

BCAK Business

BCAK's Annual General Meeting was held Wednesday, October 23. Eighteen members plus executive were present to hear Marize Ibrahim speak on Lymphedema. Her half hour presentation was full of information on the causes, the effects and the remedies for Lymphedema. It was most enlightening, even to those who may not suffer from the condition.

A new Board of Directors was voted in. Cathy Boyce, Sue Davies, Joy Neilsen, Kristi Murphy and Janet Grace have left the Board. Returning are Joan Cristoveanu, Bea Faraklas, Lynne Funnell, Willie Kyer, Iris Little, Leda Raptis, Marilyn Martin, Natalie Ponte and Helen Tolles. Linda Yohn, Christopher Thompson, Sharon Ansell and Wendy Barrette are joining the Board.

2019/2020 Executive

Lynne Funnell - President
Joan Cristoveanu - Vice President
Marilyn Martin -Treasurer
Iris Little -Co-Secretary
Helen Tolles - Co-Secretary
Wendy Barrette - Communications
Linda Yohn - Fundraising

From the President

Hello BCAK Members

My name is Lynne Funnell and I am the new President of Breast Cancer Action Kingston. I am a wife to Bill for 43 years, mother of three and Nana of 7 beautiful grandchildren. I am a 17-year breast cancer survivor. I joined BCAK in 2007 after seeing the Chestmates practice at a pool. I joined the Board in 2008 and have been involved in many com-

mittees and board positions. Chestmate Captain, Secretary, V. P. and now President, walk and golf co-coordinator. I have been heavily involved with volunteers and my pet project, the Back Storage Area. I spend any spare time I have attending some of our programs and watching the grandkids regularly.

I have met quite a few of you and am looking forward to meeting many more. I want you to know that you can reach out to me with any concerns or comments. Please, feel free to contact me by e-mail daisy1@xplornet.com or by phone 382-7126 or cell 650-1767. I will do my best to get back to you in a timely manner.

This is a great Organization and I promise to do my best to move us forward and increase awareness so we can continue to help those affected by Breast Cancer.

Member's Corner

October was Breast Cancer Awareness Month. During the month, BCAK volunteers were out in the community promoting BCAK. Our goal is to spread awareness - not just about BCAK but about breast cancer in general.

On Saturday, October 19th Lynne & Bill Funnell, Linda Yohn, Kristi Murphy and Wendy Barrette attended the Queen's Homecoming game where the Ford Escape was displayed and tickets for the draw, as well as an array of pink items, were sold to game patrons.

Bill, Lynne and Linda spent the evening of Friday, 25th at Leon's Centre where they set up a table in the concourse to display and sell BCAK pink items throughout the game.

The Month of Awareness was capped off on Saturday, October 26th with the draw for the 2019 Ford Escape. The lucky winner was Joanne Curran from Kingston.



One point that has often been made in BCAK's quest for Breast Cancer Awareness in our region is that we talk only about Kingston when, in fact, our organization covers the southeastern Ontario health region. In future, and where possible, we will add "and Southeastern Ontario" to our literature. Linda Yohn has developed a business card and poster that reflects this addition. extensively to hand out when we receive support (i.e. pink table). The poster will be printed in the December issue and if you want copies, Linda will get them to you. Email your request to: yohn.lindalee@gmail.com



Volunteers Needed

The Share the Care golf tournament is actively seeking committee members to help organize this very successful event. We need a committee chair as well as committee members. If you have experience or have absolutely no experience but have an interest in getting involved with this annual event – please, email David Cupido, dcupido@cupidoconstruction.com

The 2020 tournament will be August 7th at Colonnade Golf & Country Club".



We are also looking for committee members for the Walk for Awareness. The tentative date for the 2020 Walk is Saturday, September 12 at Lake Ontario Park. We will let our members know as soon as the venue and date are confirmed.

Chestmates

BCAK's "Chestmates" is the only Breast Cancer Survivor Dragon Boat team in the Southeastern Regional Cancer district. Paddlers must be breast cancer patients or survivors. Chestmates provides the coaching and equipment you need to paddle. Our team paddles out of Collins Bay Marina twice a week May to September.

On October 21 the team met to nominate the 2020 executive. Tammy MacDonald will be team Captain for a two year term.

