



Newsletter

June Supplement 2023

Please find below important information to supplement our recent May/June Newsletter. Stay tuned for a complete July newsletter coming your way soon.

Donor Recognition

BCAK is very grateful to the following individuals, groups and companies who generously donated during the month of May 2023.

LYNDA KEELER
BEV MARTIN
ANDREA GUINDON
BROCKVILLE PHARMASAVE
TRACY BEDARD – IN MEMORY OF: KIM ADAMS
SUE DAVIES – IN MEMORY OF: BLAIR HUTCHINGS

Staying Abreast - Upcoming events and important dates

Have you checked out the BCAK website recently? Linda is working on updating our website so it easy to navigate and has up-to-date information on all things BCAK! Old newsletters can be found "In The News" on the home page at the top. On the same page beneath the newsletters is a section called What's Coming Up. It's a picture presentation of what events are planned with a link (if it's available) to the page that would have more information about that event.

www.bcakingston.ca

FORMER AND CURRENT CHESTMATES' POTLUCK SOCIAL
MONDAY JUNE 26 @ COLLINS BAY MARINA
PLEASE RSVP

Former and current mates share a lot of history, both on and off the water! We are hosting this new event where current and former mates can get to know one another, reconnect, and share stories. Several of the original team formed in 2002, including our "founding mother" Suzanne Bodner, will be in attendance. There will also be a few presentations to recognize and honour special individuals and supporters.

There are two parts to this event and the first part is optional. First former mates are invited to come to our normal practice at 5:30 at the most easterly end of the docks to see our new 10 seater boat Hope. If interested, they can take a spin in one of our dragon boats with us! We will gladly loan our paddles and life jackets.

Second, after practice at 7 pm, there will be a potluck dinner at the Collins Bay Yacht Club floating boathouse, also at the docks on the more easterly end. Please bring your own dishes, cutlery and cups. We have no license so no alcohol please.

Parking available on the main road or in the nearby park parking lot.

We hope you will join us! Please contact aharvey4909@gmail.com to tell us if you are coming.

PADDLES UP!!!

The Annual Walk for Awareness is Saturday, September 30th, 2023. Registration opens at 12 noon at our office location on Dalton Ave. We will walk the K&P Trail at Binnington Court. The Walk kicks off at 1:00 pm. Registration is open NOW! Come and enjoy our Open House, the vendor tables, BBQ and Bake Sale table.

<https://www.bcakingston.ca/walk-for-awareness-2023>

In The Pink

We look forward to meeting you at the In the Pink social gathering at BCAA the **first Tuesday of every month at 12:30pm**. Bring your lunch to the BCAA office (#110 – 650 Dalton Avenue) and catch up with your fellow BCAA members.

Peer Support Update from Donna Hackett

GROUP PEER SUPPORT MONTHLY MEETINGS

BCAA's Group Support drop-in meetings on the last Monday of every month continue this month on June 26th from 5:30 - 7pm. Everyone is welcome! No need to register or to come to every meeting.

Come and listen or discuss anything about breast cancer in a supportive environment with others who are on or have had their own breast cancer journey.

These meetings are led by trained survivors and are held both in-person and virtually. To attend in person, come to BCAA's office at 650 Dalton Ave. Unit 110, Kingston, and use the front door. The meeting will be in the board room upstairs or in the back gym. To attend virtually connect by zoom at Meeting ID 886 1651 5034 Passcode 737690.

We follow precautions because of the vulnerability of many of our attendees. Thus, masks will be required at the present time. In the summer months, we hope to meet outside where we can unmask and share some refreshments. We hope to see you there!

BCAA Retreat Updates from Wendy Barrette

A RELAXING AFTERNOON ON THE WATER

This is a head's up that BCAF has reserved spots on the Island Queen for Sunday, September 24th.

ISLANDS LUNCH CRUISE

A lunch reservation offers a beautiful view of the 1000 Islands. Join BCAF members and friends for a three-hour sail and three-course lunch aboard the Island Queen Sunday, September 24th.

Relax on board the Island Queen with a delicious meal and panoramic views. Lunch in the 1000 Islands is scenic and entertaining; enjoy live music and live-hosted commentary about the region as you sail past small cottage islands and grand estates. The leaves should be turning which will make this a spectacular

A full service bar serving wine, cocktails and beer is available on board for purchase.

