

September  
2020

# BCAK NEWS



**September** This year September highlights two BCAK organized fundraisers for 2020. Unfortunately, due to Covid-19 we were forced to cancel two of our exciting events: the Health and Wellness Fair scheduled for April, and the car raffle for a 2020 Ford Mustang. The final event for the season, the October 31st Halloween party, will probably be cancelled.

The WALK for AWARENESS is next weekend, September 12th. Linda Yohn has worked hard to put together the walk under Covid conditions. The Board of Directors thanks Linda for her hard work. We want to see you all at Lake Ontario Park.

On Thursday, September 17th (omg is it really only 12 days away) the Share the Care golf tournament happens. We have had overwhelming support for our tournament this year. Read about it on Page 4.

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BCAK is slowly but surely getting back to normal. This Thursday, the first in person board meeting will be held at the BCAK office. There's lots of room to social distance and it will be good to see friends again.

The present plan sees the office remaining closed until September 29th.

This, only if we don't see a significant increase in cases locally prior to that date. We have lots of hand sanitizer and home made face masks (thanks to Marilyn Martin) on hand for visitors.

As much as we would like to resume our exercise classes, the room doesn't meet guidelines for the number of participants so we will have to wait for those restrictions to ease.

Hopefully this will happen before the snow falls!!!

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**The Annual Walk for Awareness is FAST approaching...**

**next Saturday September 12 to be exact!**

We are pleased to be able to hold this event this year, despite Covid-19.

Unfortunately, very few registration forms have been received and we have only a handful of people who have confirmed participation, even though we have sent out two mailings to walkers from previous years and featured the walk and a registration form in several of our monthly newsletters.

Thank you to those who have already let us know they are walking.

We need your help if BCAK is going to continue to support and provide assistance to those who need us.

What you need to know about the walk:

- It will be held Saturday, September 12th at Lake Ontario Park
- The official walk will be from 1:00 to 4:00 p.m.
- The Walk will proceed rain or shine
- The \$20.00 registration fee will be waived if you have \$100.00 worth of sponsorship
- Download the registration form from the website ... bcakingston.ca or print page 5 of this newsletter
- If you can't join us or don't wish to risk going to the park, walk at home in your neighbourhood, on the golf course, wherever or whenever you wish. Feel safe walking
- We have put measures in place at Lake Ontario Park to ensure your safety. These measures were approved by the City of Kingston and were a prerequisite to being granted access to the park.
- We will have a pink table with a limited number of items available for purchase.
- WEAR PINK—NO MATTER WHERE AND WHEN YOU CHOOSE TO WALK. Take pictures and send them to email.bcak@gmail.com so we can post to our website.

**SEE YOU SATURDAY—LAKE ONTARIO  
PARK—1:00 P.M.**



***Topless and proud of it: Dartmouth woman embracing life after double mastectomy***

Christina Belding says she'd rather 'have a flat start than [try] to reinvent the past with boobs'

If you missed this story in the news several weeks ago, cut and paste the link below and enjoy. It's an interesting take on breast cancer.

<http://cbc.ca/news/canada/nova-scotia/mastectomy-double-breast-cancer-dartmouth-nova-scotia-woman-1.5691317>

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Sincere thanks to the following for their generous donations to Breast  
Cancer Action Kingston in the month of August

Sarah Allinson

Bev Martin

Mrs. Palmier Stevenson-Young

Suzanne Gilbert

Mary Cassidy

Shirley Henderson

Sona Moffat

Audrey Shillington



# Walk for Awareness

Annual Walk

Saturday September 12, 2020 Lake Ontario Park

Or Anywhere you prefer to walk at anytime you wish to walk!

**PLEASE COLLECT ALL PLEDGES BEFORE THE EVENT** and bring them with you to the event or deliver /mail to the office on Dalton Avenue.

Registration for the event is \$20.00 Youth 12 and under are free.

Breast Cancer Action Kingston (BCAK) does not rent, sell or trade our mailing lists. The information you provide will be used solely to recognize donations.

Receipts for tax purposes will be issued for amounts of \$20 or more **ONLY IF ALL INFORMATION PROVIDED IS COMPLETE AND LEGIBLE.**

Please make any cheques payable to: **Breast Cancer Action Kingston**

Name of Participant (please print clearly)

Email address OR Full Mailing Address

Phone number

Donor Name Please Print Clearly	Email Address (preferred) or Full Mailing Address	Postal Code	Phone Number	Pledge Amount	Collected	Owing	Cash /Chq

Charitable Number 89056 7241 RR0001

Registration Fee (add \$20 if \$100 not collected in pledges)

Are you a Survivor? Yes No

<b>PLEGDED</b>	<b>COLLECTED</b>	<b>OWING</b>

I hereby release and discharge Breast Cancer Action Kingston and all sponsors from any claims, injuries, losses and liabilities suffered as a result of my participation in this event. This release also applies to any person to whom I am a parent or guardian and who is under the age of 18 years and will be accompanying me at this event. By participating in a BCAK event: I grant permission to photograph and videotape me in the course of my participation in the event, and to use my name and any photographs and videotapes of me.

