

January 2022

# BCAK NEWS



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## BITS AND PIECES AS WE HEAD INTO 2022

The holiday season is behind us and Breast Cancer Action Kingston is now looking ahead to 2022. We have some carry over projects that we will complete and we have some brand new initiatives that we are anxious to see to fruition.

With today's announcement from the Province of Ontario all our exercise programs will be suspended until such time as the government lifts the new Covid restrictions. This includes all our in-house exercise and yoga classes as well as the Aqua Fit class held at The Royale Place Residence. If you are registered in any of these classes, you will be notified when classes resume. If you are interested in getting involved in any of the programs, email us at [email.back@gmail.com](mailto:email.back@gmail.com).

## Community Outreach Program

For the second year, BCAK was successful in its bid for a \$10,000.00 grant from the Saunders-Matthey Cancer Prevention Fund. A good portion of this grant will be put towards our Community Outreach Program. The goal of this initiative is to engage with breast cancer patients in the outlying communities we support by making them aware of our existence and then finding out how we can help them.

Phase 1: to raise awareness of breast cancer and of our support of breast cancer patients in the area and (continue) to gain community recognition,

Phase 2: identify what programs / services are required outside the immediate Kingston area,

Phase 3: where possible, extend our programs into the outlying regions.

As a result of a targeted media campaign in the last 3 months of 2021, we increased our membership in 2021 to a record 164, our website reported an increase in inbound traffic in November of 90% and we worked on new exercise programs that we introduced in Kingston as soon as the lockdown was lifted.

In 2022, we will continue to make our presence known in the communities we represent, solicit participation and encourage feedback from our targeted campaigns and identify what the needs are, where they exist and how we can help.

## Certified Support Facilitators Wanted

Our facilitators are breast cancer survivors who volunteer their time once a month (or as needed) to allow women who have been affected by breast cancer to come together in a secure and safe environment to talk about their situations and concerns.

BCAK is looking for survivors interested in facilitating support groups in Kingston and in our service area - South Eastern Ontario.

At the moment we have two survivors interested in becoming facilitators so we are working on offering a certification program in 2022. If this is something that you would like to do... call us at 613 531-7912 for more information or send us an email: [email.bcak@gmail.com](mailto:email.bcak@gmail.com).

## Donations in 2021

Thanks to your generosity and support in 2021, BCAK was able to provide (free)

81 Post Operative Puffy Pillows went to Hotel Dieu and KGH Cancer Centre.  
\$13,718.80 in Financial Assistance towards general living expenses, bras, prostheses and wigs was given out through our financial assistance program.

The following items were also provided free:

97 wigs,  
8 shampoos and 4 conditioners,  
34 head coverings,  
67 breast prostheses,  
99 brassieres and 4 swimsuits

**With your help we can continue to enhance the lives of those who need our help. Please continue to give...**



## Scrapbooking Club

The scrapbooking club meets on Tuesday afternoons in the common room at BCAK to scrapbook, make cards and to socialize.

If you need a special card for a special person, cards are available from Bev in the office for a nominal donation of \$3.

We "scrapppers" welcome any paper aficionados to join us for an afternoon of fun. There is no formal instruction, but we share ideas and materials and someone is always available to help.

Janet Innis, Coordinator



## Membership 2022

Have you filled out your membership application yet?

For your convenience, attached is a membership application for 2022. Note we are asking personal questions on this application. These are not mandatory questions - you do not need to provide a response. We are asking these questions to help formulate new programs that can be introduced.

We hope you will join us again in 2022.



2022 BREAST CANCER ACTION KINGSTON

MEMBERSHIP APPLICATION

MEMBERSHIP is renewable on an annual basis (January to December) for a fee of:

- Basic: \$35.00 for an individual (survivor or supporter), family of a survivor (at the same address) or a charitable organization
Gold: \$55.00 includes Exercise classes, Yoga, Aqua Activities and Chestmates (A Chestmate must be a breast cancer survivor). Tax receipt provided for \$35.00 membership fee but not Activity fee of \$20.00
Corporate: \$55.00 for agencies and corporations/organizations.

