

June 2021

BCAK News



This month's theme is fundraising—I know, I know...that nasty term “fundraising”!! Congers up thoughts of “oh lordy...here they go again!”

But fundraising is the backbone of every small charity and ours is no different! We do not receive any funds from the government nor do we or have we qualified for government assistance during the Covid pandemic. Therefore, in order to make ends meet, we have to find new and innovative ways to encourage people into helping us out!!!

We are 132 members strong as of June 6th.

Thanks to a grant we were awarded earlier this year, as soon as the Covid 19 restrictions are lifted, we will be embarking on a community outreach program. Because of our name, Breast Cancer Action Kingston, many patients and survivors outside Kingston but in our region are unaware of our group and how we can help them through their diagnosis, treatment and after-cancer care. We hope to change that by contacting each health unit in the region and establishing a liaison with groups in smaller communities that will benefit our members. The emphasis will be on awareness—and what is available to newly diagnosed breast cancer patients in Kingston and the outlying communities in our region. Our young volunteer from Queen's University will be coordinating the efforts, including a media blitz. Thanks so much to Charlotte Arklay for her continued efforts on our behalf.

Meantime, the golf tournament is in good shape. After a highly successful first mailing to former golfers we have almost achieved a full complement of golfers. If you know someone who wants to golf—have them call me right away (613-572-5711) to get their name on one of the last two tee times or on a wait-list. The tournament will be Thursday, August 5th at Colonnade. If you are interested in volunteering, let Lynne Funnell know. We do this tournament under strict covid-safe conditions to be sure that you will not be put in a compromising position while volunteering. This is a fun day so if you have never helped out, consider doing it this year. And you don't need to know a thing about golf—and you get to spend the day outside enjoying the weather!!

If you are a business owner or have friends or family who own businesses—we are sorely in need of cash donations for a tournament status or—VERY IMPORTANT—we need donated items for the ticket-box sales. If you need tournament brochures to give to friends, let me know and I will make sure you get as many as you need.

Linda Yohn has advised me that we are going to do a repeat of the Wilton Cheese sale again in the month of June....the cheese will be delivered in time for the long July weekend and summer entertaining. Download your order form from the website : [Wilton Cheese Summer 2021 | BCAK \(bcakingston.ca\)](https://www.bcakingston.ca/wilton-cheese-summer-2021) .or print the form on page 5. All the details of the sale are on that form.

We sold 384 pieces of cheese in December—let's see if we can hit 500 in June!!

PLEASE DOWNLOAD THE ORDER FORM FROM THE EMAIL AND FORWARD IT TO AS MANY CONTACTS AS YOU CAN. THE MORE ORDER FORMS DISTRIBUTED THE BETTER WE WILL DO WITH THE FUNDRAISER. We need your help.



Qigong, qi gong, (pronounced as chi - translated as '[life-energy](#)') is a system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. With roots in Chinese [medicine](#), [philosophy](#), and [martial arts](#), *qigong* is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance [qi](#) (pronounced approximately as "chi").

Qigong practice typically involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. People practice *qigong* throughout China and worldwide for recreation, exercise, relaxation, preventive medicine, self-healing, [alternative medicine](#), meditation, self-cultivation, and training for martial arts.

BCAK had a qigong class several years ago but it was necessary to cancel due to lack of a leader.

If you want to watch and follow some YouTube classes, copy and paste in your browser: [Healing and Cancer - Qi Gong - YouTube](#)

Let us know how you enjoyed your experience: email us at : email.bcak@gmail.com



We recently received a very inspiring email from one of our members. If you have a similar story to pass along, we would love to hear from you!

"I have been giving this a lot of thought and believe it is important to give feedback about the lymphedema machine located at Bea's. I was going thru the diagnostic process for lymphedema and read one of the newsletters from BCAK. I never knew such a machine existed!

Throughout my breast cancer diagnosis and treatment I was never interested in the facts. I was only interested in how to deal with my personal situation. Now, I was faced with dealing with the lymphedema diagnosis and needed to learn how to deal with it. The newsletter offered the information I needed. I feel very fortunate to have discovered it, without pursuing it.

My breast cancer experience has been a process, including jumping hoops for AAD and attending multiple appointments. I go to Bea's twice a week. The environment there has been warm and embracing. I am walking into a safe world where staff are supportive. I sit and read while the machine does it's thing and it is quiet time for me. I would like to thank BCAK for doing the work to purchase the machine and make it so easily available. I wish more people were aware of this opportunity.

PS I have always found it difficult to talk about breast cancer and am slowly getting there."

