

NEWSLETTER
2022



November

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UPCOMING EVENTS

Cheese and Chocolate Extravaganza Fundraiser - 9 - 25 November
BCAK's Santa Clause Parade Float - 19 November

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INTRODUCING BCAA'S NEW BOARD OF DIRECTORS

Farewell Lynne Funnell ...

After 14 years serving BCAA as a director, Lynne Funnell has decided to step down from the Board. Lynne will be missed. Her enthusiasm and dedication to BCAA has been an inspiration. As President these past three years, Lynne has led BCAA into a thriving and dynamic organization dedicated to the needs of breast cancer patients and survivors in our region. We wish Lynne all the best in her future endeavours (we hear her new challenge involves 7 grandchildren!). Stepping aside from Board duties doesn't mean we won't see Lynne around - she instead remains on both the Share the Care Golf Tournament and Walk for Awareness committees. Thank you, Lynne, for all you have done to make BCAA the organization it is today.

.... And Welcome Linda Yohn

It is with great expectations that the Board of Directors introduce BCAA's new President, Linda Yohn. Linda has been an integral part of BCAA ever since she stepped foot in the door of BCAA five years ago when she was immediately enticed to join the golf committee. Three years ago, Linda retired from her full-time job and subsequently filled her newly found spare time by joining the Board of Directors. We have already seen Linda in action supporting BCAA, demonstrating that she is a go getter. Among other contributions to date, she purposed the community outreach program that has taken our organization into the far corners of the S.E. Ontario Health region; championed BCAA as a recipient of the Chamber of Commerce Social Impact Award; and won several new sources of funding for the organization. Linda has demonstrated a unique way of galvanizing and inspiring those around her. We are confident that her tenure as BCAA President will be dedicated to growth and awareness of the organization. Congratulations Linda.

BCAK welcomes its 2022/2023 Board of Directors

Linda Yohn, President
Sarah Arrowsmith
Wendy Barrette
Lori Cox
Maggie Daicar
Donna Hackett

Audrey Harvey
Bea Farkalas
Willie Kyer
Marilyn Martin
Jo-Anne Smith
Liz Stachura

VOLUNTEERS NEEDED

BCAK Santa Clause Parade Float

Calling all volunteers to help decorate and dismantle BCAK's Santa Clause Parade Float.

where - BCAK Office

when - 10: am, Saturday, November 19

More information about how you can help can be found in the [Santa Parade Float](#) article in this newsletter.

Contact Linda Yohn at vp@bcakingston.ca if you are interested

Cheese and Chocolate Extravaganza

Once again, BCAK will be selling Wilton cheese and Cocoa Bistro chocolate made by Audrey Brown as a Christmas fundraiser. Volunteers will be needed to help with packaging chocolate and putting together the cheese and chocolate orders.

where: BCAK office

when: Thursday, 1 December

More information on this fundraiser can be found in the Christmas Cheese and Chocolate Extravaganza article under [Upcoming Fundraising Events](#).

Email Wendy Barrette at email.bcak@gmail.com if you want to help.

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.

PROGRAMS and SERVICES

Fitness Classes

All fitness classes are up and running. 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 BCAK 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. At this time there are openings in the Tuesday and Wednesday morning exercise classes and in the Tuesday evening class. Also, a few more members can be accommodated in the Wednesday and Friday morning Yoga classes.

- **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 11:15 to 12:15** - led by Pam Ferner.

Aquafit

The BCAK members are granted the use of the pool at the Royale Place Retirement 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 have split the actual class to alternating weeks. Each week one group will have an Aqua Fit class led by Jane Martin and the other group will use the remaining pool time for free swim. The next week the groups change places.

Financial Assistance

BCAK 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 BCAK 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 BCAK and its programs.

The BCAK 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.

BCAK'S SANTA PARADE FLOAT

BCAK is putting a float in the Santa Parade again this year and a limited number of volunteers are needed to help decorate it on the morning of the Parade and tear it down after the parade (somewhere around 8pm?).

Location: BCAK office

Time: 10am, Saturday Nov 19th

What needs to be done?

- Decorate 6 full size xmas trees with lights and garland only. Balls have a tendency to fly off with the wind and during the trip to and from the staging area.
- String lights - lots and lots of lights - and hook up to the generator. There are 5 or 6 ports on the generator.
- The arch needs to be set up and decorated with lights and the BCAK banner
- The float itself needs to be decorated - fringe along the bottom, banners covering the wheel well, artificial "snow" all along the floors (both lower and upper decks).
- Christmas trees need to be secured to the deck- drills and clamps required
- New this year is a 10' inflatable Christmas-theme arch that will need to be set up and installed.

