



## **UPCOMING EVENTS**

Share The Care Golf Tournament - 18 August  
Walk For Awareness - 24 September  
Charity Dance - 22 October

## **IN THIS ISSUE**

New Board Members	Donors
Volunteers Needed	Tumour Localization Study Follow-up
Programs	Wilderness Retreat Report
Share The Care Golf Tournament Update	Car Wash Report
Chestmates Update	Meet BCAK's New Board Members
Membership Update	Lori Cox
Upcoming Fundraising Events	Audrey Harvey
	Donna Hackett

## **BCAK WELCOMES THREE NEW BOARD MEMBERS**

BCAK is happy and fortunate to have three new volunteers to serve on its Board of Directors. Many thanks to Donna Hackett, Audrey Harvey and Lori Cox for stepping forward to help lead BCAK. More information about Donna, Audrey and Lori is included later in the newsletter.

## **VOLUNTEERS NEEDED**

### **Hands-On Program**

BCAK urgently requires volunteers for its Hands-On program. This program is almost ready to launch. However to date, only one person (the chairperson) has stepped forward to volunteer. This initiative desperately needs women who are willing to learn about how to detect lumps in breasts and who are willing to take our presentation into the community. A medical background would be preferred but not mandatory.

BCAK believes it is extremely important to encourage women, especially young women, to become 'breast aware'. The reason to encourage women to do breast self-exams (BSe) is to learn what's normal for their breasts. BSe usually starts around 20; so connecting with senior high and university women is a good place to start.

### **Other Volunteer Opportunities**

Additional volunteers are also required for the Share the Care golf tournament in August and the Walk for Awareness in September.

If you are interested in joining the Hands On Program initiative, or in volunteering at the Golf Tournament or Walk for Awareness, 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

**Did you know** that Volunteering for BCAK qualifies for volunteer hours students need to graduate?

If your children or grandchildren are looking to earn volunteer hours, BCAK can help by putting them to work at either the Share the Care golf tournament on August 18th or the Walk for Awareness September 24th. Their youth and strength would be especially valuable in helping to set up and tear down the golf course and the venue for the walk.

## **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.

### **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.

## **SHARE THE CARE GOLF TOURNAMENT UPDATE**

Good news is that the golf is almost sold out. The only tee times left are early (8:00 - 9:00) and late - after 2:00 p.m. If you know someone who wants to play golf, remind them to get their registration in soon or it will be too late. Registration can be done through our website: Share the Care 2022 | BCAK ([bcakingston.ca](http://bcakingston.ca))

Donor solicitation is doing well but there is always room for more. Donor companies and individuals are the reason BCAK can offer so many services to our members. All profit from the Share the Care golf tournament goes directly towards paying for BCAK programs such as the activities program and the financial assistance initiative.

BCAK can use your help soliciting donors. If you know of a company or individual who would be willing to purchase support at the bronze (\$300.00), silver (\$500.00), gold (\$1,000) or platinum (\$1500.00 without golf, \$1,750 with) please contact Wendy Barrette by email at [grannywendy02@yahoo.ca](mailto:grannywendy02@yahoo.ca).

Prizes for the auction table are also needed - these would be tangible gifts you feel people might like to purchase. The next time you are at the spa or having your hair done or shopping at a local clothing store, take along a brochure and see if you can get an item donated for the auction. Restaurant gift certificates are also highly sought after. If you are dining out, try asking for the manager and giving him a brochure. You might be surprised at how receptive the community is to Breast Cancer Action Kingston. Currently, Bill Funnell, Maggie Daicar and Wendy Barrette are doing a large part of the soliciting - and special thanks to David Cupido who brings in more donations than anyone else. These people can really use your help. To help in your soliciting, brochures are available at the office. For an electronic version, email Wendy at [grannywendy02@yahoo.ca](mailto:grannywendy02@yahoo.ca) and she'll send you one.

## **CHESTMATES UPDATE**

**Written by Lori Cox - Chestmates Co-Captain**

The Chestmates are working hard under Sarah Emery's excellent coaching at practices every Monday and Thursday night. Our boat is full - two new members joined in May, one joined on June 2nd and two more are possibly coming our way. We are so lucky to have the Chestmates Program with BCAA. Many thanks to those who have supported BCAA and our team over all the years with their many hours of volunteering and creative ideas.

So far this season we have had a training session at the Trent Paddling Tank, our annual Boot Training provided by Alkame Dragon Boat Services staff from Pickering and found an extra steers person to fill in on Monday nights as needed. We are very excited in anticipation of the expected arrival in early August of our new 10-person Dragon Boat. A very special thank you to the Donor who ear marked \$20,000 to our Chestmates Program which allowed us to purchase this much required boat and other needed equipment.