Tickets are \$50.00 per person for members (\$75.00 for friends), available through the office or by emailing email.bcak@gmail.com or the office; admin@bcakingston.ca

The boat sets sail at 12:30 p.m. Further details will be available soon

Canada's Wonderland Trip

Calling all grandparents, parents and kids....

BCAF has arranged a bus and a great price for our members and their families to spend a day at Canada's Wonderland.

When....Thursday, August 24th

Time: Bus leaves Kingston and 7:00 a.m. and returns at 10:00 p.m. (time and place will be confirmed later)

Cost: UNTIL May 30th - \$50.00 per member and member's family and \$75.00 each for friends of members

THEREAFTER: \$75.00 per member and member's family and \$90.00 each for friends of members

BOOK YOUR TRIP TO SECURE YOUR SPOT - BY RETURN EMAIL, BY PHONE TO 613-531-7912

GIVE US PARTICIPANT'S NAME, PHONE NUMBER AND EMAIL. WE WILL NOTIFY YOU OF HOW PAYMENT CAN BE MADE ONCE WE HAVE YOUR NAME.

For those of us who are torn between spending a little quiet time shopping at Vaughan Mills Mall and spending the day with our family at Canada's Wonderland. Now you can do both!!! The bus will continue on to Vaughan Mills after dropping the group at Canada's Wonderland and you will have 3 hours to scour the mall for great bargains before being picked up and taken to Canada's Wonderland to join your family. If you are a career shopper and want the entire day at the mall, we will arrange the bus to pick you up around 7 p.m.

DON'T DELAY - BOOK YOUR TICKETS TODAY!!!

Chestmates Update by Donna Hackett

CHESTMATES' CAR WASH SAT. JUNE 24TH 10-4 AT PETRIE FORD

Come out and support BCAF and get your car cleaned with special "paint safe soap" and safe handwashing techniques!

You will also have the chance to meet our dragon boat team and see our replica dragon boat and dragon heads.

Petrie Ford is generously supporting this event at their dealership on Bath Rd at Centennial Dr.

2023 Golf Tournament

Putting together a charity golf tournament is not easy but we have been very fortunate at BCAF to have had a great number of talented and organized volunteers on our committee. At the top of the list are Lynne and Bill Funnell.

Turns out last year may have been the last for this dynamic duo. They went away quietly and, due to Lynne's surgery, they will not be able to help this year. They will both be sorely missed. Lynne worked in the background every year, making sure all the equipment and supplies needed were on hand tournament day and that every job was covered with a volunteer. She shopped, not only for chips and water and fruit for the players, but she put together the most incredible bags of goodies for the volunteers who showed up tournament day.

Bill, on the other hand, spent the runup to the tournament canvassing local businesses to find more and more sponsors for the tournament. He was very successful and a lot of our financial wins were thanks to Bill. Tournament day he worked tirelessly putting up signs and tents and lugging materials and ice and chairs and tables around the course. Everything he put out at 6 a.m. had to come back at 7 p.m. and as the sun set there would be Bill, still going strong!!

Thank you Lynne and Bill for all you have done to make the Share the Care golf tournament the best darned charity golf tournament around!!!



2023 is turning out to be a booster year for the Share the Care golf tournament. We are so fortunate to have some really fantastic support from our donors, donors such as:

The Montroy family of Gananoque who are supporting the lunch.

PLATINUM: Peter and Ryan Schenk of Edward Jones Investments; McCoy Plumbing & Heating; Cupido Construction; McDonald's Restaurants of Kingston; Leading Edge Hobbies; Gordon F. Tompkins Funeral Home; Christopher West, Raymond James; Gananoque Home Hardware; TD Bank and Soubliere Constructors.

GOLD: Dr. Omar and Sabena Islam; Duncan Presant, Jay Rayner, Emma Fitzgerald and Henry Treier of CI Assante Wealth Management and Tompkins Funeral Home, Gananoque.

SILVER: James Reid Funeral Home; CaraCo Group of Companies; Ron & Karen Sutherland; All Hair Alternatives, Bea's Mastectomy; Malette Electric, Ben Mussari Medicine Professional Corp and Local 249 United Brotherhood of Carpenters.

Our sincere thanks goes to each and every one of these donors. Your support is very much appreciated.

Contact Us

- Peer Support 613-331-6652
- BCAA Office 613-531-7912
- admin@bcakingston.ca

Are you interested in contributing to the Newsletter? We want to hear from you! Please email admin@bcakingston.ca attention Sarah Arrowsmith.



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