

February 2021

BCAK NEWS



Bits and Pieces....

- Warton Willie popped his head out and told us there will be an early spring this year! Good news for all of us I am sure. Even though we have had an unseasonably warm winter, it still feels like we have been cooped up forever.

- Tell us some of your lockdown stories! Have you done something unusual? Something exciting? How do you pass the time? On a personal level, way back in November a group of “seniors” decided we needed to keep moving, especially with winter coming on. Walking seemed the perfect way to get us out of the house in a safe manner. We walk approximately 3—5 km three times a week on local trails. Even after lockdown we were able to continue our walks—we are just careful to walk well spaced.

- Remember Christmas and BCAK’s foray into Christmas tree decorating? To remind you, Sienna Living and Rosewood Retirement home invited BCAK to decorate a tree at Rosewood Retirement Residence as our participation in Sienna’s Drive-Through Light tour. Our tree took first place in the polling of the trees at Rosewood and this month Ralph McKenny, Retirement Counsellor at Rosemount Retirement Residence, presented BCAK (Lynne Funnell) with a commemorative plaque. Again, thanks to Linda Yohn and Pat Frost for the beautiful decorations.



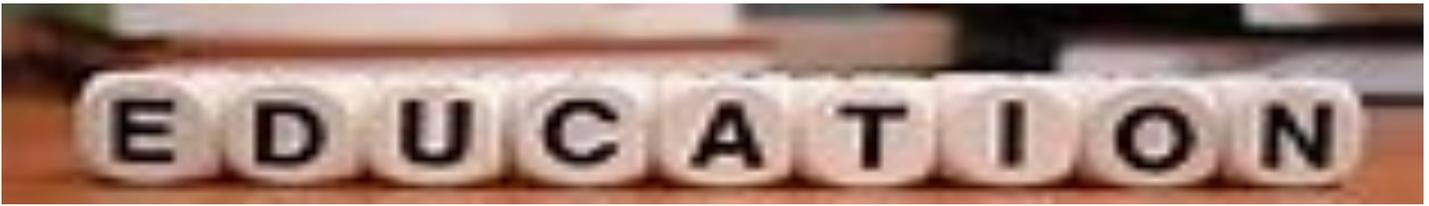
- If you missed the story, at the beginning of February CBC carried the World Health Organization’s announcement that breast cancer has now overtaken lung cancer as the world’s most common form of cancer.

<https://www.cbc.ca/news/health/cancer-breast-lung-who-1.5897434>

- Have you used your membership community discount yet? Don’t forget 20% off Tuesday and Thursday at Milestones Restaurant, Ashley Furniture’s 25% discount off Ashley’s brand, The Honest Handyman’s 10% discount and Union Kitchen’s 15% off pick-up meals, Union Market’s 10% Friday discount and Merchant Taphouse’s 15% off pickup meals.
- Bea’s Mastectomy’s February special will be buy one in stock bra at regular price and receive the second free the last Monday of the month (February 22nd) while All Hair Alternatives will discount all in-stock hair care products 20% for the month of February.

- Did you know that BCAK has a small lending library at the office and anyone can borrow books? For the past few years Sue Davies oversaw the area however, due to Covid and some minor health issues, Sue has stepped aside and Joan Cristoveanu has kindly taken on the challenge.

Joan will be going through the library to catalogue existing materials and source and procure new materials. She is looking for breast cancer pamphlets, books and DVD’s. If you have any suggestions, any printed materials or documents you wish to donate or if you would like to help Joan get the library up-to-date, please email: email.bcak@gmail.com.



In the past few months BCAF has received several phone calls from breast cancer patients in our region requesting information on what to do as a breast cancer survivor with no family doctor. I called the Southeast Healthline and spoke with a very helpful lady. She tells me the no doctor situation is becoming more and more critical as many of our local doctors are retiring without a replacement and there are no doctors to take their place. Covid is making it even worse. If you find yourself without a doctor and need medical attention, as a breast cancer survivor you can:

- Self refer for a mammogram (if you are over 50). Call 613-384-4284 or 1-800-445-8850.
- There are many virtual doctor call services springing up in the area and you can find them by googling **virtual doctor call services Kingston, ON**. However to save you the effort, the one recommended to me is Good Doctors: [Good Doctors Clinics - Good Doctors Medical Clinics](https://www.gooddoctors.ca) [gooddoctors.ca](https://www.gooddoctors.ca) or call 888-930-6571 or 705-910-7799 . The virtual doctor is available Monday through Friday from 8 a.m. to 8 p.m., Saturday from 8 a.m.—6 p.m. and Sunday from 9 a.m.—5 p.m. They also have a downloadable app.

Canadian Breast Cancer Network: If you haven't heard of this organization, check them out on line. [cbc.ca](https://www.cbcn.ca) . You can download these booklets from the website but we do have copies in our library.. **Breast Cancer .. the Lived Experience** is a booklet that takes one from diagnosis to life after breast cancer. The second booklet entitled **Never Too Young** contains psychosocial information for Young Women with Breast Cancer. Again, if you would like a copy of either you can order from [cbc.ca](https://www.cbcn.ca) or drop into the office and pick one up.

Covid-19 Vaccinations: Another question that is being asked is when breast cancer survivors can expect to join the queue for vaccination. As you are no doubt aware, the supply chain of vaccinations has come to a near standstill for the month of February. Once the supply lines resume, the roll out will continue.