We continue to focus on our stroke technique and endurance as we look towards upcoming Dragon Boat Festivals. Our first and largest is June 24-26 - the Concord Pacific Dragon Boat Festival in Vancouver which has sistered with our Canadian Organization PAC (Paddlers Abreast Canada). At this event we will be celebrating 25 years of Breast Cancer Survivor Dragon Boating in Canada where it all began. We leave Kingston on June 22nd and most who aren't staying on to vacation return June 27th. There will not be any practices one June 23rd and June 27th. The next Festival we plan to attend is in Arnprior on July 16th - this is a one day event, up and back in one day.

As always, we are having a ton of fun -  
Paddles Up

## **MEMBERSHIP UPDATE**

May saw membership increase to 148, including two out of area members - one from Bowmanville and one from Peterborough. BCAA always welcomes new members and invites all members, both new and existing, to participate in our activities and programs.

BCAA is a dynamic organization and is always open to comments and suggestions from members. Please contact us at email.bcaa@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. BCAA 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).

## **Exciting New Discount for BCAA Members**

Joe E. Kowalski, the owner of Wilderness Tours is offering BCAA members a discount of 10% off any trip any time. Just enter the Coupon Code: BCAA10 when booking your trip online or by phone.

Mr. Kowalski has also donated a voucher for a free rafting trip for 2 for the Share the Care golf tournament. The voucher will be available as a Pink Table item at the tournament. More information about the trip is available at <https://wildernesstours.com/whitewater-rafting/high-adventure-day-trip/>.

BCAA would like to thank Wilderness Tours for its kind generosity.

## UPCOMING FUNDRAISING EVENTS

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

BCAK 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

BCAK'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 BCAK, 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 BCAK's Charity Dance webpage. Reserve your tickets before they go on sale by contacting the BCAK office during regular business hours, as seating will be limited. We will let you know when tickets become available.

## DONORS

BCAK thanks the following donors for their generous contributions in May:

The Mortgage Professionals	Allan McDonald
United Way – Kingston	Carol Anne Fazackerley
Lynda Keeler – Canada Helps	Mary Cassidy
Claude Dungey	Susan Newberry
Maggie Daicar	Nathan Purves
Chris Empey	CSN Collision Centre – Shawn Stenson
John Perrault	Debbie Hickey
Michael Daicar	Bev Martin - In Memory of Pete Martin
Marilyn Martin	CUPE Local 109 - In Memory of Eric McNutt
R Andrew Fazackerley	Monica & William Moon - In Memory of Eric McNutt
Margaret Dickson	Ralph & Sandy Huffman - In Memory of Eric McNutt
Suzanne Smith	Deena Rasky - To celebrate the awesomeness of Audrey Harvey
Marie-Pierrette Janzen	BCAK Scrapbook Club - Fundraiser for BCAK

## TUMOUR LOCALIZATION STUDY FOLLOW-UP

Last month's newsletter included a request from Isabelle Labeca, an Analyst with the Health Technology Assessment (HTA) team at Ontario Health for input into a study on localization of breast cancer tumours for surgery. She recently provided an update on this project.

To date, they have conducted 12 interviews and have another three tentatively booked. Her team is "thrilled with this response" and thanks BCAK members sincerely for supporting their work. She noted that it can be quite challenging to find participants for technology reviews. However, this project is trending to have some of the best uptake yet.

Moving forward, they are continuing their recruitment efforts until June 30, 2022, and asked BCAK to repeat their Call for Participation in its June 2022 newsletter. Please contact Isabelle directly if you are interested in contributing to this research. She can be reached by email at [isabelle.labeca@ontariohealth.ca](mailto:isabelle.labeca@ontariohealth.ca), or by phone at 647-264-1277.

Dear Breast Cancer Action Kingston & South East Ontario,  
My name is Isabelle and I am an Analyst for the Health Technology Assessment (HTA) team at Ontario Health. We are currently completing an assessment of Innovative Localization Techniques to Guide Surgical Excision of Nonpalpable Breast Tumours. The goal of this assessment is to provide recommendations to the Ministry of Health on whether a subgroup of wire-free, nonradioactive localization devices for nonpalpable breast tumours should be funded publicly.

Clinical and economic evaluations are being led by my colleagues as part of this HTA; however, my area of focus is patient engagement. As a leading community-based organization for breast cancer patients and survivors, I would be grateful for your advice or help in finding individuals who have undergone a localization procedure for a nonpalpable tumour and who may be open to sharing their experiences. Any help or suggestions you can provide would be greatly appreciated!

Also, if you have any questions regarding the project or our work at Ontario Health, please do not hesitate to let me know. I would be happy to share our outreach materials or schedule a virtual meeting. More information about our work at Ontario Health may also be found here: <https://www.hqontario.ca/Evidence-to-Improve-Care/Health-Technology-Assessment>

Thank you very much for your time and consideration. I look forward to your reply!

