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CHRISTMAS WISHES

As another fantastic year for BCAA comes to a close and as the holiday season is upon us, I want to wish you all the happiness and warmth for this Christmas.

Thank you for what you all have done for Breast Cancer Action Kingston. May you have a joyous and wonderful festive season ahead. Merry Christmas!

Linda Yohn, President

Meet Sarah Arrowsmith, New Board Member

I first became aware of BCAA during my own fight with breast cancer over the past two years. Meeting and paddling with the phenomenal women of the Chestmates was a critical step in my healing journey after completing treatment. This experience motivated me to join the Board of BCAA to help increase awareness of the services offered by this wonderful organization.

In my spare time I enjoy being a family physician and a mom to Jacob.



Chestmates December 2022 Update

We had a lovely season end pot luck at one of our mates home on October 16th. There was a great turn out, fabulous food and enjoyable conversation along with our usual laughter. We left looking forward to our next time together.

Our most recent fun event was assisting in decorating a float for BCAF to enter into the Kingston Santa Claus Parade. A few of us joined in painting a 15 foot dragon boat we had built out of plywood. Then the big day of assembling the float on the day of the Parade, Saturday night November 19th.

The Parade

BCAF members, Chestmates and families joined us for the parade; some riding and others walking. We waved to the countless children and their families who lined downtown Princess St braving strong winds and cool temperatures to partake in the joy of seeing all the beautiful floats while anxiously awaiting for the arrival of Mr and Mrs Claus in their big beautiful sleigh.

Our float was stunning with hundreds of lights, decorated trees, our dragon boat, snowman, candy canes and much more. We are now looking forward to our Christmas pot luck back at Susan Cross's lovely home again on Sunday, December 11th at 4:45. Yes there will be more great stories, laughter and delicious food. It appears that we will be having another great turn out.

I'd like to wish you and your families a safe and joyous holiday season.



Paddles Up

Lori Cox, Co-Captain of the Chestmates

Cheese and Chocolate Fundraiser

The Cheese and Chocolate fundraiser that began Friday, November 11th is now over and most of the cheese and chocolate has been distributed. We had 11 orders for total chocolate sales of almost \$3,000.00 and cheese sales of over \$7,000.00 .

Our thanks goes to Wilton Cheese Factory and Audrey Brown and her amazing company, CocoaBistro, for providing the cheese and chocolate and giving BCAK a percentage of the sales. Thanks too to everyone who supported this fundraiser with their purchases.

Wendy Barrette, Coordinator

Peer Support by Donna Hackett

Don't forget we have a dedicated phone line for peer support.

Call anytime : Call (613) 331-6652

If you want to talk to someone who has gone through a similar voyage as you are on, call.

Winter Walking Group

It has been suggested that some of our members might be interested in a walking group this winter. We would walk the many trails in and around the city. Call the office at 613-531-7912 and let us know if you would like to join in.

AN AWARENESS PROGRAM

BCAK is planning a new educational initiative within the S.E. Ontario Health Region. The campaign aims to increase the awareness of the benefits of early detection of breast cancer by encouraging eligible women and men to get screened for breast cancer. Our intention is to distribute this message through advertising in local newspapers and social media. Don't forget to follow us on Facebook and Instagram!

We are very fortunate to have Dr. Paola Nasute Fauerbach as a new member of BCAK. Dr. Fauerbach is a physician with specialty training in diagnostic imaging. Currently, she is completing a PhD in Pathology and Molecular Medicine at Queen's with a focus on breast cancer. Dr. Fauerbach's extensive background in the diagnosis of breast cancer is an amazing asset to BCAK and we look forward to working with her through this campaign.

Screening mammograms save lives

There have been several randomized controlled trials (which are considered the gold standard to prove the results of any intervention) that show that mortality rates can be reduced by up to 40% with screening.

