



ANNUAL GENERAL MEETING

The 2022 Annual General Meeting will be held Wed. Oct. 26, 7:00 p.m. at the Aspira Royal Place Retirement Living residence, located at 2485 Princess Street. The official invitation as well as the Annual Report, will be distributed via email in mid- October. Everyone is welcome - either in person or via Teams.

Please consider donating your skills and expertise to Breast Cancer Action Kingston by stepping up to serve on the Board of Directors. If you are interested, please call Bev Tuesday through Friday from noon to 4:30 and let her know.

UPCOMING EVENTS

Royale Chili Drive Through - 11 Oct
Hockey Fights Cancer Night - 15 October
Charity Dance - 22 October

October Month-Long Fundraisers
GelMont Fundraiser
Cher-Mere Fundraiser

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VOLUNTEERS NEEDED

BCAK is always in need of and happy to welcome volunteers. If you are interested in volunteering, please email us at email.bcak@gmail.com and someone will get back to you, or call the office Tuesday through Friday afternoons at 613-531-7912.

Volunteering for BCAK qualifies for volunteer hours students need to graduate. If your children or grandchildren are looking to earn volunteer hours, BCAK might be able to help.

OCTOBER IS BREAST CANCER AWARENESS MONTH

The Pink Ribbon

The pink ribbon is an international symbol of breast cancer awareness. Pink ribbons, & the color pink in general, are worn to honor survivors, remember those lost to the disease, and express moral support for women & men living with breast cancer.

Wear pink and show your support.

Some Breast Cancer Facts

Each day last year, an estimated 75 Canadians heard the life-changing words, “You have breast cancer”. And while more people are surviving a breast cancer diagnosis than ever before, it’s still the most common cancer and second leading cause of cancer death among Canadian women. (Canadian Cancer Society)

October is the primary fundraising month for Breast Cancer Awareness. Please participate in BCAF's and other fundraising activities - whatever you give is appreciated.

BCAF WINS CHAMBER OF COMMERCE SOCIAL IMPACT AWARD

In June BCAF received an invitation from the Chamber of Commerce to submit a nomination for its Business Excellence Award in the Social Impact category. BCAF accepted the invitation and two of our Board Members, Linda Yohn and Donna Hackett, diligently donated many hours to prepare a lengthy nomination by the June 24 due date.

The Business Excellence Awards recognize exemplary models of excellence and community service by Kingston’s businesses and the invaluable contribution they make to Kingston’s economic development, unique character, and outstanding quality of life.

The Social Impact award recognizes a socially responsible organization that returns value to the community by supporting charities, educational and other community groups. The business demonstrates a commitment to corporate social responsibility that positively impact our community. The award is based on three areas of interest - Community/Charitable Involvement (50%); Company Values (30%); and Environmental Initiatives (20%). BCAF’s nomination for the Social Impact award was one of five nominations accepted by the judging panel.



The award winners were revealed at the 26th annual Business Excellence Awards Gala held on 22 September at the Isabel Bader Performing Arts Centre. We are extremely proud to announce that BCAF won the Social Impact award. The award was accepted by Lynne Funnel and Linda Yohn.

It is truly an honour to be recognized by the business community for the services and programs we provide to those living with breast cancer in the Kingston and SouthEastern Ontario Cancer region. Many thanks to all our volunteers who made this award possible, and special thanks to Donna and Linda for their diligent efforts in preparing the nomination.

More details about this award and award process are provided in the article by Linda and Donna that can be found at the end of this newsletter - [COC Award Details](#).

NEW INITIATIVE: BCAA PARTNERSHIP WITH EARTHUB KINGSTON

Help Us Save Our Environment

Earthub Kingston is part of a national volunteer organization dedicated to raising awareness about our environment. Earthub gathers everyday household items for reuse and delivers them to businesses and organizations to be reused and kept out of landfill. Reuse is considered the best way to recycle!

BCAA will be launching an Earthub depot at our office at 650 Dalton Ave. on Nov. 1st. We will gather 11 different reusable items from our members, families, and friends, and then periodically deliver them to Earthub for distribution to their local and national reuse partners.

