

July - 2020

BCAK NEWS



As I begin to put the July Newsletter together (late, and I apologize) the heatwave continues. Please remember how hot it is today when you are complaining of the cold in December!! But most of all keep hydrated and as cool as possible.

If you enjoy the heat, then the bad news is that Covid 19 is still in our community; the good news is that we appear to have weathered the nail salon outbreak in Kingston. As of the end of the week we were down to 7 active cases, one hospitalized. Hopefully this is the end of the present outbreak.

If you are worried you might have Covid 19 or that you might have been exposed, you should get tested, even if you don't have symptoms. The list of known symptoms appears to be increasing however it is difficult to determine if some of our symptoms are seasonal allergies versus Covid. You can google Covid 19 to get an up-to-date list of symptoms.

For your information, here are the Assessment Centres for our region. This information comes from the Province of Ontario Covid 19 information website.

Kingston Assessment Centre: Leon's Centre, 1 Tragically Hip Way (Enter at Gate 2 on Ontario St.) Open 7 days a week, 9 a.m. to 4 p.m. Walk ins welcome

Napanee Assessment Centre: Lenadco Building at 310 Bridge Street West, Napanee. Open 7 days a week, 9 a.m. to 3 p.m.. Call 613-354-8254 for an appointment

Picton Assessment Centre: 375 Main Street. Open Monday—Friday 9 a.m. to 5 p.m. Call 613-813-6864 for an appointment.

Perth and Smith Falls Assessment Centre: 60 Cornelia St. West Smith Falls. Open Monday—Friday 8 a.m. to 6 p.m., Saturday 10 a.m. to 4 p.m. Call 613-283-2330 ex 1401 for an appointment.

Belleville Assessment Centre: 45 College Street W. Open Monday through Sunday 9 a.m. to 5 p.m. Call 613-961-5544 to make an appointment

Brockville Assessment Centre: Brockville General Hospital, 100 Magedoma Blvd. Open Monday—Friday 10 a.m. to 5:30 p.m., Saturday and Sunday 10 a.m. to 2:30 p.m. Walk ins allowe

If you need help, either through the heat wave or because of Covid 19, please call the office (613-531-7192) and leave a message telling us what you need and when. Be sure to leave a call back number. Someone will then get back to you as soon as possible.

**STAY SAFE AND STAY COOL. DRINK LOTS OF
WATER. WEAR A MASK!!!**

In our June newsletter we put out a request for donations to help keep BCAF operating through the pandemic. We want to sincerely thank the following donors for their generous donations this past month.

Rozanne Arulamamdam
Wendy Barrette
Margaret Byrnes
Charity Aid Foundation of Canada
Maxine Cupido
Caroline Farrell
Lynne Funnell
Peter Greer
Roger Hoover
Janet Innes
Lynda Keeler
David Lebrun
Ghislaine Marcotte
Doreen McDonald
Ginny Morris
My Tribute Gift
Alma Penney
Providence Manor—Laurie Lawless
Agnes Ritchie

SHARE THE CARE GOLF TOURNAMENT 2020

You may already be aware that the format of the 2020 Share the Care golf tournament has been revised to conform with present Covid 19 restrictions. We do NOT want to put any of our participants in any danger so we have tailored the event to keep social distancing our top priority.

Because this means we will not be holding a banquet dinner after the event, we are actively seeking companies who will sponsor a hole and provide a small tidbit of food or refreshment to all players passing through. There will be a few holes with games. We are hoping to have a few holes with raffle gifts.

We have been intentionally slow setting this up because we want to ensure we are within public health guidelines and being extra cautious in our social responsibility. At any point we may decide to cancel altogether. This will not be a traditional fundraiser for BCAF because we are not actively seeking sponsorship and that is where we usually make our profit. If you do know of a company that might be interested in participating with a donation of an auction prize, player gift or any other method, please let us know.

The format will be a little different. Because we cannot congregate for a shot gun start, we will be assigning tee times to each group. That way we will trickle in and trickle out. We will have our traditional putting contest and maybe a few other contests before you start playing and when you are finished. Details and cost will be determined soon.

If you are interested in playing, please email us at: email.bcak@gmail.com

WALK FOR AWARENESS 2020 STYLE

REMEMBER This year you can walk anywhere, any time, with anyone at any distance you desire. So go out and find friends and family to join you (at a safe distance) for a scenic walk. Find some sponsors and dedicate your walk as a fundraiser for BCAF.

