

July 2021

BCAK News



I apologize this newsletter is so late in arriving. It turns out, for this summer at least, there will only be one newsletter. I am behind with July and it will be impossible to put anything out the beginning of August. We are very much swamped with the final organizing of the Share the Care golf tournament. It's a major event that we are very proud to present but it does take its toll on our committee's time! This is unless one of our members would like to jump in and do an August newsletter for the members!

Last month we talked about fundraising and the need to raise funds if we want to keep our organization functioning. The Wilton Cheese fundraiser netted us \$1,000.00 profit which is great. Thank you to all who participated. If you have ideas for raising money for BCAK, feel free to contact Linda Yohn, - yohn.lindalee@gmail.com

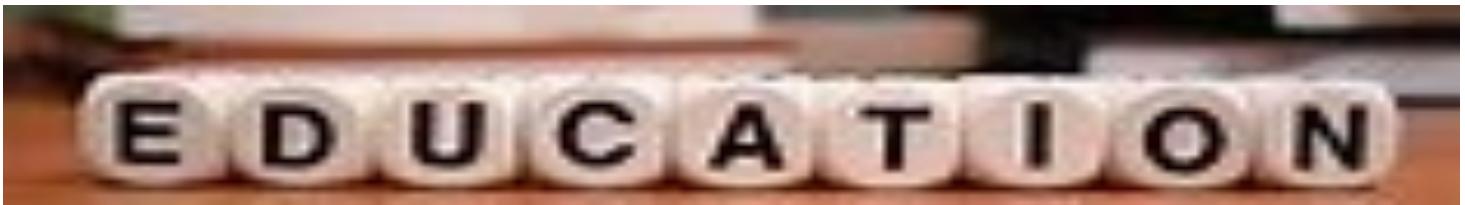
One of our members, Lisa Stacey, has come up with two unique projects for BCAK . She is a quilter and when I happened to mention neck coolers for hot summer days, Lisa took up the gauntlet. I can't seem to slow her down—she has now sewed over 50 and we have stripped the supply of expandable water beads in town. Another project Lisa began with Covid lockdown was to save seeds from exotic fruits and plant them. She now has a houseful of little seedlings; mango, lemon and Lichee trees for a start. She will donate these to BCAK to raise funds. Lisa also wonders if someone could donate "sunlit shelf space" for some seedlings to grow.

The Share the Care golf tournament is a few weeks away. We are counting on this being another fantastic tournament for all involved. Special thanks go to our Platinum donors—Cupido Construction, Nadeau Real Estate Group, McDonald's Kingston, Soubliere Constructors and Chestnut Park Real Estate Limited, Brokerage, David Wilson Realtor.

We also want to mention Peter Schenk (Edward Jones Investments) and Gordon F. Tompkins who support our Gold Level and Kingston Mortgage Brokers, James Reid Funeral Home, Mike Hogan Plumbing, Robert Reid Funeral Home and Duncan Presant, Jay Traynor, Henry Treier and Emma Fitzgerald from Assante Wealth Management who are all Silver donors. Another 23 companies have donated \$300.00 to be bronze supporters. Check out the list of ALL our donors at: [Share the Care Golf 2021 | BCAK \(bcakingston.ca\)](http://Share the Care Golf 2021 | BCAK (bcakingston.ca))

The second half of our Chestmates Walk Across Canada story is on Page 4. While you are reading the story, think on how you can come up with a similar type of challenge for walking. The BCAK Walk For Awareness is Saturday, September 11 at Lake Ontario Park. Gather your friends together, come up with a challenging walk for your age group, find a sponsor or two and carry out your walk anytime. Here's a challenge for all our members..there are 1312 steps in a km. At the Share the Care golf tournament, Linda Y., Lynne F and I will be doing a lot of walking. Who is willing to put money on our combined walking for the day of over 30 km. Email us at : email.bcak@gmail.com with your pledges!

I hope you are all enjoying your summer and the freedom we are earning each day! Stay vigilant, get your vaccination if you haven't already and keep well.



BCAK RESEARCH GRANT

The BCAK research grant was originally set up back in 1995 not long after we became a registered charity. It was set up through the Research Committee of KGH. The funds were administered by KGH Board of Directors and advised by the Research Committee of which one of our Board of Directors was a member. The funds were available to be used to support studies which will further the knowledge of actinology, pathogenesis and treatment of breast cancer. Prospective candidates submitted proposals to the Research Committee by the date specified each year- terms were for grant money for one year and could be renewed.