The following is a list of the items we will be collecting for Earthub, where they are going and how they will be reused:

1. DEAD WRITING UTENSILS AND MARKERS - Staples and TerraCycle
2. EGG CARTONS - local farmers in the Kingston and Napanee areas
3. PRESCRIPTION BOTTLES - Matthew 25: Ministries for disaster relief medical supplies
4. EMPTY COFFEE BAGS WITH TABS - Ethical Beans, Vancouver
5. MILK BAGS - for making mats for the homeless
6. SWIFFER/FREBREEZE PRODUCTS - must be dry - will be sent to TerraCycle for proper extraction of recyclable materials
7. CAN PULL TABS - Ronald McDonald House
8. MASCARA WANDS - Wildlife Refuges for animal care
9. PACKAGING MATERIALS (bubble wrap, air pillows, paper, styrofoam) - local companies
10. PLASTIC BOTTLE TOPS AND MILK/BREAD ETC.TABS - for a new project in development
11. Cleaned towels and blankets, unopened and unexpired pet food, pet toys, and office supplies - Kingston Humane Society

Please start saving these items now and encourage your friends and family to become involved as well. We will start collecting items on November 1 at our office during office hours and will periodically deliver them to Earthhub as appropriate. We will be continuing this initiative throughout the year - so keep collecting and bringing your items to us. This is wonderful way to help our community and our environment.

PROGRAMS and SERVICES

Fitness Classes

While the morning fitness classes continued through the summer, October means that the full contingent of participants come back to classes. After two years of COVID restrictions, we are relaxing the limit of numbers per class slightly from 6 to 8 to accommodate more participants. Any BCAA members who are not currently registered for a class may do so by contacting the office. It is important to register for a particular class so you will be contacted if there is a cancellation of that particular class due to illness or bad weather.

- **Monday and Thursday mornings at 10:30 to 11:30.** These classes are led by Tim Bell, a personal trainer by profession. He specializes in restorative movement through isometric exercises. Many of our members have some mobility issues that Tim can address and yet, those more fit can still reap the benefits of the exercises.
- **Tuesday morning at 10:30 - 11:30.** This class is led by Sharon Allen and is an all-around exercise class with about 20 minutes of cardio, toning, balance and stretching.
- **Wednesday morning at 10:00 - 10:45.** This Class is led by Jane Martin, with a ten-minute warm-up and followed by general toning, balance and stretching.
- **Tuesday evening class at 5:30 - 6:30** led by Elizabeth Cochrane. After a 10-minute warm-up, Elizabeth leads us through strength training, balance and stretching.

Yoga

- **Friday morning at 11:30 - 12:30** led by Tina Beaudin
- **Thursday evening 6:00 to 7:00** led by Renee Thibodeau
- **Wednesday Morning at 11:15**, a new class **starting up on October 19** beginning led by Pam Ferner.

Acquafit

The BCAA members are granted the use of the pool at the Aspira Royal Place Retirement Living residence located at 2485 Princess St. on **Thursday afternoons from 1 until 4**. Because of number restrictions we have more interested members than the pool will accommodate at one time so we will need to split the afternoon into two sessions. At this time, we have one aquafit class led by Jane Martin and the rest of the pool time is allotted for free swim. Hopefully we will be able to work on having two aquafit classes.

Qigong

We have had a request to bring back Qigong (a Chinese system of physical exercise and breathing control related to tai chi). If you are interested, please email us at email.bcak@gmail.com or call the office at 613-531-7192 and let us know as soon as possible.

Mindful Self-Compassion Educational Evening

We have had an offer from Susan Young (a mindful life coach) to host an educational evening for BCAA where you will:

- Explore what mindful self-compassion is
- Learn the three components of self-compassion
- Do a guided meditation practice on self-compassion

If we get enough interest for the educational evening, we will go ahead with a view to offering Susan's classes to our membership. Either call the office to let us know you are interested or go online and complete the [Mindful Compassion Form](#).

Financial Assistance

BCAA 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.

Post Operative Puffy Pillow Program

Women, who have been recently diagnosed and undergo surgery, often feel alone and overwhelmed in addition to their physical discomfort post surgery. A team of BCAA volunteers, Willi Clark, Stephanie Turner, Angela Fleming and Lucille Davies, lovingly hand-sew covers for soft puffy pillows for every woman who undergoes breast cancer surgery within Kingston and the surrounding area.

These pillows demonstrate that there is a local organization of survivors who care about them and understand their feelings. In addition, they have 3 other very practical purposes.

- Each pillow provides women with helpful arm support post surgery.
- Each pillow contains a handmade drainage pouch, again made by our volunteers, Diane Molson and her daughter Kim Molson-Moore and a pink ribbon made by Marj Mason.
- Finally, each pillow contains information about BCAA and its programs.