Membership payments are deemed donations and a charitable tax receipt will be issued. Charity number: 89056 7241 RR0001

Please complete the form below:

Name: \_\_\_\_\_
Address: \_\_\_\_\_
City: \_\_\_\_\_ Postal Code \_\_\_\_\_
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Payment can be made at the office with cash, cheque, credit card or Interac or by mail to Breast Cancer Action Kingston 110 - 650 Dalton Avenue, Kingston K7M 8N7. We also accept e-transfers at: donations@bcakingston.ca (please be sure to give us your phone # or email address in the comment line of your bank's e-transfer form).

Would you like to volunteer? Yes \_\_\_\_ NOTE: Do you wish a monthly newsletter sent via email? Yes \_\_\_\_\_ NO \_\_\_\_\_

If you have no email address and wish your newsletter mailed to you, please check here \_\_\_\_\_

In order to direct information to specific groups, we would like the following information.

IT IS NOT MANDATORY TO FILL OUT THIS SECTION. All personal information collected remains confidential.

Table with 4 columns: Age Category, Physical Activity Level, Your Interest in Group Outings, Retreats, Events, etc. (circle interest), Suffer from lymphedema. Includes a row for suggestions for new programs/activities.

For more information call (613) 531-7912, email admin@bcakingston.ca or visit our website at http://bcakingston.ca



## REVIVING BCAA'S HAND'S ON PROJECT

The **Hands On** project was developed in 1996 with two main purposes:

- To create a greater awareness of the need for women to do breast self-examination (BSE) regularly and correctly,
- To provide an effective weapon in the early detection of breast cancer.

To achieve our goals we provided physicians, nurse practitioners and women's outreach clinics with Hands On kits, free of charge. Each kit contained a breast model with simulated lumps, descriptive booklets and an instructional videotape.

Over the years, the Hands On Project achieved its goals not only by providing the teaching kits to health providers but by taking those tools to the community. Educational presentations on Breast Cancer 101 and BSE were created in easy to understand formats and were presented to Personal Support Workers, Kingston Seniors Association, women's groups, International Women's Day festivities, Salvation Army Women's Day and others.

We would like to continue this important initiative and take it to our extended community. This year we will be purchasing new teaching tools, putting together a mobile programme and finding and training volunteers.

The need to help women 'Be Breast Aware' has never been more important. Early detection provides the best chance of effective treatment. Early detection of breast cancer is associated with an increased number of available treatment options, increased survival, and improved quality of life.

**This is important work and we need volunteers to help 'get the word out'. If you like to meet people in a group setting, show some slides, demonstrate BSE on a teaching model, have insight into developing a community programme - we need you. Please contact us.**



**So far we have 7 members who are up for fun and Camaraderie**

We are looking for members (or cancer survivors) interested in taking part in an Adventure Retreat. It is tentatively scheduled for the weekend of **May 27th-29th 2022** at Wilderness Tours just outside of Ottawa. The retreat includes a two-night stay in double-occupancy cabins with meals included, a beginner white water rafting course, full access to the resort, and breast cancer seminars and guest speakers as well as transportation to and from the resort.



Worried about the physical demands of rafting? Don't be! Not only is the rafting course at a beginner level and designed for people as young as 13 years old, it's absolutely **not mandatory** that you take part. We are planning other great activities to keep you fully engaged and entertained throughout the day.



We are at the planning stage right now – but before we go any further we need your input.

The total cost will be in the range of \$250 to \$350.00 – once we know we have enough interest to proceed we will actively seek sponsors to pay down some of the cost per person.

**Are you interested in attending? Let us know if you are. Email: [email.bcak@gmail.com](mailto:email.bcak@gmail.com) or call Bev at 613-531-7912**

By contacting us you are telling us you are interested, it is not a commitment. If numbers warrant we will continue to plan an activity-packed weekend for young and old alike!

Priority will be given to Breast Cancer Action Kingston members but the retreat is open to any cancer patient or survivor.