Warm regards,  
Isabelle

## **CAR WASH REPORT**

**Written by Wendy Barrette**



On Saturday, May 14th, a group of BCAK enthusiasts and their husbands/friends came out to wash cars to help raise funds for BCAK. We had two shifts and lots of washers on both shifts. We asked for donations rather than a set rate and one generous person actually threw in a \$100.00 bill. A lot of the ladies who volunteered were meeting for the first time and it was a great opportunity to get to know each other - we need to do more of these types of activities!

**The event was HUGE success, raising in excess of \$2,300.00 in 4 1/2 hours!**

Many thanks to Petrie Ford for loaning us their wash bays, water, buckets, soap and cleaning rags. Thanks as well to Spearhead Brewery for providing light refreshments at the end of the afternoon.

And a great big shout out of thanks to all those who participated as volunteers and those who had their car washed - we couldn't have done it without you.



## **WILDERNESS ADVENTURE RETREAT REPORT**

**Written by Wendy Barrette - with many thanks to Amanda Hulton for her additions and editing**

I have just returned from the most fantastic weekend I have ever experienced!



Thanks to the fabulous idea put forward by Board Member Serena Taylor, plans for a Wilderness Adventure Retreat weekend were formulated. And on, 27 May, 14 ladies, aged 29 to 82, gathered in front of BCAK waiting to embark on, as one of the participants put it, "a quest to emerge out of our comfort zone, overcome fears and take on the river". From the moment we set off until we arrived home, memories and more memories were made. We made lifelong friends, we laughed, we laughed again, we enjoyed nature, and most of all, we got into a raft and conquered the Ottawa River! And if you think that was nothing – have a look at the video on our website - 2022 Retreat | BCAK ([bcakingston.ca](http://bcakingston.ca))

Friday night, upon arrival and check in, we congregated at one of the cabins and toasted to an adventurous weekend ahead, and boy we certainly got our wish. Just about the time dinner was served, the heavens opened and it poured rain into the wee hours of the morning. Thank goodness we had BCAA ponchos to keep us dry and fashionable. The rain on the tin roof of my cabin sounded like I might already be rafting down the Ottawa River!



However, Saturday morning dawned bright and sunny, albeit a bit chilly for those of us up and eager for the day. Breakfast was delightful. And then we tested our creativity and painted some stunning t-shirts. Who would have known we had artists in our midst? Or maybe the creative juices were just anticipation and, in some cases, abject fear of what was coming!

Lunchtime came and more to be crafted, this time watch bands which was a little more challenging on the following instructions side of things. Then it was time to prepare for the Ottawa River! Wet suits... enough said, what a laugh. It was a team effort trying to pull on a thick rubbery pair of pants 2 sizes too small - the trick was to find two friends who would hold the suit and you jumped around until it was on. Then the introduction to our guide, who kept the anticipation level at an all-time peak while she described all the things that COULD go wrong!!! Safety first, lifejackets, helmets oh, and paddles (apparently you have to paddle) and on the bus and away we went!



We learned some new terms Saturday such as crack-on-crack, class 3 – you will get wet, Get Down, Dig In, Take a break ladies (our favorite). We screamed in pleasure and we screamed in fear, we paddled for our life and we had moments when that 10' wall of water was heading for us and we knew it was the end. Miraculously we escaped with our lives, only to meet the next heart-stopping wave crashing all around us. It was a team effort. You paddle with the lady in front of you - the rule was if you hit her paddle 3 times, she could throw you over. Well, good thing we're all friends and were forgiving on that rule. The trip was 3 hours and we had the time of our lives. Scared, you bet - we were terrified. Exhilarated, you bet - we were elated. Then it was over and we were drifting lazily home on the river. Some of us even jumped in for a quick dip in the 15-degree water.

There is nothing like conquering fear and we had done it. Saturday night we were full of talk about the entire experience, re-living the moments of excitement and fear with empowerment and pride. The evening continued on full of joy, camaraderie, good music, and best friends, maybe a little alcohol! Sunday was our trip home and saying farewell to our new friends. All with a promise that we will do it again – maybe next time we'll jump out of an airplane? Zipline the forest? Heck, if we can tame the Ottawa River, we can do anything.

After all, we are breast cancer survivors – we are heroes – we are conquerors – and we can do anything, we are stronger together!

### **Many Thanks To Our Retreat Donors**

The Wilderness Retreat was the most powerful and moving time I have ever experienced. However, it was only made possible due to some very generous local companies. Without their generous donations and support, the cost would have been over double what each participant paid.

First on the list of generous donors is Petrie Ford. Thank you to Steve Petrie for donating his service bays on Saturday May 14 for a BCAA car wash. That day netted BCAA over \$2,300.00 which was distributed to several initiatives. Our Retreat share helped bring down the per person cost.

