

May 2020

BCAK NEWS



FROM THE PUBLISHER

Wow...we are hearing more and more politicians talking about opening provinces, businesses and countries. Some have actually begun, others are leaning towards a more cautious opening. Either way, it seems we have made it through this stage of the pandemic and we now face the choice of staying isolated or taking the chance and venturing into public. We have been hearing that we won't be safe until we are able to test everyone or we have a vaccine. So it appears that we are still asking the question—"what should we do now"!!

On this subject, Leda Raptis has put together a short article for the newsletter and a longer and interesting article on the entire topic of Covid19. You will find it on her website : <https://breastcancer530667969.wordpress.com/>

This has been an interesting time. I hope you enjoyed the extra April newsletters. I know it gave me something to do during the long days! I want to thank those who dropped BCAK a note of thanks during the pandemic. It has been a pleasure to come up with tidbits and articles I feel might be interesting to our membership at large.

Did you do something interesting and different during your isolation? Did you bake, learn to gourmet cook, take up knitting or crocheting, painting, did you learn a little more about your computer(s) and phones and how to do different things with them? Send me your input....what did you do? (I, for one, learned how to play bridge on line while chatting with the others, I phoned my family and friends on a daily basis and I sewed masks)



Sue Davies has been a member of BCAK since 2001 and has agreed to share some of her story and her involvement over the last 20 years

A little bit about me first: Born in England, trained as a Registered Sick Children's Nurse/ Registered Nurse at Great Ormond Street Hospital in London and Reading where I met Keith as he was working in that hospital. However, not long after we met, he was offered a job in Canada and decided to accept so he took off in June 1965 and I stayed behind to complete my qualifications and apart from one visit home when we became officially engaged, we had a long distance relationship (letters going back and forth once or twice a week) until he came back for our wedding in June 1967. Having packed up all our belongings, it was off for our new life together. So as a new

Sue Davies, cont.

Bride we took off to Canada and I first set foot on Canadian soil off the Empress of England at the docks in Quebec City on Canada Day.

We spent 3 years in Ottawa where I did some nursing until our son was born, then returned to England for a while but when Keith was offered a good job in Fredericton that he couldn't turn down, back we came again in 1974 now with 2 children in tow. We were there for 27 years and during the last couple of years was when I experienced my first two episodes of breast cancer and with other ongoing health issues ended up having to retire early after 18 years in charge of a local elementary school library. Keith also retired around that time and with a first grandchild on the way by then we decided to think about relocating to Ontario to be closer to both our kids and we are glad we did.

In early 2001 we moved to Kingston and once settled, I made two important phone calls. One was to find a local Girl Guide Trefoil Unit to join (I am still involved with Girl Guide as the Guild Secretary for the past 17 years - this is my other hat!) and the other to find some support for breast cancer as by that time I had also developed lymphedema in both my arms. So I became a member of BCAK and joined in the new exercise classes as well and I have been a member ever since. My continued involvement is my way of paying back for being welcomed into a very supportive group and also to help ensure that BCAK continues to be there as long as possible for those who need us.

During this time, I have been involved in one way or another with many BCAK programs such as puffy pillows, I set up a Lymphedema Support Group, helped with the Hands On Project including presentations/displays on breast cancer to interested groups in our community, the Financial Assistance Committee, spearheaded the former print newsletter for 12 years (working closely with our recently retired editor, Lesley Browne), volunteered at many of our fundraisers and events including chairing several of the "Walks for Awareness" over the years. I have been a Board member from 2006 until last October and was President for 5 years of them. I had breast cancer again in 2017 and have had to slow down a bit with other health problems but I am still available in the background for consult and/or helping out where I can from my experiences.

To finish: I can't resist a little boast about some recent accomplishments by members of our family: Both our two youngest grandchildren who currently live in Halifax are very musical and both continue their lessons by Zoom at the moment. Tristan (14) plays piano and is about to do his Level 4 exam and Laurel (12) plays the fiddle. She has now graduated to using our family violin which my sister used to play. My sister had it restrung for her and lovingly brought it over when she visited us all last fall. Laurel is doing very well and we are often entertained over the phone or via the computer.

Our eldest granddaughter is a very unstable diabetic who requires a service dog - however she has been working with a charity that trains these dogs (through a co-op school program) and was able to use her observations and experience from there to train her own service dog. The family acquired a golden retriever almost a year ago from a breeder for this purpose and she has done wonders with him and it has turned her life around. Parker is now officially trained and certified, has his special vest to wear and just got his official papers last week. He is pretty good at recognising what she has trained him for and definitely earns his keep! Having missed a lot of school over the past four years, Emily has made a big effort recently to catch up and is hoping to finally graduate this year and wants to work with animals.

Enough!!

MEET MARY CASSIDY

Mary (Fisher/Dawson) Cassidy: born the fifth child of seven to wonderful parents in southwestern Ontario in the midst of WW 2. Grew up and was educated in a small town, got married and moved to Kingston, and began a thirty year career in the Criminal Justice System. Have one lovely daughter, a grandson and a great granddaughter, all living locally. Interests other than family and career have included music, golf, church families and choirs.

At the age of seventy, after a relatively healthy life, I was diagnosed with Stage 3 breast cancer, which metastasized to my liver, so went through the mastectomy, removal of lymph nodes, chemotherapy (for nearly six years), and am currently on oral cancer prevention meds, along with heart meds (for damage caused from chemo).

