

March 2020

BCAK NEWS



WOW

Our new website is now up and running. Have a look.....

bcakingston.ca

2020 BCAK Car Raffle with Petrie Ford

We are getting revved up to launch our 2020 Car Raffle in conjunction with Petrie Ford.

This year the car is a sleek 2-door black 2.3L Eco Boost Ford Mustang valued at \$37,493 including taxes.

Only 3000 tickets will be printed and they will go on sale within the next few weeks for \$25 each. Watch our website for the poster and more information on the car and how and where to purchase your tickets. We will be looking for our members to sell tickets. Call the office if you can help!

BCAK Regular Support Group

Please note that, as of this month, both the day and time of the Regular Support Group have changed to the 3rd Wednesday of the month from 1 p.m. to 2:30 p.m. in our all-purpose room at the office.

This support group welcomes anyone who is affected by breast cancer. We basically talk as a group about how to relate and cope with obstacles that arise during our breast cancer journey.

As facilitators, our aim is to support and encourage in a confidential manner, a keen sense of caring for our physical and emotional well-being and to be optimistic in future endeavours.

All facilitators are specifically trained breast cancer survivors and/or are dedicated to helping women feel comfortable discussing their experiences, barriers and successes since first being diagnosed with breast cancer. The facilitators are Sylvia P, Barb O, Carolyn B, Judith H and Patricia F.

Facilitators are always a much needed commodity, so if you know of anyone who is a breast cancer survivor and/or has experience or a vested interest in helping with this group in a leadership role, please contact Sylvia Porter (the Coordinator) through our office—613-531-7912

Lymphedema Grant Update and other news

Since our last e-newsletter we have extended the CFKA Lymphedema grant to expire in June and opened up the financial support portion to include lymphedema caused by other cancers. There are many people in our coverage area who are living with lymphedema as a result of various cancers and we are happy to help if and where we can until the grant money runs out in May. In order to qualify you must apply...priority will be for BCAK members.

Please visit our website or call the office for information and/or an application form to apply for financial assistance in relation to lymphedema.

We also have pool passes available for both the Queens and Artillery Park pools. Swimming is a very good exercise to help with lymphedema.

Besides the information on our website, did you know that the Lymphedema Association of Ontario (LAO) has been advocating for lymphedema sufferers for many years and their website also has a lot of very good information. Check it out...

<https://www.lymphontario.ca>

Lymphedema, cont.

Copies of the Pathways magazine produced by the Canadian Lymphedema Framework which contains useful articles and the insert Lymphedema Matters (news from LAO) are available at our office.

Friday March 6th 2020 is being recognised as World Lymphedema Awareness Day.

There will be information tables at local Cancer Care Centres and Hospitals on this day.

We wish to inform you our Qi Gong Instructor, Darlene Evans will not be available to instruct classes until the fall.

Date for classes to start will be announced in late August.

Chestmates Dragonboat Team News

By..Tammy MacDonald, captain

It looks like another exciting year for Dragonboating. We have 5 newbies joining our team this year and we are welcoming back 2 former members; Sharon Ansell & Diana Lindsay. **We're always open to new paddlers joining us.**

Our first scheduled team meeting will be on March 11th and we will announce our festivals for the summer then.

Linda Jackson & I will be attending the CCBCDN conference March 20. Teams from Ontario and Central Canada will attend and discussion topics will be related to Breast Cancer survivor Dragonboating.

We have also booked the Trent paddling tank for April 4 and our Boot camp with Scott Murray will be May 9th, with dry-land training and a video of our on-water training to help assist us with our paddling form.

Our fundraiser for Dragonboating is the play "Holmes and Watson" to be held at the Domino Theatre April 29th. Be sure to book your tickets through the office.

Some sister boats have extended an invitation to any Chestmates who are interested in joining them at the IBCPC festival in New Zealand March 2022.

A big thanks to BACK for their continued support of our Dragonboating program..... Paddles up

The Challenge, Awareness!

2020 is Awareness year, our challenge at BCAA is to raise awareness in our region for breast cancer and for the work BCAA does to help breast cancer patients and survivors.

Linda Yohn, our fundraising leader, has put together an outstanding lineup of fundraising and awareness events. Here are some of them. Check out our website for details. Please let us know if you are aware of any other fundraisers that are donating their proceeds to BCAA.

March 8: International Women's Day celebrations in Gananoque. All proceeds for the day will go to the University Hospitals Foundation (KGH).

April 18: Health & Wellness Fair presented by BACK. If you are interested in exhibiting, call Wendy @ 613-572-5711. Mark the day on your calendar and bring your friends!

April 25: 8:00 pm.—1:00 a.m. Boobs & Bums fundraiser. Proceeds to BCAA and Quinte Ride for a Day. Check the donate/fundraiser tabs on our website for more details.

April 29 (Wednesday) evening performance at the Domino Theatre, Chestmates will be the recipients of the receipts. Tickets are \$20.00 and available at BCAA.

