

June 2020

BCAK NEWS



JUNE— “Already”, some ask...others can’t figure out where the past two months have gone!

I am dedicating this issue to fundraising and donations! I know...groan!!! Sometimes it seems like that’s all we do—ask for money, sell items and host fundraising events. But that is how our charity functions. We have a membership to which we are committed to keeping as a family and our members need help, information, a place to congregate and interesting challenges.

Covid 19 is presenting a unique challenge to all charities, not just ours. With so many people out of work and depending on the governments and charities for living expenses; with many local companies and restaurants working at less than normal volumes of clientele, we know there isn’t going to be much money left to help out charities. For the information of our membership, at the present time BCAK does not qualify under the terms of the government bailout of charities. So we have to ask our membership for help.

Here is our situation. We have approximately \$22,000 in the bank. We just paid our annual insurance premium of over \$5,000 which took a chunk out of our account. We still face monthly expenses of rent (we don’t qualify for rent reduction programs), office expenses (heat, phone, MicroAge, bank fees, accounting fees, etc.) which add up to close to \$3,000 monthly. We can survive—without surprises—for about 6 months.

Summer is our fundraising season. We host the Share the Care golf tournament (which nets BCAK profit in the \$30,000—\$32,000 range), the Walk (which we had budgeted a profit of \$15,000 for 2020) and the car raffle (profits of around \$10,000). Later I will talk about how we plan to retool each of the events but even if we are able to carry on with some semblance of normalcy, we still won’t come anywhere near our traditional fundraising levels. Hence, about Christmas this year we will start to be in a negative position.

Where (besides office overhead expenses) do we use our fundraising profit?

- Programs—such as Chestmates Dragon Boat team, exercise classes
- Services—such as financial assistance, lymphedema support, puffy pillow program, support groups, research and communications (newsletter and website)

We Need Your Support Now, More Than Ever

Your support will help BCAK get through the Coronavirus and continue our important work

Ways You Can Help During the COVID-19 Pandemic

Share information with your friends and network on social media. Be a voice for how people can help each other in this time of social distancing, while staying safe. As you learn about how people are being affected and what the needs are, share that information—and tell people what you are doing to make a difference. Remind people to keep supporting the charities they care about.

Speaking up for the needs that exist and sharing how you are helping can inspire others to action as well. Let us know what you are doing to make a difference and we will share with our membership.

If you are in a financial position to do so, please consider making a donation to BCAF

EASY WAYS TO DONATE DURING THE PANDEMIC

First download and fill out our new donation pledge form from the website or page 6 of your newsletter. Email (or mail) completed form to donations@bcakingston.ca

1. Via credit card by phoning BCAF at 613-531-7912 and leaving a message with your phone number. Either Bev or Lynne will call you back for your credit card number.
2. Mail your form with a cheque to: #110—650 Dalton Avenue, Kingston K7M 8N7
3. Try our new e-transfer service: once you have emailed your pledge, go to your bank account's e-transfer tab and add BCAF's donation email address :

donations@bcakingston.ca then e-transfer your pledged amount

No matter how you donate, you will receive a donation tax receipt from BCAF.



Meet Linda Yohn, one of BCAF's new board members. Linda's duties include fundraising initiatives

Originally from Belleville, I moved to Kingston in 1995 with my two daughters who were 11 and 9 at the time. I now have 3 beautiful grandchildren and another one due in September.

My career has afforded me the luxury of working in a variety of sectors; manufacturing (Production and Inventory Control Supervisor), education (Employment Specialist), and as the Training Supervisor in both the insurance and telecommunications fields.

In my current employment, I chair the Community Giving Committee that was previously known as the Health and Wellness Committee. 3 years ago, we were planning a fund raiser for breast cancer awareness in the month of October. One of my co-workers was well known in the community and was out and about gathering items we could raffle off when she came upon a local non-profit organization called Breast Cancer Action Kingston that is fully funded by local fund raising initiatives and brought this to my attention. Excited at the prospect of making a difference locally, all our profits from our raffles were directed to BCAF. My coworker soon became involved with BCAF and by the next summer I was somehow involved in the annual walk for awareness which (somehow) led to becoming a committee member for the annual golf tournament. I was hooked and the rest, you can say, is history.

I took an interest in the large assortment of pink items we had and reorganized the "selling" of them. We now have a variety of clothing available including mitts, scarves and toques, T-Shirts, wind breaker jackets, fleece jackets, pull over hoodies and zip up hoodies.....all available for suggested donation at the office and the many outings we attend and hopefully soon on our website... so stay tuned for that!

