited  
David Wilson Kingston Real Estate/Chestnut Park Realty  
McDonald's Restaurants Kingston  
Nadeau Real Estate Group/eXp Realty  
Soubliere Constructions  
TD Bank  
Hybrid Construction

#### GOLD LEVEL SUPPORTERS (donated \$1,000)

Assante Wealth Management, Duncan Presant, Joel Raynor, Henry Treier, Emma Fitzgerald  
Gordon F. Tompkins Funeral Home  
Peter Schenk – Edward Jones Investments

#### SILVER LEVEL SUPPORTERS (donated \$500)

James Reid Funeral Home  
Kingston Mortgage Solutions  
Koven Lifestyle Real Estate  
Mike Hogan Plumbing  
Robert J. Reid Funeral Home

#### OTHER DONORS:

Alison & Bob Ahara  
Bea's All Hair Alternatives  
Bea's Mastectomy  
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Black Barn, Ashley Lough  
Board of Directors, BCAK  
Brian & Nancy Cosgrove  
Butternut Creek Flowers  
Cataraqui Golf & Country Club  
Catherine Roberts  
Cathy Boyce, Avon  
Charlotte Arklay  
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1000 Islands RV Centre  
Audrey Brown, Cocoa Bistro  
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Bayshore Home Health Kingston  
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Reliance Home Comfort  
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Sarah Emery  
Sheila Menard & Dr. Susan Irving  
Sienna Senior Living– The Royale &  
Rosewood Retirement Homes  
Soloway Wright  
Suzanne Fast Design



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Colonnade Golf & Country Club  
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Joanne Zubyck  
Kingston Flying Club  
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Kylie Rodriguez  
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Drew Love  
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Union Market  
Upper Canada Office Systems

### Golf Tournament Volunteers

A huge thank you goes out to our volunteer committee and all the volunteers who came out to lend their hands and experience to help make the tournament a fun and profitable day..

### THE GOLF COMMITTEE:

David Cupido, Wendy Barrette, Jeff McAllister, Lynne Funnell, Janet Grace, Bill Funnell, Linda Yohn, Suzanne Fast, Patrick Nolan, Amber Peck and Kristen Maclaren.

### THE VOLUNTEERS:

Alison Ahara  
Barb Aylesworth  
Bill Hogg  
Dianne Harper  
Drew Love  
Elaine Crowley  
Elizabeth Johnston  
Gale Martin  
Iris Little  
Jane Kitchen  
Janet Grace  
Joan Cristoveanu  
June Parker  
Judith Hudson  
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Mackenzie Connell  
Margaret Dickson  
Marilyn Martin & John Rowe  
Mary Dobson  
Mary Frink  
Maureen Gardiner  
Michelle Connell  
Patrick Nolan  
Rachel Stevens  
Sarah Larz  
Shari Burridge  
Sharon Ansell  
Sylvia & Greg Healey  
Sylvia Porter  
Willi & Bob Clark

Willie & Marcel Kyer

Please consider joining the golf committee. It meets once a month. We need people to: do tournament marketing; keep track of registrations and finance; keep track of the committee; help gather and put together prizes and auction items; and to help on tournament day.

For more information, email: [email.bcak@gmail.com](mailto:email.bcak@gmail.com) with your name, interests and phone number.



## Kingstonist - Monday, August 30/2021

At the 16th annual Share the Care golf tournament held by Breast Cancer Action Kingston (BCAK), 180 golfers enjoyed a full day at Colonnade Golf and Country Club. Tournament organizers said this is one of the main fundraisers for the organization, and this year they broke their record for most funds raised.

"This year we raised in excess of \$37,000 which is pretty impressive considering that we're in the middle of COVID," said Wendy Barrette, BCAK board member and member of the golf committee for the past five years.

Breast Cancer Action Kingston was founded to provide resources and support to breast cancer survivors and their family members. They provide access to wellness services such as support groups and fitness classes, alongside resources such as financial aid, wig and prosthetic banks and more.

"A lot of the players in our tournaments are breast cancer patients, or survivors, and family and supporters of current or past patients," said Barrette. "Every year, about half of our field is made up of those individuals, the rest of the field comes from just people who support us. Some come to our tournament every year and have never known anybody with breast cancer, but they like to come out because we have a great time. We dress in pink and have lots of fun things for them to do.

Barrette also mentioned a new addition at this year's tournament – an 'In Memory Of' table. "We encouraged our players who were playing golf for breast cancer patients, survivors, or somebody they've lost to breast cancer, to bring pictures. And they did," she said, mentioning how wonderful it was to see people bringing pictures of moms and grandmas. "That was something that we did that was a little special this year, and we'll probably do again."

While this year's tournament did not include the regular banquet or auction, the organizers said that most of the funds raised this year were in the bank before the tournament even began. "We had so many corporate donors that just gave this year, and it really makes you feel good as a charity to know that you have that kind of support in the community," Barrette expressed. It's a well-organized, well-run, very reasonable tournament."

This year BCAK also has a record number of members enrolled in their paid membership program. Belonging to the BCAK organization provides non-medical support for breast cancer patients, survivors and their supporters. "We support our members through education, and through group sessions. For instance, if you're diagnosed with breast cancer, you go to your doctor and he says, you have breast cancer and you sit there and you don't know what to say next, you don't know what the questions are," Barrette explained. "Our support groups are in place, we have trained facilitators, and they will walk you through what to expect. They do not give medical advice, but they do give good support – 'this is what's going to happen next, these are your options.'"

A financial assistance program is also available through BCAK. Breast cancer patients who need support for items like wigs, lymphedema sleeves, and even wage replacement can apply. "Obviously there's criteria, but over the past two years we have had a record number of people coming to us for a little bit of financial help," Barrette said.

The money raised at fundraisers such as the Share the Care golf tournament goes directly toward the BCAK's support for breast cancer patients, survivors and their families. The next fundraising event is the 28th annual Walk for Awareness, which will be held at Lake Ontario Park on Saturday, Sept. 11, 2021.