Download a registration form at : [bcakingston.ca/events/walk for awareness](http://bcakingston.ca/events/walk%20for%20awareness)

A world-first clinical trial test designed at Queen's launches a novel immune-boosting strategy.



Canadian Cancer
Trials Group



Groupe canadien
des essais sur le cancer

Canadian researchers collaborating with the [Canadian Cancer Trials Group](#) at Queen's University have launched an innovative clinical trial focused on strengthening the immune system against COVID-19. The trial focuses on one of the most vulnerable populations - cancer patients.

The experiment involves IMM-101, a preparation of safe, heat-killed bacteria that broadly stimulates the innate, or "first-response," arm of the immune system. The researchers hope that boosting cancer patients' immune systems with IMM-101 will protect them from developing severe COVID-19 and other dangerous lung infections.

"We know the immune systems of cancer patients are compromised both by their disease and the treatments they receive placing them at much higher risk of severe complications from COVID-19," says Dr. Chris O'Callaghan, Senior Investigator at The Canadian Cancer Trials Group and Professor in the Department of Public Health Sciences. "These patients are unable to practice social isolation due to the need to regularly attend hospital to receive critically important cancer treatment."

Researchers from The Ottawa Hospital came up with the idea for the trial and worked with the Canadian Cancer Trials Group (CCTG) at Queen's University to design and run it in centres across the country. Funding and in-kind support, valued at \$2.8 million, is being provided by the Canadian Cancer Society, BioCanRx, the Ontario Institute for Cancer Research, The Ottawa Hospital Foundation, The Ottawa Hospital Academic Medical Organization, ATGen Canada/NKMax, and Immodulon Therapeutics, the manufacturer of IMM-101.

In the race to find new ways to prevent and treat COVID-19, this comes as encouraging news. "An effective vaccine that provides specific protection against COVID-19 could take another year or more to develop, test, and implement," says Dr. Rebecca Auer, study lead, surgical oncologist, and Director of Cancer Research at The Ottawa Hospital and Associate Professor at the University of Ottawa. "In the meantime, there is an urgent need to protect people with cancer from severe COVID-19 infection, and we think this immune stimulator, IMM-101, may be able to do this."

The trial, called CCTG IC.8, has been approved by Health Canada and is expected to open at cancer centres across Canada this summer. People who are interested in participating should speak with their cancer specialist.

Leda Raptis sent the above article as well as this link for an article from an online magazine she follows.

<https://conquer-magazine.com/issues/special-issues/july-2020-breast-cancer/1265-empowerment-through-understanding>

BCAK'S VIRTUAL PINK TABLE

Help support BCAK by purchasing one of our “pink” items. Fill out the order form at the bottom and email to : admin@bcakingston.ca. You can then either call the office with your payment or use our convenience new payment method, e-transfer. Send the payment through your bank website to donations@bcakingston.ca

You will be contacted when your order is ready and you can request a time frame to pick up at the BCAK office.

Hurry—quantities of apparel are limited.



Black pullover hoodie \$25.00
 Sizes : S, M, L, XL



Black zippered hoodie \$48.00
 Sizes: S, L,



Pink fleece jacket \$75.00
 Sizes: S, M, L, XL
 Limited quantities,



Packable Nylon Windbreaker \$40.00
 Sizes: S, M, L, XL



Assorted ball caps: \$10.00
 pink, white, black



Insulated lunch bag \$15.00



Insulated travel mug \$20.00



Insulated tumbler with straw \$15.00

ORDER FORM : Circle the item(s) you wish to purchase then tear off order form, scan and email to: admin@bcakingston.ca. Payment can be e-transferred to donations@bcakingston or ask Bev to call you for your credit card number.

NAME: _____

EMAIL ADDRESS _____

TELEPHONE NO. _____

TOTAL DOLLAR AMOUNT OF ORDER _____

PAYMENT BY: e-transfer _____ cheque in mail _____ call me for my credit card _____

To all the companies who supported BCAK in 2019, we would like to extend our heartfelt thanks. But more than thanks, as our region begins to open up commercially, please remember these companies. When you are planning your first shopping trip - instead of heading for the big box stores (many that were able to stay open during the pandemic) go through this list and plan to shop at these companies. And when you do, please thank the staff for their support of our cause."