If you are 50 or older and you have not had a screening mammogram within the last 24 months, we strongly encourage you to do so. This recommendation is regardless of whether you have a family history of breast cancer or not. Did you know that **most breast cancers occur in women who do not have a strong family history of breast cancer.**

Don't wait to feel a lump or have any other kind of symptoms like bloody nipple discharge to take the first step. So far, there is no way to prevent the

development of breast cancer, so we rely on early detection.

Additionally, through mammograms, you can find out if your breasts are dense or not. Having dense breasts put you at higher risk of developing breast cancer than not having dense breasts. Breast density can only be assessed with a mammogram; it is not something that you can predict or know just by examining your breasts or having a clinical breast examination done by your healthcare provider. You also need to know that dense breast can “hide/mask” tumours, making them difficult to be diagnosed. These are two good reasons to find out if your breasts are dense or not.

Here are Ontario’s current guidelines for breast screening:

If you are 50-74 years old:

It is recommended that you have a mammogram once every two years.

Individuals in this group **do not need to be referred by their family doctor** and can book directly through the Ontario Breast Screening Program Kingston location at 613-384-4284.

If you are 30-69 and are a high-risk patient:

If you are in this age group, with a high-risk family history of Breast Cancer, you should have a mammogram each year. To be considered a high-risk patient you will need genetic testing to determine your personal risk factor. Please speak to your primary care provider (family doctor). If you do not have a family doctor, you must go to a walk-in medical clinic to be referred to the high-risk breast cancer clinic.

If you are under 50 and are not a high-risk patient:

If you are in this age group and not considered to be at a high-risk of developing breast cancer you should speak with your family doctor or nurse practitioner. No family doctor? Go to a walk-in medical clinic.

If you are over 74 years old:

Speak with your health care provider about getting tested for breast cancer. If you choose to get tested, you will need a referral for a mammogram from your doctor or nurse practitioner. This service is covered by OHIP with a referral.

GIVING TUESDAY

Hello, I'm Maggie Daicar and in case you don't know I am Director of Revenue

generation for BCAF. Everything I do in this regard is a first for me, but as the saying goes, "Nothing ventured nothing won", so when I heard recently about Giving Tuesday I decided to give it a go. BCAF's first experience, under my guidance, in participating in Giving Tuesday had many positive results.

Dianne Johnston, who is in charge of our social media, edited and put out the material I gave her and our campaign is paying off. Giving Tuesday is an international event set up, I believe, as an answer to the spending frenzy of Black Friday. BCAF is hoping to raise \$10,000 to support our various exercise and rehab programmes and to date we have taken in approximately \$11,600.00! Most importantly we increased awareness of our group and objectives on social media and hopefully attracted a few new members and volunteers!

Giving Tuesday goes on for a month so if you haven't yet donated and wish to, it isn't too late. Just go to the BCAF website and click on the Donate button. Every little bit helps to keep our programmes going.

Donors to Giving Tuesday on Giving Tuesday – those donating thereafter will be listed as December donors

Mary-Lynne Ascough

Suzanne Bodner

Shirley DeCroock

Ruth George

Donna Hackett

Doug and Blu Macktosh

Anita Mercier

Sherry Symonds

Linda Yohn

Sarah Arrowsmith

Maggie Daicar

Margaret Dickson

Sharon Hogarth

Carol Lamarche

Bev Martin

Gillian Sadinsky

Marion Westenburg

MEMBERSHIP

Our membership numbers continue to climb. We now have 195 active members. Very soon those members who paid in December of 2021 will receive an email notifying them their membership will expire the end of this month and encouraging them to renew. At the beginning of each month in 2023, emails will go out to all members whose membership will expire that month.

