

March 2021

BCAK News



As the weather warms up so does the activity at BCAK.

Our exercise classes, while still in Covid mode, are back in session.

Planning committees are at work—this week Linda Yohn put the finishing touches on a Chocolate Easter Fundraiser...the golf organizational committee has met and set the venue and prices and now the work of finding sponsors and donors begins, the Walk venue will be booked and the format is being reviewed. As a reminder—mark Saturday, Sept. 11 in your calendar!

There will not be a car raffle this year. The Board of Directors feel that the financial implications of Covid within the community do not warrant selling \$25.00 tickets. Hopefully by next year we can resume this fundraiser (although chocolate versus a Mustang is a hard decision for me!!)

And speaking of Chocolate...by now you have all received your notification of the BCAK Chocolate fundraiser (if not—check out the last pages of this newsletter and get your order in as soon as possible!)

BCAK has a new community discount to offer all our Member Survivors. We are pleased to welcome Cathy Boyce to our lineup. Cathy is an AVON representative and she is offering all Survivor members of BCAK a 10% discount on any item ordered through her. Email Cathy at dusty54@hotmail.com for more details. Take advantage of this great offer!

Last month I asked if anyone was doing anything special during Covid...here is a response from Gurley Thomson "I wrote a poem entitled "A Year Like No Other" about COVID and about 36 lines long (available if anyone would like to read it), decorated my plain Christmas Tree Skirt with the Nativity Scene cut from felt, helped put together a 1,000 piece puzzle and wrote an account of several get-togethers. I am also planning to make a large collage of family photos and I spend a lot of time keeping in touch with long-time friends and cousins by phone or letter!"

And speaking of correspondence from members, we received a thank you letter from one of our financial assistance recipients this week.

"I wanted to send a letter to let you know what a huge impact the money you sent made....". "It saved me from going back to a high risk job or potential homelessness because my reduced income does not cover my rent and utilities. Thank you all who work so hard on our behalf, you can't beat cancer if you can't afford the time for treatment." We just want this lady to know we appreciate her words as well. It is good to know that we make a difference in the lives of our members.

For your information, our president informs me that BCAK is receiving a high number of requests for financial assistance. We feel this is probably a direct result of Covid restrictions and job cutbacks and layoffs, particularly among front line workers who have just been diagnosed with breast cancer.

And, on a happy note, we want to thank all of you who have paid your membership fee for 2021. We are happy to say we can boast over 100 members in our family.

EDUCATION

Your breast density matters. Having dense breasts is a greater risk factor than having a family history of breast cancer.

Your Breast Density is in your mammogram report

There are four
breast density categories

WHICH ONE ARE YOU?

A
Fatty
Replaced

B
Scattered
Density

C
Hetero-
geniously
Dense

D
Extremely
Dense

Not Dense

Dense

#FindOutMyBreastDensityDay



Do you know if you have dense breasts?

It's important to know and here's how to find out.

If you live in BC, AB, NB, NS, PEI, or MB, the information is mailed directly to you in your mammogram results letter.

If you live in ON, SK, or NL, systems are being updated to be able to tell you directly in your letter, but in the meantime, you can call your doctor and ask for your category.

If you live in QC, all doctors have been given patients' breast density for years now. Just ask!

By knowing your category, you can understand your breast cancer risk better and be proactive.

Category C and D are dense breasts and ultrasound, in addition to mammography, is recommended.

In fatty breasts, it's easier for radiologists to see cancer. In #densebreasts, dense tissue is white and so is cancer, creating a masking effect. That's why experts recommend ultrasounds in addition to mammograms.

Do you know your density?

[https://
densebreastscanada.ca/](https://densebreastscanada.ca/)

Can YOU Find the Cancer?



Now
you see it

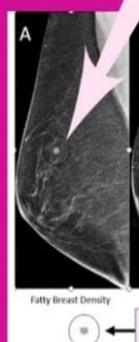


Image used with permission from Matt Covington, MD

Now
you don't



#FindOutMyBreastDensityDay

Donations—Month of February 2021

PAY PAL GIVING FUND Anonymous Donor

WILLI CLARK

JOYCE FORSYTHE

HAAKON INDUSTRIES (Lynn Frenette)

LIZ HUNDEVAD

LYNDA KEELER

BEV MARTIN

OENGKE RACHDAINTY

VESNA VUKOMANOVIC

SYLVIA PORTER IN MEMORY OF: CUDDY DELASALLE

LINDA THOMAS IN MEMORY OF: JOHN & ALICE KINGSTON

BOOT'N BONNET IN MEMORY OF JOHN & ALICE KINGSTON

BILL & LINDA KISH IN MEMORY OF: DOREEN BABCOCK

EARL KISH IN MEMORY OF: DOREEN BABCOCK

Last fall, BCAK received a phone call from this young lady. She has been a great addition to our organizational lineup this year and we are so grateful for everything Charlotte has done for BCAK.