Participant's Signature \_\_\_\_\_

BCAK Official as Witness: \_\_\_\_\_



## Nanny Angel Network

### Free Specialized Childcare for Mothers with Cancer

When a mom is confronted with a cancer diagnosis, one of her first thoughts is, how will I continue to care for my children, and will they be ok? A parent's cancer diagnosis means a disruption in regular routines, which can have a big impact on children's lives. Left unaddressed the trauma of a parent's illness can lead to a lifetime of mental health issues. Recognizing that kids need the tools to cope with their mom's diagnosis, and mom needs the time to rest without worrying about her kids' emotional well-being, Audrey Guth started the Nanny Angel Network (NAN) in 2009.

NAN is a registered charity that provides free, specialized, Child Life informed childcare to families living with cancer in the GTA and Kingston. NAN's flagship program, Nanny Angel Network Program for Children, provides a carefully screened and specially trained Nanny Angel volunteer for 4 hours per week of in-home support for families with children up to the age of 16. The Nanny Angel engages kids in fun, age-appropriate play and interaction that helps them build resilience so they can grow up to be healthy adults. In the case of a bereavement, NAN provides up to a year of additional support to families through their loss. The Nanny Angel's specialized grief training equips them to help children navigate moments of intense grief that can arise after a parent's death.

NAN delivers a variety of programs for kids 16 and under to help lessen the impact of cancer. NAN's Homework Club provides a homework buddy to guide, encourage and help problem solve, so that kids can maintain a school routine and build confidence. And in the summer, NAN offers families struggling financially with a subsidy through the Ronda Green Camp Program for Children, so kids can attend summer camp.

The Nanny Angel Network first opened its doors in Kingston in October 2019. Supervised by NAN's Certified Child Life Specialist, Nanny Angel volunteers are trained on how to answer questions from kids about cancer, death and dying and also provide them with coping skills to help navigate their mom's illness, giving them a sense of normalcy, so they have the chance to be kids for just a little bit longer.

If you or anyone you know could benefit from these programs, please reach out to NAN at <https://nannyangelnetwork.com/request-a-nanny-angel/> or call at 613-417-3832 x8.

If you or anyone you know would like to inquire about becoming a Nanny Angel volunteer, please contact Barb Mundell, Program Manager at Kingston at 416-730-0025 or visit <https://nannyangelnetwork.com/apply/> to apply.

## Share the Care Golf Tournament, Covid-style

Way back in January a brand new committee met for the first time to take over the reigns and organize the 15th Annual Share the Care Golf Tournament. As you all may know, this tournament has become the number one fund raiser for BCAA as well as one of the best ways we spread awareness in our community.

By the time the new committee could begin their planning the nasty word Covid had crept into our vocabulary and, by March, planning was over and it was wait and see if it was even possible to have a golf tournament. Stage 2 brought our area the ability to golf but still not the ability to plan a tournament. And so, although a bit more positive, the new organizing committee waited. Finally, mid July, Stage 3 was introduced and we saw an opening to organize and run the 2020 tournament.

It meant coming up with a comprehensive Covid-19 plan, which we did. It meant reworking the entire tournament—from a shotgun to tee times, which we did. From a banquet to snack boxes on the golf course. From silent auctions to “how in the heck are we going to sell the donated items”. There was a solution to every problem and the committee hung in and worked hard.

Thursday September 17th will be the test. One hundred and thirty six golfers will arrive, four at a time, to register, shop on our “pink mile” and tee off on hole #1. They will trickle in from 9:00 a.m. until 1:24 p.m. Then we will see them again as they finish the 18th hole, don a mask and come into the clubhouse to enjoy a meal and the golf spirit! Again, they will be arriving only four at a time which is what makes it possible to adhere to Covid health restrictions. We hope we have put together a fun filled, safe day for everyone.

On behalf of BCAA we want to thank all of the men, women and companies who have supported our tournament this year. The support and enthusiasm of the community has been overwhelming. We have a community donor for every one of the 18 holes and for each one of our fun contests, the tournament is at capacity for participants and we have some exceptional donated items to sell in our ticket boxes.

The work of the committee is almost done. We have some pretty special volunteers who will be coming out tournament day to help ensure our players have a wonderful day.

Thank you, all; golfers, donors and volunteers.



The committee:

Patrick Nolan, Chairman,  
David Cupido,  
Suzanne Fast,  
John Martina,  
David Phillips,  
Lynne & Bill Funnell,  
Linda Yohn,  
Wendy Barrette