The BCAA pillows are delivered free to the hospitals in Kingston, Belleville and Brockville. Hospital staff, who have partnered with us, make sure that every person who wants one receives one. Many of our current volunteers and members fondly remember how important that pillow was to them at the time of their recovery, and many still cherish their puffy pillow. This year our partners in local hospitals have already distributed over 70 puffy pillows to breast cancer patients.

Peer Support:

Peer Support Dedicated Number - Call 613 331-6652

BCAK knows well the importance of the support provided by survivors for the newly diagnosed and those actively engaged in breast cancer treatment. BCAK has therefore developed three programs to make sure all these patients know they are not alone and can access our support.

- Firstly, we have set up a **new dedicated support line, 613-331-6652**, to make it easier for the newly diagnosed to talk to someone who has been there before...to share their anger, denial, fear, and get comfort. This number is provided to every breast cancer patient post-surgery on a BCAK bookmark contained in the puffy pillow. The Intake Person for this line can not only support callers but can also refer them to other BCAK resources and other relevant community programs and resources.
- Secondly, we have been operating survivor-led Peer Support Groups for 25 years. These groups are held monthly with an average of 5 women per session.
- Thirdly, we have developed a new process for offering 1 on 1 Peer Support. At present, we have 10 trained b/c survivor volunteers and are currently developing a program to train more.

OCTOBER BREAST CANCER MONTH FUNDRAISERS

GelMoment Fundraiser

Courtney Leroux will be donating \$5 from every purchase made on her website to BCAK for the month of October
www.courtneyleroux.gelmoment.com



Cher-Mere Day Spa Fundraiser

PINKTOBER AT CHER-MERE

\$5 FROM EVERY MANICURE

\$7 FROM EVERY PEDICURE

\$15 FROM OUR "PINK ROSE PETAL HYDROJELLY FACIAL"

Those proceeds will go to BCAK:
Breast Cancer Action Kingston

Cher-Mere
68 Brock St. 613-767-6652
787 Blackburn Mews 613-766-6056
cher-mere.ca

UPCOMING FUNDRAISING EVENTS

Royale Place Chili Drive Through - 11 October



Chili Drive Thru for charity
Tuesday, October 11th | 11:30am - 1pm

Aspira Royale Place Retirement Living is hosting our 2nd annual Chili Drive Thru for Breast Cancer Awareness Month in support of Breast Cancer Action Kingston. Come and see our beautiful property, enjoy the drive with all the wineries and support a worthy cause.


For more information call Betty Anri Desharnais at 613-882-2298 or email bettyanri.desharnais@aspiralife.ca



aspiralife.ca

Kingston Frontenacs Fundraiser

Hockey Fights Cancer Night sponsored by the Kingston Frontenacs will be taking place on Saturday 15 October. BCAK will have a table at the event. BCAK will get a contribution for every ticket purchased through the BCAK portal. For those who wish to purchase tickets to our Cancer Game, please use the ticket link given below to purchase your tickets and enter the Promo Code BCACTION. This will ensure that BCAK will receive a donation for the tickets purchased and that you will get the reduced group rate. [Frontenac Tickets](#)




Hockey Fights Cancer Night
Saturday October 15, 2022
The Frontenacs vs The Guelph Storm at the Leon's Center

What You Should Know...

- **BCA Kingston** will have a table set up on the concourse. **Come Find Us!**
- **Support BCAK!** Buy your tickets to the game through the link (coming soon) and we get a kickback from each ticket sold.
- There will be a Cancer Survivor Walk during the 1st intermission.
- If you are interested in participating in the Survivor Walk, contact our office 613-531-7912 and we'll get back to you with the details.

Hockey Fights Cancer honours those who are no longer with us and support those living with, going through, and moving past cancer.

Hockey Fights Cancer unites the hockey community and gets an assist from players, coaches, officials, front office staff, corporate partners, fans, and supporters to help people with cancer and their families. Together with the hockey family, we are a force-for-life in the face of cancer.



Charity Dance

Charity Dance
with *Steve Cheesman & The Heeters*
SATURDAY OCTOBER 22, 2022
Breast Cancer Action Kingston
COLLINS BAY LEGION 631
4034 BATH RD, KINGSTON
8pm - 12 midnight
Contests & Draw Prizes
Tickets on Sale Now @ BCAF
\$20 in advance, \$25 at the door
Call BCAF to reserve your ticket
(613) 531-7912
Limited Seating &
Covid safety measures will apply
All proceeds to Breast Cancer Action Kingston Raised Local & Stays Local
Registered Charity# 860567241RR0001 www.bca Kingston.ca

OUR DANCE is BACK ON and
Tickets are ON SALE NOW!