Linda Yohn, cont.

With a focus on awareness in the community, we created BCAK information posters, advertising who we are and what we offer that can be displayed in Doctor's/health care offices, hospitals, retail outlets, restaurants... anywhere and everywhere we can think of to make us a household name in not only our immediate community but in Southeastern Ontario too.

Our annual Walk for Awareness is scheduled for Sept 12, 2020 at Lake Ontario Park. With the recent pandemic curbing most fundraising initiatives and changing the face of others, we're hoping to host our walk again this year... it will no doubt take on a different look, but we're working through the details. Watch the website, our Facebook page, Twitter and Instagram for more details. Mark your calendars... Sept 12th!

Something new this year to BCAK is the Hallowe'en Howl, Oct 31st at the Legion in Collins Bay featuring the fabulous Stephen Cheesman & the Heeters. Don your favourite costume, fill your pocketbook with cash and prepare to dance the night away to this great popular local band and partake in the many draws in this our last big fund-raising event in 2020. In the event of restrictions imposed on crowds... we may have to reformat what this looks like too. Virtual dance maybe???

BCAK EXTENDS IT'S DEEPEST GRATITUDE TO THE FOLLOWING FOR THEIR GENEROUS CONTRIBUTIONS

Alexis Girling
Bruce Rowsome
Charity Aid Foundation Canada Cyber Grants
Cynthia Bell
Eileen Van der Zwan
Harriette Crowell
Lynda Keeler
Lynne Funnell
Mr. & Mrs. Don Heath
Roger Hoover
Vera Griffith
Anne McConnell & Elmer Strong Fund
Bevenity Community Impact Fund
Besties for Breasties (Queens)
CN Railroaders Grant (Faye Irving)
First National Finance
IBM Canada Employees Charitable Fund
United Way Ottawa
United Way KFL&A

IN MEMORY OF SUSAN PERSSON : Queen's University Library Workers (CUPE Local 1302), Patty Lovett, Delia McAdoo, Upper Canada Office Systems

IN MEMORY OF CAROLYN DAVIS : Bill & Lynne Funnell

For many years, Alison Ahara dedicated a large portion of her life to BCAA and, in particular, raising funds to ensure BCAA programs were available. Now Alison shares some of her life with us.

A little of who I am... I was born in St. John's Newfoundland in 1944 to Rev. Allan J. and Verda Barrett, joining my older brother Jim. I attended Holloway School, but before moving to Prince of Wales College, my Dad accepted a call to Grand Falls, in central Newfoundland where I attended Grand Falls Academy. After graduating in 1961, I furthered my education with a 'Commercial Course'. My secretarial skills led me to a job with the Goodyear Construction Company and then at the Anglo Newfoundland Development Company, a Paper Mill. In the fall of 1963, I entered Grace Hospital's Nursing Program in St. John's, but my allergies caused me to step back from that career. The spring of 1964 found me spreading my wings as I made the move to Ontario and a job at IBM in their Steno Pool.

In May 1968 I married Bob Ahara and our family grew with the arrival of Rob in 1971 and Dave in 1973. Moving from Scarborough to Unionville in 1974, we joined Central United Church and I sang in the Choir. In 1980 I opened a craft/knitting store; 'The Stitching Niche', for 6 years located on the Main Street in old 'Unionville', and was an organizing partner of the 'Get-A-Way Gang', a venture that continued for 20 years. Loving crafts I was an active member and then President of the Markham Guild of Village Crafts. Another love was golf, and I was a member of York Downs Golf and Country, a 'Nine Hole' Captain and then in 2005 the Ladies President.

In the fall of 1999, I was diagnosed with Breast Cancer, followed by surgery and chemo at North York General Hospital. Radiation was at the TSRCC, now the Odette Centre, at Sunnybrook Hospital. In 2001 I volunteered there with the then Bayview Support Network. Living in Unionville, I joined a Breast Cancer Support Group, Connecting Rainbows, and was trained as a Facilitator through Willow Support in Toronto.

A lifestyle change led me to Kingston in the fall of 2005 where I looked up Breast Cancer Action Kingston and met with their President Antoinette MacDonald who shared what BCAA was all about. I became a volunteer and spoke on their behalf at the various venues and facilitated with their Support Group. I joined their Dragon Boat Team, Chestmates, and enjoyed my 'support team in the boat', participating in two International Breast Cancer Dragon Boat Festivals.