Phase 1 started in December and comprises vaccinating hospital health care workers, long care homes and retirement homes and congregate care settings and remote indigenous communities. Phase 2 is scheduled to commence in March when there is more stock of the vaccine. This phase will see all remaining health care workers, residents in long-term care homes, retirement homes, home care patients with chronic conditions and additional Indigenous communities. Older adults, beginning with those 80 and older and decreasing in five-year increments will be part of this phase.

Phase 3 is scheduled to begin in August. Remaining Ontarians in the general population who wish to be vaccinated will receive the vaccine. The ethical framework, data and available vaccine supply will help to prioritize groups in phase 3.

For more detailed and up to date information you can access the Ontario government's rollout plan at:

[COVID-19 vaccines for Ontario | COVID-19 \(coronavirus\) in Ontario](https://www.ontario.ca/covid-19-vaccines)

It is with great sadness that I am sharing with you all the passing of Claudette Despins-Delesalle, Cuddy to all those who knew and loved her. Cuddy entered the breast cancer world just before I did, and I will be forever thankful that I had her there to guide, teach and support me through that adventure nobody wants. She was all for joining me at the many offerings that BCAA has for members. We went to a few support meetings, lunches and events. But it was the exercise classes that took a spot in Cuddy's heart. She attended with me all through my treatment, including the first Yoga classes offered at the YMCA. She was always great at livening up the class with some well-placed jokes and commentary. When I returned to work she continued going regularly for almost 10 years, dang 2020 for taking away that last year of comradery that Cuddy had grown to love! She kept me up to date on all the goings-on at BCAA, the walks, and fundraisers, and of course the weekly exercise group! She will be greatly missed.

Michaela Stokes-Noonan

Donations—Month of January 2021

Alexis Girling
Audrey Flynn
Bev Martin
CAF Canada
Gurley Thompson
Irene White
Linda Sawyer
Lynda Keeler
Maxine Cupido
Sue Davies

Partner Giving, Canada Helps

Dedicated to the memory of Cuddy Delesalle: Mary Cassidy, Sue Davies. Bev Martin

FUNDRAISING AND OTHER BCAA SCHEDULED EVENTS

Mark Thursday, August 5th on your calendars! Colonnade Golf & Country Club will host the 16th annual **Share the Care Golf Tournament**. The course is booked, confirmed and organization has begun. The format for this fun day is a four-man scramble and this year, due to Covid, we will again be assigning tee times.

The committee is actively seeking volunteers, golfers, sponsors and auction gifts. Email : email.bcak@gmail.com if you would like to get involved in the tournament.

Remember last year's format for the **Walk for Awareness**? Again this year we will be giving our walkers the choice of completing their walk in their neighbourhood, their back yard, at the mall or gather at Lake Ontario Park on Saturday, September 11. Start planning how you will participate ...

We are keeping fingers crossed that we will be able to hold a Hallowe'en Dance on Saturday, October 30 at the Collins Bay Legion – Steve Cheesman and the Heeters will accompany our dancers—should Covid allow us to go ahead with the event.

Start thinking about our second annual Christmas Online Auction with the tentative date of Nov 23 – Dec 3, 2021. We need donations of items to be auctioned.

With Valentines Day just around the corner, here are some tempting recipes to bring a little heart to your dinner!

Raspberry Chicken

2 whole boneless, skinless chicken breasts (about 2 lbs) 2 tbs. unsalted butter
1/4 cup chopped yellow onions 4 tbs. raspberry vinegar 1/4 cup chicken broth
1/4 cup heavy cream 1 tbs. canned crushed tomatoes 16 fresh raspberries

Cut each chicken breast in half. Remove the finger sized muscle on the back of each half. Flatten each breast half by pressing it gently with the palm of your hand. Melt the butter in a large skillet. Raise the heat, add the chicken and cook for about 5 minutes per side or until they are lightly coloured. Remove from the skillet and reserve.

Add the onion to the fat and cook, uncovered, over low heat, until tender—about 15 minutes. Add the vinegar, raise the heat and cook, uncovered, stirring occasionally, until vinegar is reduced to a syrupy spoonful. Whisk in the chicken stock, heavy cream and crushed tomatoes and simmer for 1 minute.

Return chicken breasts to the skillet and simmer gently in the sauce, basting often, until they are just done and the sauce has been reduced and thickened slightly (about 5 minutes) do not over-cook.

Remove chicken breasts with a slotted spoon and arrange on a heated serving platter. Add the raspberries to the sauce in the skillet and cook over low heat for 1 minute. Do not stir the berries with a spoon, merely swirl them in the sauce by shaking the skillet.

Pour sauce over chicken breasts and serve immediately.

Pomegranate Chicken 4 boneless skinless chicken breasts salt & pepper

Marinade: 1 tsp. chopped garlic 1/2 tsp. lime zest 2 tbsp. Dijon mustard 2 tbsp. olive oil
2 tbsp. chopped coriander

Aigre-Douce Sauce : 1/4 cup finely chopped shallots 2 cups pomegranate juice
2 tbsp. brown sugar 1/2 cup cider vinegar

1. Combine garlic, lime zest, mustard, oil and coriander. Rub on chicken and marinate at least 30 min. Season with salt & pepper.

2. Combine aigre-douce sauce ingredients in sauce pan, bring to a boil, reduce heat and simmer for 8 minutes until slightly syrupy.

Grill or bake chicken until cooked and the surface is browned. Sprinkle chicken with pomegranate seeds and aigre-douce sauce.

Serve over a bed of rice.