***Don't be deceived by the white water rafting...no matter how young or old you are - this weekend is for you!***

## **BCAK in the Community**

**Save the Date.... February 18, 2022. Kingston Frontenacs hockey at the Leon's Centre.**

BCAK will be attending and we will have our new display set up in the concourse. Tickets will be available for \$19.50 through a special link that will be set up - and we'll receive \$2.00 for every ticket sold through that link. Watch our website for more details.

## **Breast Cancer Dragon Boat History in Canada - Dr. Donald McKenzie**

In 1996, Donald McKenzie, a sports medicine physician and exercise physiologist, initiated and developed a physical training program for the benefit of 24 breast cancer survivors. When women living with the disease began to challenge the notion that they should lead physically-restricted lives after surgery, Dr. McKenzie formed and coached the "Abreast in a Boat" Dragon Boat paddling team consisting entirely of women who have survived breast cancer. Thanks to his initiative, most provinces in Canada now have a breast cancer dragon boat team. His remarkable achievements, enhanced by his guidance and caring, have given breast cancer survivors across Canada a sense of confidence and pride, and a lifeline to a better existence.

*On December 29, 2021 the Governor General announced 135 new appointments to the Order of Canada and Dr. McKenzie was one of them.*

Her Excellency the Right Honourable Mary Simon, Governor General of Canada, announced 135 appointments to the Order of Canada. The new appointees include 2 Companions (C.C.), 39 Officers (O.C.), 1 honorary Member and 93 Members (C.M.).

Dr. Donald Chisholm McKenzie, O.C., M.S.M. from Sidney, British Columbia was appointed for his expertise in sports medicine and for his seminal research on the effectiveness of exercise as an intervention for breast cancer patients.

## A Chestmates' Christmas Gift

Once upon a time in March of 2002, 27 strong and spirited women, with the support of Breast Cancer Action Kingston ("BCAK"), joined to form the Chestmates Dragon Boat Team: a team of breast cancer survivors. They paddled to slay the "evil" dragon of breast cancer and to enrich their lives through the creative fire of the "good" dragon.

During the winter months, their focus was on strength and flexibility at BCAK's exercise and yoga classes. When time and money allowed, they also had the opportunity to practice at a paddling tank.

In April of 2003, the Chestmates acquired their very own magnificent dragon boat, thanks to the generosity of The Andy Fund of Kingston. Then came on-water practices twice a week on the Cataraqui River, docking the dragon boat at the Kingston Canoe Club as soon as the ice was gone.

During the first summer of competition in 2003, the Chestmates took their message of awareness to Dragon Boat Festivals in Peterborough, Belleville, North Bay and Stratford where they competed along with breast cancer survivors from across Ontario as well as in regular women's and mixed team races and the Breast Cancer Survivor Challenge races which are designed to showcase our cause.

The team ended its first full season of paddling in grand style at the Kingston Dragon Boat Festival that September. It was a thrilling moment for them as they streaked across the finish line ahead of six other teams from Ontario and Quebec to win the Breast Cancer Challenge Cup in front of a cheering hometown crowd.

Many new paddlers have joined and retired over the years as have great coaches and steers persons. Our location to dock our wonderful dragon boat and practice changed to Collins Bay Marina and we now enjoy the waters of Collins Bay a part of Lake Ontario. The Chestmates' determination and courage has stood strong throughout the years.

Our 2018 and 2019 seasons became rebuilding years while our comradery stood strong within the spirit of our sistership. At one point we thought we may need to purchase a smaller 10-person boat. Having 6 newbies join in 2019 was helpful as we were not sure how we would afford to purchase a second boat.

Over the years we have continued to deliver our message through participation at annual dragon boat festivals locally and to international breast cancer survivor festivals, including Peterborough, Ontario in 2010 and Sarasota, Florida in 2014. The race towards victory is a symbol of our determination to stand tall and strong against this disease which claims the lives of so many. Dragon boating gives us an opportunity to spread our message of awareness and hope; at the same time, as we paddle our hearts out, we celebrate our lives while doing healthy exercise that boosts our fitness level.