Returning this year is the dragon boat with 9 chairs inside for those needing / wanting to ride. This year it is made of wood.

Extension cords and power bars, artificial snow, lights, clamps to secure the trees to the float deck, folding chairs for inside the boat will be provided. **However, some tools will be required: hammer, industrial stapler, power drill, possibly power saw. If you have them, please bring along.**

Please contact Linda Yohn at vp@bcakingston if you are able to help set up.

Thanking you in advance... Linda

CHARITY DANCE

The PLAY IT FOR PINK CHARITY DANCE was held Saturday, Oct. 22nd at the Collins Bay Legion and what a successful night it was. Everyone had a great time. Through the door prizes, Square Board, 50/50 draw and 19 Pink Ticket Boxes in the Club Room, \$5428.00 was raised. Thanks to everyone for coming out and supporting BCAF and its programs.

Special thanks to the following who made the dance possible:

- Legion 631 Collins Bay with its exceptional service; and
- Steve Cheesman & The Heeters - always entertaining, great music; and
- Volunteers:

| | | |
|----------------|----------------|------------------------|
| Cheryl Hosking | Wendy Barrette | Bill and Lynne Funnell |
| Cathy Kingdon | Bev Martin | Linda Yohn |

Thank you to the BCAF Board for donating the prizes for the Square Board and to the following generous donors for items donated for the ticket boxes:

| | | |
|-----------------------|---------------|-----------------|
| Audrey Harvey | Maggie Daicar | Louise Boardman |
| Paula Bishop-Lansdown | Liz McDonald | Car Medics |
| Ramekins | The Mandarin | Aqua Car Wash |

Unclaimed Prize

One item remains unclaimed from the Club Room - the Roots Purse won by ticket number 223854. If you hold this ticket, please call the office to claim your beautiful handbag.

We thank everyone for your support and generosity.

Linda Yohn, Coordinator

UPCOMING FUNDRAISING EVENTS

Christmas Cheese and Chocolate Extravaganza

November will see BCAF embark on its annual Christmas Cheese and Chocolate fundraiser.

Local producer, Wilton Cheese Factory, will again provide the cheese for our fundraiser.

Audrey Brown, owner of Cocoa Bistro, will be providing the chocolate.

Originally from Montreal, Audrey began her professional career as a Speech and Language Pathologist. For fourteen years, Audrey was working hard at Providence Care providing her service to patients. However, after Audrey had a small stroke, she decided she needed a change in direction. Her enthusiasm for food and passion for chocolate motivated her career change. She took the necessary steps to learn technique and various styles of molding chocolate by enrolling in a professional chocolatier program. In 2016, she founded CocoaBistro in Kingston. Audrey has built a strong following amongst locals and continues to build strong connections with entrepreneurs and community institutions. For the past three years, she has been a part of the Share the Care golf tournament - providing her delicious handmade chocolates to all

our golfers. Audrey will be helping BCAK again with her very generous offer to make all the chocolate we sell at this Christmas fundraiser.

The Christmas Extravaganza will run from November 9 through November 25th with distribution scheduled for December 1st. An email with further information and order forms was sent earlier this week. Make a list of friends and family who might like to participate.

Volunteers will be needed to help with packaging the chocolate and putting together the cheese and chocolate orders on Dec. 1st. Email Wendy Barrette at email.bcak@gmail.com if you want to help out.

REUSE ENVIRONMENTAL INITIATIVE

As mentioned in the October newsletter, BCAK has created a depot at its office at 650 Dalton Ave. where members, their families and their friends can drop off the clean reusable items. The majority of the items will be delivered to Earthub, part of a national volunteer organization dedicated to raising awareness about the environment. Earthub gathers everyday household items for reuse and delivers them to businesses and organizations to be reused and kept out of landfill. Other items will be delivered to the Kingston Humane Society and to Staples so they can be repurposed and reused. More details about this initiative can be found in the [Earthub Article](#) at the end of the newsletter.

MEMBERSHIP

Please note that Membership parameters have changed. As of October 1st, BCAK will move to 12-month memberships instead of annual memberships from January through December. This means if you joined in March 2022, your membership is good for 12 months and will come due the end of March 2023. You will receive a reminder that your membership is due via email (or snail mail) the beginning of the month of expiry.

The Board decided to move to 12-month memberships to facilitate the fact that most memberships are purchased during the year - this method is easier than prorating annual memberships, especially for those purchased in the last quarter of the year.