June 13: BCAA Beerfest at Spearhead Brewery All proceeds to BACK—gather your friends and join us for a great afternoon of entertainment!

August 7: BCAA Share the Care Golf Tournament. All proceeds to BCAA. Be a donor or play golf. Details will be posted on the website.

September 12: BCAA Annual Walk for Awareness, Lake Ontario Park. Watch for details on the website and start planning your day!

October 31: Draw for the 2020 Ford Mustang at Petrie Ford. Check the website for upcoming information on the car and where to purchase raffle tickets.

October 31: Halloween Costume Dance for BCAA at the Collins Bay Legion. Details to follow.

2-MONTH CALENDAR OF BCAF EVENTS

MARCH:

Tuesday 3rd:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class In the gym (all members)
Wednesday 4th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 5th:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open Yoga in the gym (all members)
Tuesday 10th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class in the gym (all members)
Wednesday 11th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 12th:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open Yoga in the gym (all members)
Tuesday 17th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) CANCELLED Open Exercise Class in the gym (all members) CANCELLED
Wednesday 18th:	11:00—12 noon 1:00—2:30 p.m.	Yoga in the gym (survivors only) Regular Support Group Meeting
Thursday 19th:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) CANCELLED Open Yoga in the gym (all members) CANCELLED
Tuesday 24th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class In the gym (all members)
Wednesday 25th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 26th:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open Yoga in the gym (all members)
Monday 30th :	6:00— 8:00 p.m.	Young Support Group Meeting (TaTa Sisterhood of YGK)
Tuesday 31st:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class In the gym (all members)

April:

Wednesday 1st:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 2nd:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open Yoga in the gym (all members)
Tuesday 7th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class in the gym (all members)
Wednesday 8th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 9th:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open Yoga in the gym (all members)
Tuesday 14th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class in the gym (all members)
Wednesday 15th:	11:00—12 noon 1:00—2:30 p.m.	Yoga in the gym (survivors only) Regular Support Group Meeting
Thursday 16th:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open Yoga in the gym (all members)
Tuesday 21st:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class In the gym (all members)
Wednesday 22nd:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 23rd:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open Yoga in the gym (all members)
Monday 27th :	6:00— 8:00 p.m.	Young Support Group Meeting (TaTa Sisterhood of YGK)
Tuesday 28th:	10:30—11:30 a.m. 5:30—6:30 p.m.	Exercise Class in the gym (survivors only) Open Exercise Class In the gym (all members)
Wednesday 29th:	11:00—12 noon	Yoga in the gym (survivors only)
Thursday 30th:	10:30—11:30 a.m. 6:00—7:00 p.m.	Exercise Class in the gym (survivors only) Open Yoga in the gym (all members)

IMPORTANT INFORMATION FOR ALL BCAF MEMBERS AND BREAST CANCER PATIENTS IN THE SOUTH EAST ONTARIO HEALTH REGION.

Of particular note for all BCAF members, we still have money left from this grant. If you would like a swim pass, or are in need of lymphedema sleeves, a massage or physio, contact the office as soon as possible.

The grant will expire June 29, 2020 (unless grant funds are exhausted prior to that date.)

WATCH FOR THE APRIL EDITION OF YOUR BCAF NEWSLETTER FOR EXCITING INFORMATION ON A NEW MEMBER SERVICE BACK WILL BE INTRODUCING—HAND IN HAND WITH THE HEALTH AND WELLNESS FAIR.

Health and Wellness Fair Exhibitor Information and Application Form

Date: Saturday, April 18, 2020

Location: Salvation Army Citadel, Taylor Kidd and Centennial

Time: 1:00 p.m.—4:00 p.m.

For more information call the office at 613-531-7912

Exhibition spaces are eight feet long by either eight or 10 feet deep. Two chairs are provided for each space and additional chairs are available upon request.

Nothing can be glued, taped, or tacked on the walls.

No burning of candles will be permitted.

The Salvation Army and Breast Cancer Action Kingston may not be held liable for any type of damages. This also includes people assisting businesses loading and unloading.

Vendors may sell items or memberships.

All vendors are invited to donate an item of your product or service for a raffle table of which all proceeds will go towards BCAF programs.

Businesses must have their contract, along with payment in full, to Breast Cancer Action Kingston by March 1st, 2020 in order to guarantee a space.

Confirmation of receipt of your contract will be sent to the email address listed on the

EXHIBITOR AGREEMENT

Name: (Print) _____

Company Name: _____

Contact Address: _____

Email: _____

I wish to rent: Please indicate # required

8x10 table (\$30): # _____ \$ _____

8x8 table (\$25) # _____ \$ _____

Brief Description of your Business/Service: _____

Do you need electric? Yes _____ No _____

Any special requests? We will try to accommodate as many as possible. _____

LIABILITY RELEASE

I/We agree that Breast Cancer Action Kingston and the Salvation Army are not liable and/or responsible for any damage and/or injuries in assisting in transporting crafts, display units, and/or any items related to the Show. I/We also agree to abide by the restrictions printed on the opposite page.

Signature: _____ Date: _____