These grants were made primarily for the support of research carried out in Kingston affiliated hospitals and Queen's University and had to be related to breast cancer.

Successful candidates sent a written report of their progress to the KGH foundation through the Research Committee by June 2nd in the year in which the grant terminated, with copies to BCAK. In all publications arising out of work supported by this fund credit was to be given to the Breast Cancer Action Kingston Research Grant.

Many of these recipients gave presentations at our Walk for Awareness, Education Evenings and AGM.

Monies allocated were from a third of the proceeds from our Walk.

From 1995 – 2012 we donated well over \$250,000 to this. It was used to fund research ranging from gene mutations, hormone connections and possible causes and treatments of breast cancer.

From 2012 – 2017 we had a commitment to UHKF to donate \$15,000 per year for 5 years. \$10,000 went to research and \$5,000 went to the creation and maintenance of a website for the Breast Assessment program at HDH.

In recognition of our donations our name is on the donation wall at KGH as well as in the BCAK Supportive Care Waiting Room on Burr O.

As you may know we were recognized for offering support which aided Dr. Chris Mueller to develop a blood test to detect breast cancer at an earlier stage. The information on this development was very recently made public.

Since 2017 we have not been able to donate any research money. We are hoping to be able to reinstate this program in the near future.

Sue Davies
Lynne Funnell

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

Mary Cassidy

Ryan Hobart

Lynda Keeler

Bev Martin

Frances Reader

Maureen Yearsley

S. A. Godkin "In Memory of" Jane Flaherty

Providence Manor "Dress Down Days" Fundraiser

Sue Davies "In Memory of" Barb Raudnask

Bev Martin "In Memory of" Barb Raudnask

BCAK Scrapbooking

United Way

This is the 3rd in our series of BCAK supporters who have taken on second careers. If you know of another member or supporter with a similar story, let me know. We would be pleased to highlight their business/hobby.

LENDING A HAND TO SENIORS

The business name says it all. Lending a Hand so Seniors can continue to stay in their homes for as long as possible.

Young families don't always have the time or energy to support their aging parents in their later years. No fault of theirs. It's just that life, growing families, travel sometimes gets in the way. That's where I come in.

After I retired, I decided I needed to have something that gave me a purpose for getting up every morning and that gave me the social aspect of retirement. I saw the need for non-medical home care. I leave the medical stuff to the professionals.

What I saw was the need for home checks, making sure appliances were turned off, lights with timers worked properly and the mail picked up. Companionship is another valued need. Just having a cup of tea and conversation and listening to stories of years gone by, brings such joy to those living by themselves. Having a quick lunch or whipping up a breakfast ensures the elderly have a good nutritious meal.

I also found that the families need time to rest, eat and refresh when they're dealing with a family member in Palliative care. I sit with the family member so they are not alone when they decide it's time to leave and go onto the next part of their journey. I read their favourite book, newspaper to them or put on their favourite music.

If ever there was a time to support and advocate for Seniors, it's now. Dropping by for a chat breaks the monotony and boredom of being alone. You can always call, text or email me night or day. If I can help, I certainly will.

Cathy Boyce, Owner, Lending a Hand to Seniors

E- cathyboyce74@gmail.com or Call or text- 613-532-1044

For those of you who read our most recent newsletter's article about BCAK's dragon boat team's virtual trek across Canada, you will be happy to know that the Chestmates reached their final destination of Vancouver BC on June 20, just eight weeks after setting off from Halifax, NS. Together, the twenty-four teammates walked 6330 kilometers, getting fit and feeling connected to each other as they each contributed their weekly tallies towards the final goal.

Here's



how one of the Chestmates felt on the completion of the CWAC Challenge: " It made it so much easier to lace up the sneakers knowing that I had all of the girls walking beside me in spirit. Made me think a lot about my Chestmates friends....and I might have even spoken their names out loud as I walked across our beautiful country".

The Chestmates were supported on their walk through weekly blogs in which Suzanne Bodner, the organizer of CWAC, presented, fun facts, maps, songs, photos and personal recollections (her own and those of individual Chestmates) directly related to certain aspects of the landscape, history and the culture of the various parts of our diverse country through which we walked.