Restaurants/Food Service

Boston Pizza	Milestone's Grill & Bar
Cards Bakery	Morrison's Restaurant
Cajun On King	Mucho Burrito, Gardiners Road
Copper Penny	Paradiso Pizza
Currie Original	Pasta Shelf
Denny's Restaurant	Pita Pit
East Side Mario's	Quesada
Eggsquis Kingston	Ramekins Restaurant & Catering
5 Guys Restaurant	Santorini Mediterranean Grill, Napanee
Homestyle Deli	St. Louis Wings (Fortune Crescent)
Hot Roast Company, Gananoque	Stone Street Pub, Gananoque
K Town Cups	Swiss Chalet
Kelsey's Roadhouse (Gardiners Rd.)	Tango Neuvo
Mandarin Restaurant Kingston	The Toucan
M & M Food Market	Tata Pizza
McDonald's Restaurants of Greater Kingston	Toast & Jam (Bread and Butter)

Trades & Construction

Atkinson Home Hardware, Gananoque	OPSEU Local 4106
Caraco Development Corporation	Raynor & Associates
Ce Safety	Reliance Home Heating
David J. Cupido Construction Ltd.	Rigney's Building Supply
Haakon Industries	Tamarack Homes
Hybrid Construction Group Ltd.	United Brotherhood of Carpenters
Mike Hogan Plumbing & Heating	

Personal Services

All Hair Alternatives
Altered Ego Hair Salon
Avanta Spa & Salon
Bea's Mastectomy Boutique
Dr. Paul D'Aoust, Periodontist
Sarah Emery, Physiotherapist
Gordon F. Tompkins Funeral Home
Grace & Henry, Royal LePage ProAlliance Realty, Brokerage
Kingsdale Chateau
Knights of Columbus

KRC Wellness, Kim Cross RRPR
Lending A Hand To Seniors, Cathy Boyce
Dr. Yolanda Madarnas, Oncologist
Merit Travel
Merry Maids of Kingston
Dr. Ahn Nguyen, Prosthodontist
Perfetta Spa Skin Therapy
Response IT
Robert J. Reid & Sons Funeral Home
25 Agents Royal LePage ProAlliance Realty, Brokerage

Retail

Carpet World
Chic & Whimsy
Clayton Flooring
Cloth
Creative Gifts and Baskets
Expressions Fashion Boutique
F.W. Black Ltd.
Fabricland
Gallery Raymond / Creative Framing
General Brock's Commissary/K Town Cups
Giant Tiger
Gracie's Clothing

Hatley Boutique
Holly Ryan, Artist, Fluid Art
House of Angelis
Lee Valley Tools
Patricia Frontini, Wool & Mohair
Pleasure Island
Rosy Findlay, Silk Scarves
Russell Hendrix Foodservice
Stand Your Ground
Titanium Joe's
1000 Islands Soap Company
Winners/Homesense

Financial & Financial Services

Assante Wealth Management
David Sutherland, Sun Life Financial
One Hundred Women Who Care

Peter Schenk, Edward Jones Investments
Kingston Mortgage Solutions
Royal Bank/RBC Dominion Securities

Food, Beer & Wine

Ambassador Hotel

Barley Days Brewery

Black Prince Winery

Broken Stone Winery

Brother's Quality Meats

Cobs Bakery

D.J. Cook Food Truck

Freshco

King's Town Beer Co.

Kingston Brew House

Lennox & Addington Community Theatre

M & M Food Market

Metro Gananoque

Metro Kingston - Bayridge

Pelee Island Winery

Prince Eddy's Brewery

Quattrocchi's

Riverhead Brewing Company

Sandbanks Winery

Signal Brewing Company

Sigrid's Natural Foods

Spearhead Brewery

Spring Meadow Orchards, Adolphustown

Gananoque Secondary School Hospitality Program

Taras Natural Foods

The Water Store

Three Dog Winery

Recreation/Fitness & Entertainment

Amherstview Golf Course

Bell Media; 98.3 Fly FM, & Pure Country 99

Broken Chart Records (Michael George)

Cataraqui Golf & Country Club

Cher-Mere Spa

Cineplex Odeon Entertainment

Colonnade Golf & Country Club

Energetics Health & Fitness

Film Stream Videos

Glen House Resort, Gananoque

Kingston Flying Club

Landmark Theatre

Loyalist Golf Club Ladies

Royal Theatre

Shorelines Casino

Smuggler's Glen Golf Course

St. Lawrence Parks Commission

Thousand Islands Playhouse

Automotive

Clark Bus Lines & Marina

Kingston Hyundai

Midas

National Small Engines

Petrie Ford

Speedy Auto

Subaru Kingston

1000 Islands Auto Solutions