CBCN has an interesting blog on their website about advocating for yourself as a breast cancer patient: [Self-Advocacy Tips: For Patients, From Patients, Our Voices Blog - CBCN](#)

Many thanks to the following donors who gave generously in the month of May

ANONYMOUS

MARY CASSIDY

PAT FROST

DON HEATH

RYAN HOBART

LYNDA KEELER

BEV MARTIN

HELEN TOLLES

IN MEMORY OF *JANET JOAN FLAHERTY : MICHAEL GODKIN

: TENNY PLUMTON

IN MEMORY OF RICHARD LEEMAN; HELEN TOLLES

***Janet Joan Flaherty is the mother of one of our golf sponsors, Bill Godkin**

Here is another story from a breast cancer supporter

My name is Paula Bishop-Lansdown. Jewellery is my creative passion. Prior to finding my creativity, I had an amazing career as an RN in the gynaecologic oncology division at KGH. I retired early, when downsizing was going to change my professional position, (Fate can be very twisted). In retirement I found I finally had time to take the silversmithing courses I had always wanted to take. And that was the beginning...many courses later, and with lots of passion, Twisted Fate Designs was born. I now have a workshop in my home, where I love to spend time designing and creating pieces that speak to my soul. I've found a creativity I didn't know I had and I can work (if you can call this work!) when I like or play golf when I don't. Living my passion.....Twisted Fate!

Cancer care is an area that has always been near and dear to my heart. My career allowed me to spend years trying to prevent it, treating it, and helping patients get through it. Both of my grandmothers, an aunt and one of my very best friends have been affected by breast cancer. That best friend was the inspiration behind the creation of my "You Got This"/"f@%# cancer" cuff bracelet. I decided to share the proceeds of the sale of those bracelets, with BCAF. I don't have a formal shop but I do have a fb page. <https://www.facebook.com/twistedfatedesigns>.



Keep in mind our generous local businesses who offer BCAF members discounts—even though Milestones, The Merchant Tap House, Union Kitchen and Union market have remained open, their businesses have been negatively impacted by the lack of clientele allowed in the establishments. The same goes for Ashley and Bea's Mastectomy and All Hair Alternatives. If possible visit these places as soon as we open. Don't forget the Honest Handiman and Cathy Boyce's Avon!

The Chestmates Walk Across Canada Challenge

Until this latest lockdown, the Chestmates Dragonboat team was planning to meet on Monday and Thursday for exercise and camaraderie. When this couldn't happen, Suzanne Bodner went looking for, and found, a way to connect the team combining exercise, fun and support.

Suzanne, who is the founder and first captain of Chestmates (2002) organized a virtual walk for the team! The challenge, which started April 30, is to cumulatively walk the 6330 kilometers from Halifax to Vancouver (where dragon boating started 25 years ago). Twenty-four Chestmates (including long time members, a newbie and even former Chestmates) are participating in the great 2021 CWAC (Chestmates Walk Across Canada).

Each Chestmate keeps track of the distance she walks each week and submits her miles Saturday. Suzanne then tallies up and reports the team's total miles on Sunday.

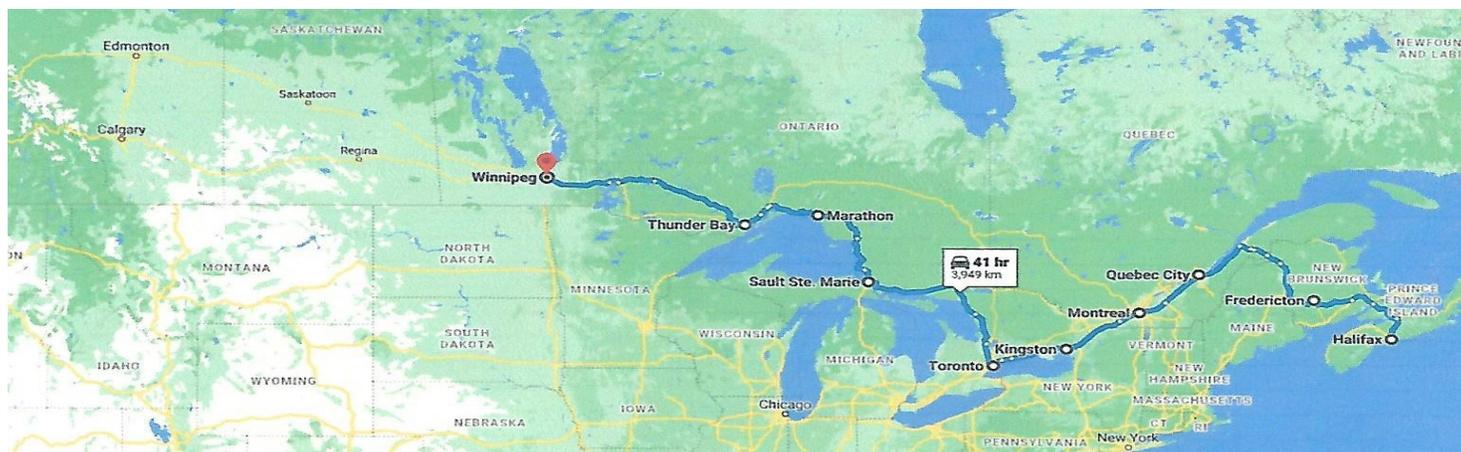
The first week the combined team walked from Halifax to Fredericton for a total of 727 km. The second week they managed 719 km which landed them just west of Montreal—heading for Kingston! Week three the team walked from Montreal, past Kingston and along the north shore of Lake Ontario—paying homage to all the other Dragonboat teams along the way. The walk ended just north of Toronto in cottage country.