Shortly after their arrival at False Creek in Vancouver, where the breast cancer dragon boat phenomenon had its beginnings in 1996, some of the Chestmates participated in a welcoming Zoom call with a few members of Vancouver's Abreast in a Boat. Lots of stories and lots of laughs! What a privilege and thrill it was for the Chestmates to meet and chat with several AIAB members, two of



whom were "originals" -- courageous pioneers who were the first breast cancer survivors in the world to jump into a dragon boat, defying the then-held medical myth that those treated for breast cancer should not do repetitive exercise for fear of developing lymphedema. That myth thoroughly debunked through twenty-five years of research and experience, Abreast in a Boat and Chestmates are now part of a thirty-country community of breast cancer dragon boat paddlers, closely connected as we strive to enhance our lives through fitness, camaraderie, and mutual support. Outreach continues to flourish, bringing on new teams from all around the world.

Congratulations to Renata Bianchi who won lunch with Suzanne by guessing closest to the date that we unlaced our sneakers in the heart of Vancouver.

...Suzanne Bodner



It is with great sadness we tell you about the passing of two of our members.

On May 16, 2021 BCAK lost a great supporter, **Barb Raudnask**. Barb was the sister-in-law of Willi Clark and a long time friend and BCAK member.

I was Chestmate Captain when Willi joined the team and she mentioned that her sister-in-law was also a breast cancer survivor and was thinking of joining BCAK and Chestmates. Barb subsequently joined in 2012 and paddled with the Chestmates for a number of years.

In 2014, when Treasurer, Alice Calver, resigned Barb agreed to join the board and take over the Treasurer position. She held that position until 2018.

She always had a warm smile for all who came into the office and loved talking about her family. We both became grandparents around the same time and loved sharing stories. Barb participated in, not only dragon boating, but in the exercise classes and volunteered for many of our fundraisers.

Our heartfelt sympathies go to her family. A celebration of life will take place in the upcoming months.

Lynne Funnell, President

It was sad to read of the passing of our long time member **Viki Colledge**. She passed away June 24.

Viki attended our fitness classes; both yoga and exercise, and she so enjoyed socializing with other members.

A live stream of her memorial service will be held July 17th. To access, visit Viki's webpage at www.jamesreidfuneralhome.com.



MORNING EXERCISE AND YOGA CLASSES WILL RESUME THE WEEK OF JULY 19

....at this time—and until further notice—and due to present Covid restrictions—classes will be limited to those who have already registered.

We will let you know when we are able to expand our classes.

Again this year participants have their choice of walking (running, cycling, etc.) any time, anywhere, any distance—between now and September 11th and/or joining the group at Lake Ontario park. The object is to KEEP MOVING and raise funds for Breast Cancer Action Kingston~~~



Walk for Awareness

Annual Walk

Saturday September 11, 2021 Lake Ontario Park

PLEASE COLLECT ALL PLEDGES BEFORE THE EVENT and bring them with you to the event or deliver /mail to the office on Dalton Avenue.

Registration for the event is \$20.00 Youth 12 and under are free. Revised format: Walk at the Park from 1:00pm—4:00 pm, or walk anywhere, anytime, any distance. Receipts for tax purposes will be issued for amounts of \$20 or more **ONLY IF ALL INFORMATION PROVIDED IS COMPLETE AND LEGIBLE**.

Breast Cancer Action Kingston (BCAK) does not rent, sell or trade our mailing lists. The information you provide will be used solely to recognize donations.

Please make any cheques payable to: **Breast Cancer Action Kingston**

Name of Participant (please print clearly)

Email address OR Full Mailing Address

Phone number

Donor Name Please Print Clearly	Email Address (preferred) or Full Mailing Address	Postal Code	Phone Number	Pledge Amount	Collected	Owing	Cash /Chq

Charitable Number 89056 7241 RR0001

Registration Fee (add \$20 if \$100 not collected in pledges)

Are you a Survivor? Yes No

Walk... Run....Cycle... You choose the time, date, location, distance. Take pics for our website OR come to Lake Ontario Park between 1pm and 4pm. We'll be there for you (covid permitting)!

PLEDGED	COLLECTED	OWING

I hereby release and discharge Breast Cancer Action Kingston and all sponsors from any claims, injuries, losses and liabilities suffered as a result of my participation in this event. This release also applies to any person to whom I am a parent or guardian and who is under the age of 18 years and will be accompanying me at this event. By participating in a BCAK event: I grant permission to photograph and videotape me in the course of my participation in the event, and to use my name and any photographs and videotapes of me.

Participant's Signature _____

BCAK Official as Witness: _____