Community Discount Program

This program was introduced just before Covid struck and, to date, has not been utilized as much as it should be. The following companies participate in this program

All Hair Alternatives & Bea's Mastectomy : 20% off reg. price hair care product the 20th of every month

Ashley Homestore/Jacob Nathan : 25% off regular priced furniture

Avon through Cathy Boyce – 10% discount for BCAF members

The Honest Handyman – 10% off services

Merchant Tapouse – 15% off pickup meals

Union Kitchen - 15% off pickup meals

[Community Discount Program | BCAF \(bcakingston.ca\)](http://bcakingston.ca)

NEW – As of December 1st Sabaya Spa, 186 Wellington Street is offering all members 15% off services for all BCAF members.

NEW – As of December 1st Cher-Mere 15% off to BCAF members at both locations (can't be combined with any other promotions or discounts) at either of their 2 locations 787 Blackburn Mews or 68 Brock Street.

NOVEMBER DONATIONS

Thank you for all your generous donations received in the month of November

Lynda Keeler

Albert Harris

Canada Helps – Anonymous

Dr Samuel Robinson Foundation –
Donation

Gail Shanks

Patrica McKeowan – In Memory of Geraldine Slack

Patrica McKeowan – In Memory of Karen Ingoldby

Pete Donnelly – In Memory of Janet Hazelgrove

Marjorie Hurtubise – In Memory of Janet Hazelgrove

Gail Shanks – In Memory of Janet Hazelgrove
Centrum Dental Care – In Memory of Janet Hazelgrove
Donna Wright – In Memory of Janet Dickland (Hazelgrove)
Joyce/Jim Evans – In Memory of Janet Hazelgrove
Donna Wright – In Memory of Gerri Slack
Christie Stroh – With thanks to Sylvia Porter for designing dryer balls and titty bittys
Carol Anne Karp – With thanks to Sylvia Porter for designing dryer balls and titty bittys

We were also the recipients of the proceeds from several Fundraisers held during Breast Cancer Awareness Month (October). We are most grateful to the following:

Cher-Mere Day Spa

PINKTOBER AT CHER-MERE
68 Brock Street 613-767-6652
787 Blackburn Mews 613-766-6056
<https://cher-mere.ca/>

Emily Roantree from Chere Mere,
presenting their donation



**UFIT - Boot Camp October
Fundraiser**

**Receiving a cheque from Brian
Wolfram on behalf of Camden
Braes Ladies Invitational golf
tournament and Camden Braes
Golf Club**



**Sabaya Spa – Oct fundraiser
186 Wellington St, Kingston**

720 Progress Ave., Unit 6, Kingston

613-770-7719

josh@ufitkingston.com

<https://www.ufitkingston.com/>



613-531-9388

<https://sabayaspa.ca/>



Aspira Royale Place

Retirement Living

2485 Princess Street

<https://www.aspiralife.ca/>

2nd Annual Chili Drive Thru for
Breast Cancer Awareness Month



Molly Luhta's Studio - Music

Theatre Benefit Concert

Odessa Children's Choir

<https://www.facebook.com/MollyLuhtaStudio>

<https://www.mollyluhta.com/>

GelMoment

Courtney Leroux, Fashionista

www.courtneyleroux.gelmoment.com

Creations by Louise Boardman

<https://www.facebook.com/creationsbylouiseb>

ACTIVE Orthopedic Solutions
1469 Princess St., Unit 4 Kingston
613-530-2233
<https://www.active-ortho.ca/>

Loris Tupperware Corner
Lori Pantrey
936 Portsmouth Ave Kingston
613-541-5010

Fitness Programs at BCAK

Please note that all fitness classes will be closed during the two week Christmas Break, December 23rd through to January 9th.

All fitness classes are up and running. Any BCAK member who is 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. There is an annual fee of \$20.00 to participate in any or all fitness activities.

At this time there are openings in the **following classes:**

Tuesday morning exercise class at 10:30 - 11:30. This class is led by Sharon Allen and is an all round exercise class with about 20 minutes of cardio, toning, balance and stretching.

Wednesday morning exercise class 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 exercise 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.