To keep the interest while walking (and to keep the walkers motivated), Suzanne adds fun tidbits concerning the area's geography, its particular notable landmarks, the breast cancer dragon boat teams in the vicinity, and her own special recollections of time spent there in the long ago or most recent past.. Participants are invited to share their own memories of Canadian experiences along the way. Suzanne's weekly reports are meant to be light-hearted and at the same time foster connection among the team members. Accompanying photos include a member of Chestmates on the front page of the Montreal Gazette as she poses in her Expo 67 hostess uniform, as well as a picture of a giant colourful snow dragon created by a bcs dragon boat team in New Brunswick.

Week four the ladies walked another 726 km from cottage country, through Thunder Bay and on to Marathon and week five took the CWAC ladies from Marathon to just east of Winnipeg. This week (June 1) the team is beginning the long trek across the prairies, passed Regina, Sask. and on towards Moose Jaw.

As an added challenge, Chestmates were invited to guess the date the team will arrive in Vancouver. The winner gets lunch with Suzanne—when we finally open restaurants!!

Suzanne has received a lot of feedback from Chestmates team members saying that the CWAC project has motivated them to shine a light on their physical fitness and has given them a sense of renewed connection and support with their Chestmates sisters during this long period when riding the dragon together has just not been possible.





**Wilton Cheese Fundraising Order Form
Summer 2021**

Name: _____ Phone #: _____

Email: _____

Standard Cheese	\$/KG * See bottom of page	# Pieces Ordered	# Pieces Delivered **Completed by Office**	\$Cost ** Completed by Office**
Extra Mild	22.83			
Mild	22.83			
Medium Coloured	26.54			
Medium White	26.54			
Old Coloured	28.43			
Old White	28.43			
Very Old Coloured	30.25			
Very Old White	30.25			
Brick with Hot Pepper	25.54			
Brick with Onion and Garlic	25.54			
Marble	25.54			
Colby	22.83			
Mozzarella	22.83			
Casserole (Shredded Cheddar & Mozzarella Blend)	22.83			
Shredded Mozzarella	23.90			
Specialty Cheese	\$/KG			
Processed Cheese Slices (per package)	8.18			
Swiss	27.32			
Havarti	32.56			
Cheese Curds (Yellow)- priced by the bag – (Average \$10/bag)				
Gift Boxes	\$/Box			
Small 1 each of Mild, Medium (C), Old (W), Marble ~ 200g pieces	29.34			
Medium 1 each of Medium (C), Old (W), Marble ~ 400g pieces	42.21			
Large 1 each of Mild, Onion & Garlic, Mozzarella ~ 200g pieces 1 each of Medium (C), Old (W), Marble ~ 400g pieces	57.96			
TOTAL				

*NOTE: Actual price of each piece of cheese depends on weight, which varies slightly from piece to piece (price will be approximately 1/2 of price per kg). All Cheddar and Flavoured Brick cheese pieces are approximately 400 grams.

Orders must be placed by Friday June 18th. Since the office is currently closed due to covid, please email your order to donations@bcakingston.ca OR call Linda Yohn at 613-532-5563 to place your order.

Orders will be ready to be picked up at the BCAA office on TUESDAY JUNE 29, 2021. You will be contacted with cost of order and instructions for safe pick up. NOTE: Orders cannot be held at the office after June 29, 2021. Payment can be made by cheque payable to Breast Cancer Action Kingston, by e-transfer to donations@bcakingston.ca or debit/credit at the office at time of pick up.

Thank you for your continued support of Breast Cancer Action Kingston!