Get your dancing shoes ready for a Charity Dance fundraiser on behalf of BCAF, 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.

Call now and reserve your tickets for an entertaining evening with Steve Cheesman & The Heeters. More information is available on BCAF's [Charity Dance](#) webpage.

MEMBERSHIP

BCAK is a dynamic organization and is always open to comments and suggestions from members. Please contact us at email.bcak@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.

BCAK 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 BCAF's many programs. Visit our [Membership Page](#) to learn more about the types of memberships and the benefits of joining BCAF. You can join and pay your membership fee online or by contacting our office during business hours (613-531-7912).

DONORS

Thank you to all our generous donors for the month of September.

Donations Missed in September Newsletter

Bev Martin – Donation

Helen Tolles – In Memory of: Delia McAdoo

September Donations

Pam Carr – In Memory of: Joyce Capper

Shelley Bernabei – In Memory of: Delia McAdoo

Andrea Guidon – Donation

Janet Innis – Donation

Lynda Keeler – Monthly Donation

Camden Braes Golf & Country Club - Donation

SPONSOR INFOMERCIAL

Bea's Mastectomy and All Hair Alternatives Studio

American author and public speaker, Niyati Tamasker, has said about breast cancer, "if it takes a village to raise a child, it takes a bloody army to battle cancer." Bea's Mastectomy and All Hair Alternatives studio realizes how cancer can rob people of their sense of self and personal dignity as part of the battle. Owner, Beata (Bea) Faraklas, has been operating the studio for 26 years and is very much a part of that army. She volunteers on the Board of Directors for BCAF and the Kingston Cancer Centre and considers this her life's work.

Bea's Mastectomy and All Hair Alternatives Studio is unique in that it provides coordinated post mastectomy and hair loss solutions under one roof, by certified professionals. This allows Bea and her staff to build trusting relationships and offer lifetime support to clients. Studio services include:

- Free, confidential consultations/fittings (in person and online);
- Home and hospital consultations;
- Special orders;
- Breast prostheses, bras, camisole, and swimwear sales;
- Wig sales, service, and repairs;
- Head covering sales;
- Compression garment sales;
- Complimentary onsite lymphedema machine;
- Assistance in completing financial support applications;
- Free haircuts due to chemotherapy hair loss; and
- A lending bank of donated bras, prostheses, wigs, head coverings and swimwear.

Bea's Mastectomy and All Hair Alternatives Studio is honoured to take up the battle to help breast cancer patients and survivors reclaim their positive body image and self confidence.

2022 GOLF TOURNAMENT SUPPORTERS

Breast Cancer Action Kingston would like to thank everyone who contributed to making the 2022 Share the Care golf tournament a HUGE success.

CaraCo Group of Companies	All Hair Alternatives/Bea's	Mary Peel
Cupido Construction	Mastectomy Boutique	Kingston Hyundai
Edward Jones Investments, Peter Schenk	Barr Homes	Lise Travel Boutique
Gordon F. Tompkins Funeral Home	Carpenters, Local 249	Lynne & Bill Funnell
Kingston Laser Cosmetic Clinic	James Reid Funeral Home	Marjorie & Gary Stefan
Leading Edge Hobbies	Kingston Mortgage Solutions	Merry Maids
McCoy Plumbing	Tolles Ltd.	MNP Mike Cvetkovic
McDonalds Restaurants	Tulips & Maple Catering	Rayner & Associates
Raymond James Ltd, Chris West	Ron & Karen Sutherland	Reliance Home Comfort
Soubliere Constructors & dL Supplies	Caldwell Wealth & Estate	Sarah Emery, Physiotherapist
TD Bank	Advisory Ltd., David Sutherland	Sheila Menard & Dr. Susan Irving
CI Assante Wealth Management: Duncan Present, Jay Raynor, Emma Fitzgerald, Henry Treier	CE Safety	Soloway & Wright
Freshco	Clarks Bus & Marina	Suzanne Fast Design
	Ed Malette Electric Ltd.	1000 Islands RV
	Energetics	Barb Aylesworth
	Fusix - Pat Foley	Butternut Creek Flowers
	Janet Grace & Kelly Kennedy	CocoBistro
	Kingston Frontenacs Hockey Club	Colonnade Golf & Country Club
		Enviro Masters Lawn Care