Wendy Barrette
Membership coordinator

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

DONORS

Thank you for all our generous donors for the month of October

Doreen McDonald – Donation

Patricia & Grant LeDrew - donation

Gary R. Hayes – donation

Lynda Keeler – monthly donation Cda Helps

Bev Martin- IN MEMORY OF: Noreen Bell

Laurel Trull – donation

Pam Carr – donation

Lisa & Robby Fenwick – Fundraiser “Walk with the Fenwicks”

Dawne Duncan – donation

Bonnie Campbell – donation

Christopher Locke – donation

Mary Cassidy - donation

MEET OUR BOARD MEMBERS

Jo-Anne Smith

Jo-Anne has recently retired from a 45+ year career in banking and is looking forward to finally taking more time to spend with family and friends. Her passion for being creative is being sparked again and she is going to soon launch a new business, "Coming out of the Closet", which is a home organization, design and staging business which will coincide with her existing floral business, "From Azaleas to Zinnias".

She will also have more time to devote to acting and the theatre and has just finished her 4th stage production. Other creative interests include crafting, sewing, gardening, landscaping, floral and interior design.

Jo-Anne grew up in Toronto, moved to Eastern Ontario in 2001 and currently resides in Reddendale. She has a son, Brandon and a daughter, Bailey as well as her fur baby, Peanut, the miniature dachshund.



BCAK PARTNERS WITH EARTHUB KINGSTON

On Nov 1st, BCAK launched a new project to support 3 local programs that gather and redirect everyday garbage and recycling items for reuse. Collecting items for reuse is easy and one of the best ways to recycle and help our environment and our community! These three programs are run by Earthub Kingston, the Humane Society, and Staples.

PLEASE NOTE: All items must be washed and/or cleaned well before being dropped off at BCAK.

EARTHUB

Items to Keep Out of The Landfill

kingston@earthub.ca www.earthub.ca

KINGSTON COLLECTION

Prescription Pill Bottles
Sent to a disaster relief organization (Matthew 25: Ministries) to be reused as medical supplies

Milk Bags
Reused to make milk bag mats for the homeless

Egg Cartons
Egg cartons (plastic & paper/ 12's & 18's) donated to local farmers in the Kingston & Napanee areas

Mascara Wands
Sent to a wildlife refuge in support of Wands for Wildlife - clean wands can be reused as brushes on tiny animals.

Can Pull Tabs
Donated to Kingston Shriners

Bubble Wrap & Packing Paper
Bubble wrap, and packing paper are given to local businesses for reuse

Plastic Bottle Caps & Bread Tags
Plastic caps and tags are reused for an Earthub project (in the works)!

Public Drop-Off Locations (Drop-Off During Business Hours Only)

- Harlowe Green, 90 Brock St
- Go Green Baby, 293 Division St.
- Open Studios-Montreal Street Collective, 39 Montreal St.
- Artisan Made Co, 1724 Bath Rd Unit 10.
- Tie One On, 1329 Gardiners Rd Suite 109.

•All other locations can be obtained by emailing kingston@earthub.ca
(for privacy reasons, we do not publicly post volunteers' home addresses)

Want to help our mission? Monetary donations can be made to:
accounting@earthub.ca

2022-09-12

1. Earthub Kingston is part of a national volunteer organization. It collects and redistributes the following 7 items to the reusers noted:

- Prescription pill bottles - Matthew 25: Ministries for Disaster Relief medical supplies
- Milk bags (the large packing bag, not the small pouches) - for mats for the homeless
- Egg cartons (6, 12, 18 packs) - for local farmers
- Used mascara wands - Wildlife Refuges for small animal care
- Bubble wrap and packing paper - for local companies
- Plastic milk + bread tags & plastic bottle caps - for a new project in development, and
- Metal can tabs - for fundraising for the Kingston Shriners.

2. The Kingston Humane Society needs the following 4 items to help care for needy animals in our community:

- blankets, towels and sheets to comfort animals
- unexpired pet food
- pet toys, and
- office supplies, so more funds can be directed to animal care.

3. Staples Office Supplies gathers "dead" pens and markers for reuse.

Please start saving these 12 items at home and when you have too much, come say hi! and drop them off at our office. Make sure all articles are washed and clean. We will have flyers at the office you can take to tell others about this project. Get your children or grandchildren involved. SPREAD THE WORD AND KEEP COLLECTING! We will report in our monthly newsletter how much our BCAA community diverts from landfill and recycling each month. Let's fill our bins throughout the year! HELP US HELP US ALL!