Friday morning yoga class at 11:00 - 12:00 led by Tina Beaudin. (note time change from 11:30 to 11:00 am)

Wednesday morning yoga class at 11:15 - 12:15 led by Pam Ferner

Qi Gong This is a very gentle and effective movements somewhat similar to Tai Chi. It greatly benefits the lymph system and optimizes energy within the body. Monday afternoons from 1:00 pm to 2:00 pm led by Marilyn Picard.

Willie Kyer
Fitness coordinator

BCAK Reuse Project December Update

A BIG THANK YOU for all of the items you have contributed to BCAK's new reuse program. Here is a picture of what has already been dropped off.



Why are we doing this?

Science tells us that plastic is everywhere. Sadly, it is in the depths of the oceans, on the top of mountains, virtually everywhere around the globe. In fact, and this is scary, it is also in our bodies and in the bodies of many other living creatures at a microscopic level. Unfortunately, science does not know what all the consequences are and will be from this, but infertility and breast cancer have already been associated with hormone disruptors found in some plastics. With these chemicals, scientists have also created breast cancer in test tubes and in rats.

So, our Board decided we wanted to help women with breast cancer, their families, and friends, to better understand the connections between plastics and breast cancer, empower them to do something about it, AND help our environment at the same time.

By using existing local reuse programs involving plastics, this is a simple “win win” project for our breast cancer and the community at large. Our partnership with the Staples' program gathers dead plastic pens and dead plastic markers for reuse. The Humane Society reuses the plastic pet toys, office supplies, and synthetic blankets and towels in their care of animals. Earthub gathers plastic tops, tabs, mascara wands, bubble wrap, pill bottles and milk bags, all for reuse.

The Board feels that our Reuse Program fits nicely with our mission statement to educate, support, and empower our BCAK community. This program requires absolutely no capital outlay by BCAK and minimal work by one volunteer. We look forward to delivering our first load of items before Christmas and continue this project next year. SO KEEP SAVING THESE ITEMS! See the complete list of items

Drop off at our office during business hours Tues-Fri noon to 4 p.m.. Thank you for helping us and our environment and making this initiative a success!

News from Aspira Royale Senior Residence

BCAK will be decorating a tree in the 2nd annual Christmas Festival of Tree's at the Royale Senior Residence on Princess Street. The Town Crier will be in attendance Dec 8th at 2:00 p.m. to officially open the festival. BCAK members are invited to attend the opening. The trees will be lit and the public is welcome to visit any evening from Dec. 8 to Jan. 3rd.

December 15th will be doing a Christmas Open House from 1-3pm lots of great treats and entertainment. BCAK members are welcome.



BCAK's decorated Tree

Winter's Solstice

One of our members sent along the following as something to ponder!

The winter solstice time is no longer celebrated as it once was, with the understanding that this is a period of descent and rest, of going without our

homes, within ourselves and taking in all that we have been through, all that has passed in this full year which is coming to a close...like nature and the animal kingdom around us, this time of hibernation is so necessary for our tired limbs, our burdened minds.

Our modern culture teaches avoidance at a max at this time; alcohol, lights, shopping, overworking, over spending, comfort food and consumerism. And yet the nature tug to go inwards as nearly all creatures are doing is strong and the weather so bitter that people are left feeling that winter is hard, because for those of us without burning fires and big festive families, it can be lonely and isolating. Whereas in actual fact winter is kind, she points us in her quiet soft way towards our inner self, towards this annual time of peace and reflection, embracing the darkness and forgiving, accepting and loving embracing goodbye to the past year.

“Winter takes away the distractions, the buzz, and presents us with the perfect time to rest and withdraw into a womb like love, bringing fire and light to our hearth”. And then, just around the corner the new year will begin again, and like a seed planted deep in the earth, we will all rise with renewed energy once again to dance in the sunlight.

Life is a gift, Happy winter to you all,

Written by Bridget Anna McNeil and sent to us by Dianne Sykes.



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