Looking for Ideas

Is anyone interested in making jewellery for the pink tables? One of our biggest sellers, as we go from venue to venue, are pink "bling-y" bracelets and necklaces. If you have time, patience and the ability to make these items, can you let Linda Yohn know: yohn.lindalee@gmail.com

Fundraising

BCAK is always looking for ideas on how to raise funds. Last year was a fantastic year in that we received many large donations from various organizations: 100 Plus Women, Royal Bank, Community Foundation of Kingston, Cobbs Bread, Cher-Mere, Loyalist Golf Course, Kingsdale Chateau, Giant Tiger (to name but a few) but we can't rest on our laurels. If you have ideas on fundraisers for 2020, let us know. Don't be shy!!!

Months Ahead

All evening exercise and yoga classes, as well as the QiGong class, are now open free of charge to all members of BCAK. If your membership dues are paid, you can participate.

There has been some interest shown in starting up a daytime support group. If you are interested, please send an email to: email.bcak@gmail.com.

Organization will begin soon for a Breast Cancer Health and Wellness Fair the evening of April 22nd. The venue has not yet been established. If you have ideas for individuals or businesses you would like included in the Fair, send us an email. And Mark Your Calendar.

Social Media

You may have noticed there have been no updates to the BCAK website recently. There has been a major glitch with the site and everyone is working hard to see that we are up and running as soon as possible. In the meantime if you have any questions, please, email either Bev at admin@bcakingston.ca or email.bcak@gmail.com.

Puffy Pillows

I recently had an opportunity to sit down with Willi Clark to talk about BCAK's Puffy Pillow program. A Puffy Pillow is a small, well padded comfort pillow with a pocket across the front that holds a drain bag pouch and information about BCAK. Patients should receive one after breast cancer surgery. It is especially helpful to have something soft to rest the affected arm on, especially if there have been lymph nodes removed.

Willi and her assistant, Stephanie cut and sew these Puffy Pillows, collect the pamphlets and information pieces, fill the pockets then distribute the pillows to KGH and HDH. Marj makes the pink ribbons that go in the pillow and Diane and Kim sew the drain pouches. Donations of fabric are always gratefully received. Willi prefers 100% cotton, any size piece which is a minimum of 30 inches by 15 inches (80cm by 40cm).

Last year 82 Puffy Pillows were sewn and assembled and 55 additional drain pouches were made.

Thank you, Ladies, for a job well done.

Pink Table

Are you looking for ideas for Christmas or holiday gifts? We have the perfect solution. You can support *BCAK* (we take a very small profit on each item) by purchasing one of the following. We have some items in stock or can be ordered to size. Order form is available at the office. Items are available at the *BCAK* office for pick up.



\$75.00



\$40.00



\$10.00, available in black and white.



\$15.00 or 2 for \$25.00.

We're ordering black hoodies: zipper and pull over, with the *BCAK* logo. We will have a few in stock and can be ordered. Also, available in several shades of pink.



Other Items

Pink Fleece scarves with logo are \$20.00 or 2/\$35.00.

Water Tumblers with logo comes w/reusable straw \$15.00

Travel Mugs with logo are \$20.00

Mitts and Scarf Set are \$30.00.

We hope you enjoyed this newsletter. We will attempt to update monthly. We would love your input: anything you would like answers for, anything that interests you? What would you like to see on the website or in the newsletter? We need a catchy name!!! Please, give us your input at email.bcak@gmail.com You are receiving this newsletter because you are a member of *BCAK* or have previously received a Breast Cancer Action Kingston newsletter. If you do not wish to receive any future newsletters, please reply to this email address.



CHESTMATES KINGSTON

FUNDRAISING EVENT

DOMINO THEATRE

PRODUCTION of

A Christmas Carol

by Charles Ludlam based on the story by Charles Dickens

Directed by Peggy Nash

Saturday, December 7, 2019 at 2:00, matinee

52 Church Street, Kingston, ON

TICKETS: \$20.00

AVAILABLE IN ADVANCE from

BREAST CANCER ACTION KINGSTON

Email: admin@bcakingston.ca /

Contact BCAA 613-531-7912 or AT THE DOOR

In support of Chestmates Kingston

Breast Cancer Survivor Dragon Boat Team

A ridiculous but surprisingly faithful rendition of the Dickens classic. Ebenezer Scrooge is haunted by the ghosts of Jacob Marley, Christmas Past, Christmas Present, and the Spirit of Christmas Yet to Come. Faced with his own mortality and the evil results of his misanthropic, miserly ways, Scrooge is redeemed, reconciled with his nephew and his neighbours, and becomes a second father to his assistant's son, Tiny Tim. Ludlam finds the humor as well as the pathos in this Victorian melodrama.