Grant's No Frills	BCAK Board of Directors	Mary Weston
Aqua Car Wash	Lynne Funnell	Sarah Arrowsmith
Automotive Angels	Linda Yohn	Susan Cross
Burnham Optical	Metro Bayridge	Refinery Willi Clark
Car Medics	Pasta Shel	Keyes Construction, Kitchener
Cataraqui Golf & Country Club	Wendy Barrette	Marjorie Hurtubise
Design Cachet - Heather Campbell	Donna Hackett	Mark Gallant, Surgenor Truck
Echo Hair Studio - Marie Claude- Tetrault	Marilyn Martin	Mark Santoni, CIBC
Eileen van der Zwan	Maggie Daicar	Milestones
Fallowfield Furniture Co	Willie Kyer	Mobile Kitchens
Gan Chev Olds	Lori Cox	Red House Grill Spa
Homecraft Brew & Wine Supplies Inc	Audrey Harvey	Sonna Moffat
Inverary Golf & Country Club	Joan Cristoveanu	Spearhead Brewery
Janet Innis	Iris Little	The Keg
Kingston Flying Club	Helen Tolles	The Print Zone
Kristine Van Allen- KVA Collections	Serena Taylor	The Merchant Tap House
Creations by Louise - Louise Boardman	Chestmates Dragon Boat Members	Upper Canada Office Systems
Mary Cassidy - Partylite	Linda Jackson	Williams Auto
	Christine Stylesand the more than 40 volunteers who came out tournament day to be ambassadors for BACK
	Mary-Lynne Ascough	
	Darlene Evans	

CHAMBER OF COMMERCE AWARD

Written by Linda Yohn and Donna Hackett

In June BCAK received a request from the Chamber of Commerce asking if we were interested in either self-nominating or being nominated for their Business Excellence Awards in the category of Social Impact.

The Business Excellence Awards are dedicated to recognizing exemplary models of excellence and community service by Kingston's businesses and the invaluable contribution they make to Kingston's economic development, unique character and outstanding quality of life. Being recognized by one's peers, either by nomination or award recipient, is a thank you for the hard work and risk nominees have incurred.

This award recognizes a socially responsible organization and its employees that returns value to the community by supporting charities, educational and other community groups. The business demonstrates a commitment to corporate social responsibility that positively impact our community.

Eligibility Requirements

1. Nominee has an active business in Greater Kingston area for a minimum of 3 years.
2. If nominated by a third party, Nominee must approve and accept the nomination.
3. Nominee must not have won in the same category in the past three years.

Nomination Submission to cover the following: (500 Word Minimum)

Community/Charitable Involvement (50%)

What has the Nominee done to positively effect and return value to the community? (Describe any initiatives

or activities related to social responsibility, charity work, volunteerism, and supporting local.)

Company Values (30%)

How have these practices been aligned to the organizations overall strategic goals and their values?

Environmental Initiatives (20%)

Describe how this organization creates value for its operation and community by respecting the environment and reducing environmental impact.

Of course, we were interested and between Donna Hackett and myself Linda Yohn we worked tirelessly writing, rewriting and editing what was to become an award winning nomination. We submitted our very lengthy nomination before the due date of June 24th to the panel of 5 judges and waited for word of our acceptance. As it turned out we were accepted and were one of 5 nominees in that category: Extend-A-Family, Lionhearts Inc, Total Diva Spa, Cher-Mere Day Spas and BCAKingston.

The formal Gala date to celebrate the Business Excellence Awards was set for September 22 so anticipation built. In the meantime, a video team came to BCAK and interviewed Linda Yohn to be shown at the Gala alongside the other nominees.

Oh, what a night! The 26th annual Business Excellence Awards were held at Queen's University's Isabel Bader Performing Arts Centre. There were 43 nominees across the nine award categories. In attendance for BCAK were Lynne Funnell, Linda Yohn, Donna Hackett, Maggie Daicar and Lori Cox

Our category, Social Impact was sponsored by KEYS Employment & Newcomer Services and it was the second category in the program to be presented. We watched the video presentation of the 5 nominees and were in awe of the contribution to our community these organizations make... all were worthy of this award.

And the winner is..... Breast Cancer Action Kingston!!

I think we may have screamed, but I wasn't sure because the 5 of us we were on our feet with excitement. Linda and Lynne made their way to the stage and humbly accepted our award on behalf of the Board, our members, our many volunteers and all the women who have gone before us. It was an honour to be recognized by the business community for the services and programs we provide to those living with breast cancer in the Kingston and SouthEastern Ontario Cancer region.

Congratulations BCAK!!