In 2006 I became a member of the Planning Committee for the first BCAA Golf Tournament at The Landings Golf Course and Teaching Centre. From then until 2015 I was part of the Golf Committee, Chairing and Co-Chairing subsequent tournaments with David Cupido, and continue to volunteer 'day of' since then. I am proud to have had the support of both my sons who participated in the golf tournaments as they were able; Rob travelling from Calgary and Dave, travelling from Keswick. Dave volunteered as our 'live entertainment' for several years.

This past December a diagnosis of Congestive Heart Failure and a 2 week stay as a guest of Kingston General Hospital stopped me in my tracks. I was discharged home with some significant changes in my lifestyle. Just when I was planning to venture out into the world again... COVID-19.

Since the self isolation began some of the things I enjoy are; cooking and baking, working on 3 branches of my family tree, reading, knitting, crocheting, and writing stories of our adventures for my sons Memory Book.

SHARE THE CARE GOLF TOURNAMENT

The 2020 Share the Care golf tournament will carry on as a good will tournament, Patrick Nolan, tournament chairman, announced today. Patrick has been in contact with Colonnade Golf Club and, with the government rules of the moment, he tells us we can run the tournament as a regular game of golf (no shotgun). This is subject to change as the covid restrictions change and Patrick will keep us up to date on a continuous basis.

The tournament has been moved to Thursday, September 17th in hopes that things will be more open by then. We have the golf course from 12:30 with foursomes leaving the first tee every 10 minutes. We hope to have lots of fun things happening throughout the afternoon so stay tuned. Patrick is sending a letter to all 2019 participants so if you haven't received a letter and are interested in playing this year, email Patrick at : Patrick@petrieford.com. We will add your name to the list of players who might want to play in this year's tournament.

2020 WALK FOR AWARENESS

Linda Yohn has come up with a different way of hosting the "Walk for Awareness" this year. She will give us two choices on how we want to proceed.

First you must go to the website : bcakingston.ca, the events tab, Walk for Awareness and 1/4 way down the page is a prompt "download a registration form" Click on that and you will be able to print the form.

Begin immediately finding pledges to sponsor your walk. The more sponsors, the more funds go to BCAF. (we are leaving the registration fee of \$20 in place and will waive for over \$100.00 in pledges)

YOU NOW HAVE A CHOICE HOW YOU WANT TO PROCEED WITH YOUR WALK.

1. At any time you wish, head out for your 2 km walk anywhere you want. You might choose the K&P trail, the golf course, your back yard, downtown or a walk along Lake Ontario. Your choice...just try to take a picture at some point in your walk, send them to us and we will upload to the website.
2. On Saturday, September 12 we have reserved Lake Ontario Park for the Walk. At the moment, because of crowd restrictions, we cannot all congregate and hear speeches and warm up but we can show up at the desk that will be located in the picnic area and do the outlined walk. We will be there from 1:00 to 4:00 p.m. and will have the path marked with BCAF signs and will have volunteers and water available.. We may even have the media on hand.

Get your family, your friends, your work associates all to participate this year. Send us the list of individuals who are part of your "group" and we will waive the registration fees for you and your "group" as long as the total pledges of the group exceed \$100.00!!

DRESS UP IN PINK, DON A CRAZY HAT AND A SIGN TO LET PEOPLE KNOW YOU ARE WALKING FOR BREAST CANCER ACTION KINGSTON.

HELP US HELP YOU!!!

For our "senior" members, why not consider donating a portion of the \$300.00 benefit we should be receiving from the federal government. If we don't need it, our community does!



2020 DONATION PLEDGE FORM

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL ADDRESS: _____

AMOUNT OF DONATION: _____

COMMENTS: _____

TRY DONATING THROUGH OUR NEW E-TRANSFER FUNCTION. IT'S FAST AND EASY!!

Em ail : donations@bcakingston.ca

**So in retrospect, in 2015,
not a single person got
the answer right to "Where
do you see yourself 5
years from now?"**

In closing, here's a great 15 minute full body workout exercise video to keep the movers and shakers going!

<https://youtu.be/cBe24QL9Kk8>

Also Stay Strong Online offers breast cancer exercise videos and resources from healthcare professionals. Physiotherapy, Registered Massage Therapy, Lymphedema Therapy, Clinical Pilates and more. Access anytime and from anywhere. Safe | Effective | Empowering

**JUST ASKED A SIX YEAR
OLD IF HE UNDERSTANDS
WHY THERE IS NO SCHOOL**

**HE SAID YES,
BECAUSE THEY ARE
OUT OF TOILET PAPER**



**Stay Strong
Stay Healthy
Stay Home
Stay Safe**