LaFarge gave a very large donation to the Retreat and we owe them a debt of gratitude. Serena works for LaFarge. We also had a cash donation from one of our members. Turns out the dinner Friday night was not included in the package we purchased from Wilderness Tours so David Cupido generously agreed to pay for that dinner (including the bubbly we poured prior to dinner (in thanks to the generosity of our sponsors).

Finally a huge shout out to Spearhead Breweries who donated a lot of suds to keep us brave and strong!!!

## MEET BCAK'S NEW BOARD MEMBERS

### Lori Cox



Hello, my name is Lori Cox (Shaw) and I am one of the new members joining the BCAK Board as Co-Director of the Chestmates Dragon Boat Team.

All of my immediate family and relatives were born in the Toronto area, but I am a true Kingstonian born and raised here. I was very lucky to be part of a very close family unit lots of love, laughter and very active. My mother was a stay-at-home mom and my father a Draftsman working in the Planning and Design Department for the Ministry of Transportation. We had a family cottage in Muskoka on Skeleton Lake and spent a lot of our winters skiing at Mont Tremblant. I couldn't have had a better up bringing.

As a true Kingstonian, I consider myself very fortunate to have landed the perfect job with the Limestone District School Board. The majority of my career I was a "Student Support Counsellor" and eventually transitioned into the role as "Attendance Counsellor". Over the years I worked with our inner city and north end families and students providing in-home and at school support to develop and create education plans to keep students engaged, while supporting school staff and providing District Training for Crisis Intervention. There was never a dull moment, and I truly loved my job in education over the 36 years. I retired after a very rewarding career in August 2018.

I have two incredible daughters, Danielle Bureau and Caitlyn Scott. Both married to wonderful men. My girls are both Chartered Professional Accountants (CPA, CA). Danielle is a partner locally for MNP and Caitlyn works for KPMG. I am very proud of these amazing ladies, and we are extremely close. I also am a lucky grandmother to Jackson Robert Bureau....my heart is full.

I am a very physically active person thanks to my parents. I continue to strive for good health and fitness in many activities including cycling, soccer, curling, downhill skiing, walks, hiking, swimming, working out and Dragon Boating since 2012. Cancer did not slow me down and do not let it slow you down.

I received my Breast Cancer Diagnosis in June 2011 and am now very fortunate to be cancer free. I feel extremely lucky to have had amazing support throughout my journey and to have met so many wonderful people since joining BCAK and the Chestmates Dragon Boat Team. I have been the Chestmates Co-Captain for the past 4 years and thought it to be a logical step to now join the Board of BCAK.

Paddles Up!

### Audrey Harvey



Hello, my name is Audrey Harvey. I have had the good fortune to live in different places in Canada and live overseas. These experiences have provided me with many memories, opportunities and friendships. In 2005 I moved to Kingston with my husband to put down permanent roots in the community. This would be a different experience as our son was a grown adult and my husband was looking forward to retiring. Our lives would be shifting with a different focus.

Community is very important to me and it has been a common thread throughout my relocations. My communities have looked different over the years but it has always involved meeting and coming together with other women. I found a community when I was diagnosed with breast cancer...I do believe it takes a village of women to help another woman face this dreadful disease. Not so long ago I met a wonderful group of women who are the BCAK Kingston Chestmates...what a wonderful experience. It has been a source of real joy to me. This opened the door for me to learn more about BCAK a local volunteer-based organization dedicated to helping women in our community. Supporting women locally is critically needed and I hope to contribute in a meaningful way.

## Donna Hackett



As a 20 year survivor, I am thrilled to be a member of BCAK, our dragon boat team, and now the Board. I am also responsible for our fantastic 1 on 1 Peer Support Program.

I grew up in Kingston, but after graduating from Queen's, I moved to Ottawa and then Toronto. Eventually, my husband and I bought a cottage near Frontenac Park to be closer to my roots. We now live here full-time. One of the pluses of covid and retirement!

We and our two children love the outdoors in all seasons. When Brooke (38) and Devin (36) were growing up, we spent most of our family time doing outdoorsy activities. We are now continuing that tradition with our daughter's 3 children (5, 7 and 9) and are already thinking about our first trip with our son's new baby.

In my past, I worked: in a law firm; as an Assistant Crown Attorney; the Senior Legal Advisor for the Minister Responsible for Women's Issues; and the Associate Director of the National Judicial Institute, responsible for Judicial Equality Education. I was appointed as a Criminal Court Judge in 1990. I retired 6 years ago, but still enjoy working part-time.

I love to be with family, paint and sculpt, and do a wide variety of outdoor activities. I am also forever trying to improve my French to keep up with my grandchildren.

Please let me know if you are interested in joining the Peer Support Program helping newly diagnosed women. I am proud to be involved with the wonderful people who make up BCAK!