My name is Charlotte Arklay, and I am a fourth year Health Studies student at Queen's University. My degree focuses on the physical, social and political aspects of health, which I love as I get an insight to different areas of the field. In my third year I decided to also complete the Smith Certificate in Business, which offers introductory courses to business such as marketing, accounting and finance. I really enjoy the mix of business and health courses, and my goal is to work in marketing/ business development at a healthcare company.

I joined BCAK in October as a way to gain experience and get involved in my community. I love that the organization is primarily volunteer-based and offers such amazing services to breast cancer survivors and patients in the region. I am starting an outreach initiative to help maximize public awareness of BCAK's mission and services through the use of social media marketing and PSA's in local news outlets. I'm hoping to gain more traction to our website and get some of our upcoming events covered by local media stations in the Southeast Ontario region.





BCAK Chocolate Fundraiser With Donini Chocolate

Located in Belleville, Donini Chocolate blends old European recipe and traditions to produce the finest milk, dark and white chocolate. <https://www.doninichocolate.com/>



1. Solid Milk Chocolate
Bunny 175g \$6.00



2. Solid Dark Chocolate
Bunny 175g \$6.00



3. Milk Chocolate Bar
100g \$6.00



4. Solid Bunny Lollipop
50g \$4.00



5. Solid Milk Chocolate
Foiled Eggs \$5.00



6. Foiled Caramel Bunny
Bites \$5.00



7. Milk Chocolate & Salted
Caramel Bar 100g \$6.00



8. NSA Milk Chocolate
Bar 80g \$5.00



9. Milk Chocolate with Maple
Swirl Bar 100g \$5.00



10. 72% Dark Chocolate with
Cranberries 100g \$6.00



11. Milk Chocolate Almond
Bark 100g \$5.00



12. Salted Caramel Cashew
Blitz 300g \$10.00



13. Gourmet Peanut Brittle
250g \$7.00



14. Gourmet Maple Pecan
Crunch 300g \$10.00



15. Cool Mint Chocolate Bar
100g \$5.00



16. Bag of Broken Campfire
Crunch Bars 400g \$9.00

17. Bag of White Chocolate
Cookies & Cream 400g
\$9.00

Name: _____ Phone: _____

Email: _____

#	Item	Price	Quantity	\$ Total
1	Boxed Solid Milk Chocolate Easter Bunny 175g	\$6.00		
2	Boxed Solid Dark Chocolate Easter Bunny 175g	\$6.00		
3	Easter Decorated Milk Chocolate Bar 100g	\$6.00		
4	Solid Chocolate Cottontail Bunny Lollipop 50g	\$4.00		
5	Solid Milk Chocolate Foiled Eggs 250g	\$5.00		
6	Milk Chocolate Foiled Caramel Bunny Bites 250g	\$5.00		
7	Couverture Milk Chocolate with Salted Caramel Bar 100g	\$6.00		
8	Couverture No Sugar Added Milk Chocolate Bar 80g	\$5.00		
9	Milk Chocolate with Maple Swirl Bar 100g	\$5.00		
10	72% Dark Couverture Chocolate with Cranberries 100g	\$6.00		
11	Milk Chocolate Almond Bark 100g	\$5.00		
12	Gourmet Salted Caramel Cashew Blitz 300g	\$10.00		
13	Gourmet Peanut Brittle 250g	\$7.00		
14	Gourmet Maple Pecan Crunch 300g	\$10.00		
15	Cool Mint Chocolate Bar 100g	\$5.00		
16	Campfire Crunch (S'mores) Broken Bars 400g Bag	\$9.00		
17	White Chocolate Cookies & Cream Broken Bars 400g Bag	\$9.00		

Add 13% HST: \$ _____

Total Owing: \$ _____

****Orders must be submitted to Linda Yohn or to the BCAK office by Noon, Wednesday March 17, 2021****

Orders are payable on or before day of pickup at BCAK by: cash, cheque (made out to Breast Cancer Action Kingston), e-transfer to donations@bcakingston, or credit card – please, call the office to process (613) 531-7912
Orders will be available for pick-up at the BCAK office between noon and 5 pm March 25, 26 & 29th.

Contact: Linda Yohn, Phone: 613 532-5563 office: 613 531-7912 Email: office@bcakingston.ca
Breast Cancer Action Kingston 110-650 Dalton Avenue, Kingston