Fast forward to 2020, we were stalled by the COVID-19 Pandemic and were not allowed to be out on the water. We maintained our spirits with ZOOM Meetings and began team walks in the spring of 2021 as things started to open. In August, we were blessed with the ability to get back out on the water. No Festivals this season but boy did we have fun working on our stroke and stamina, being able to be together again and witnessing the beautiful sunsets this September! We were also very fortunate to welcome 7 more very enthusiastic newbies to help fill our boat.

We had a very intriguing lady come out to one of our evening practices to check us out and introduce herself. She said, "Hi, I'm Maggie Daicar. I'm 81 years old and I want to join this fabulous team." Maggie did join us at the beginning of September. She is truly spirited and very young at heart. Shortly after joining us Maggie shared that she had contributed to the Andy Fund back in 2003 through which our 20 person dragon boat was able to be purchased.....at the time Maggie never dreamed that she too would end up being a breast cancer survivor.

In late October we had our season ending potluck at one of our newbies home north of Sydenham. While there Maggie quietly mentioned to a few of us that her partner, Brit Smith, was looking for a birthday gift

idea for her... Maggie's birthday being December 7th. Maggie had heard us discussing the idea of fundraising to purchase a new 10 Person Dragon Boat as an option for training and for those few times when our numbers are low at practice during the busy summer. Maggie said, "I think I have a birthday gift idea for Brit, and I know he will be eager to support my idea." So Maggie went home that evening and told Brit that she had a fabulous idea for her Birthday Gift... Yes, a 10 Person Dragon Boat for the Chestmates. The picture below is of Brit presenting Maggie with a picture of the dragon boat, and a cheque of \$20,000 was made out and delivered to BCAF for the sole purpose of purchasing the dragon boat for our Chestmates Team along with any needed equipment e.g. life jackets, paddles, seat pads etc.



We very much knew there was something special about Maggie Daicar from the moment we met her.

Both Maggie and Brit want to wish all the past and present members of the Chestmates a Safe and Happy Holiday Season and a Happy New Year with this gift for us to continue to spread our message of courage and hope.

From all the past and present Chestmates, Maggie and Brit, we Thank You for the very generous gift which is to arrive in May of 2022...another fun detail for us all is that I was able to order it with PINK scales on the sides.

Paddles Up  
Respectfully submitted by Lori Cox

**Breast Cancer Action Kingston wishes to thank the following individuals and companies for their generous donations in the month of December**

BEV MARTIN  
BETHANN MEUNIER  
BRIT SMITH - **IN HONOUR OF MAGGIE DAICAR (CHESTMATES)**  
CAROL ANN LEONARD  
CRISSY STROH  
CHRISTOPHER PERERA  
GAIL SHANKS  
HEATHER BRECK  
HEIDI BLONDIN FINANCIAL  
IRIS LITTLE - **CHESTMATES**  
JIM THOMPSON  
KEVIN CORCORAN  
KINGSDALE CHATEAU - **OCTOBER FUNDRAISER**  
KINGSTON LOCAMOTIVE  
LINDA SAWYER  
LYNDA KEELER  
MACKENZIE INVESTMENTS  
MICHELLE METHOT  
MORTGAGE PROFESSIONAL (VERICO) - **CHRISTMAS FUNDRAISER**  
MARILYN WILSON  
MAUREEN YEARSLEY  
NANCY WILLIS  
PALMIER STEVENSON-YOUNG - **"IN HONOUR OF" ERIN STEVENSON**  
PAUL & LINDA MIDDAUGH  
PATRICIA NICHOLSON  
PETER & JANE GOOD  
REV. MARK STACEY  
RYAN HOBART  
SANDRA BUCKINGHAM - **"IN MEMORY OF" LINDA MENYES**  
SARAH FUNNELL  
TINA HOWARD  
UNITED WAY - VICTORIA, BC  
WENDY BARRETTE