About eight months after my surgery, I got wise and joined this incredible group of women (and some admirable men) at Breast Cancer Action Kingston, where I found an amazing group of upbeat, energetic gals, who made it easy to think there would be a life after cancer. Although I am still battling it, with a great medical team and good friends and family support, it has been an interesting and enlightening journey. I attribute much of my positive outlook to BCAK and its programs and members, as well as to my strong faith.

During this "lockdown" (we had lots of those in prison!), I have read a ton of books (as I've been doing for the past six years), have been keeping in touch with family and friends, by phone or email, while social distancing. The biggest change for me has been the inability to go to aquafit (I have long since had to give up land exercises). Aside from that, this quiet time had not been too stressful. It is a time for reflection and quiet prayer for the safety of us all, and the return to an even better world.

In these 6 1/2 years, I have not gone to bed one single night without my wee pink cushion, compliments of BCAK (2013!). God is GOOD! Keep up the good work, my friends. I have such admiration for so many wonderful volunteers! Stay well. This, too shall pass!



Hugs, Mary

Mar 30 at 6:27 PM
Lettuce come together. Romaine calm. This may just be the tip of the iceberg.



JUMPED IN THE BOAT...Sarah Emery

On a cold February evening in 2004, I carried my brand-new djembe as I walked toward a building on lower Montreal street near Hotel Dieu Hospital to take djembe lessons. Having breast cancer had changed me I was taking up new hobbies...because longevity was not guaranteed.

I was struggling to carry drum, my bag and brace myself against the bitter north wind that was making my chemotherapy weakened body, even colder that it already was. As I attempted to open the door to our drumming classroom, a friendly voice spoke up, and said "here let me help you with that". I looked up, smiled and said "thanks".

That was my first encounter with Lynda Lemaire, and as we learned to play our djembes, we became friends. Nearing springtime, Lynda handed me a Chestmates business card, she said you should checkout "Breast Cancer Action Kingston and Chestmates - our breast cancer survivor dragon boat team". My heart skipped a beat! Breast Cancer Survivor dragon boat team???? You mean, there were others like me, trying to survive. But, what is a dragon boat - I thought? Lynda was an original member of the Chestmates which is a program of BCAF, and launched in 2001.

So, with some hesitation, I went to the Chestmates meeting in early May 2004. I walked into the old Lucerna building and was greeted by a group of women who were talking about chemotherapy, hair loss, scars, but they were also talking about exercise, paddling, getting in the boat, festivals. It was a brand new language. You see, in my family, no one talks about cancer - it is the unspoken elephant in the room. And, I have never even seen a dragon boat in my life nor paddled.

So, you guessed it, I figuratively and literally jumped in the boat. Proudly, taking up position in Seat 4 on the right. Little did I know how much I missed being active, doing sports, being part of a team. Breast cancer had stolen that from me since being diagnosed in 2001 at age 44; but here I was three re-occurrences later, and having undergone a double mastectomy, paddling.

And, they are right, when you are in the dragon boat, focused on perfecting that stroke, or at the start line of a race, you don't think about cancer, about nausea, about your next mammogram, your upcoming appointment, all you think about is the next stroke.

Since becoming a member of BCAF, I have been a member of the Board, I have been Co-Chair of the annual 'Share the Care' Golf Tournament, I have raised funds for, and even had my head shaved at the BCAF Walk.

But, more importantly, I have met, shared conversations with, and even paddled with a whole crew of survivors who are not afraid to talk about cancer.

Sarah Emery

Chestmates Coach (2014 - present)

Chestmates Paddler (2004 to 2014)

Share the Care Golf Tournament (2005 to 2018)

BCAF Board Member (2006 to 2012)

**The man on the news
said "at the end of
the day, what's going
to keep you safe is
common sense."
Some of y'all
in trouble...**



To all the companies who supported BCAK in 2019, we would like to extend our heartfelt thanks. But more than thanks, as our region begins to open up commercially, please remember these companies. When you are planning your first shopping trip - instead of heading for the big box stores (many that were able to stay open during the pandemic) go through this list and plan to shop at these companies. And when you do, please thank the staff for their support of our cause."

Restaurants/Food Service

Boston Pizza	ston
Cards Bakery	Milestone's Grill & Bar
Cajun On King	Morrison's Restaurant
Copper Penny	Mucho Burrito, Gardiners Road
Currie Original	Paradiso Pizza
Denny's Restaurant	Pasta Shelf
East Side Mario's	Pita Pit
Eggsquis Kingston	Quesada
5 Guys Restaurant	Ramekins Restaurant & Catering
Homestyle Deli	Santorini Mediterranean Grill, Napanee
Hot Roast Company, Gananoque	St. Louis Wings (Fortune Crescent)
K Town Cups	Stone Street Pub, Gananoque
Kelsey's Roadhouse (Gardiners Rd.)	Swiss Chalet
Mandarin Restaurant Kingston	Tango Neuvo
M & M Food Market	The Toucan
McDonald's Restaurants of Greater King-	Tata Pizza

Trades & Construction

Atkinson Home Hardware, Gananoque	Raynor & Associates
Caraco Development Corporation	Reliance Home Heating
Ce Safety	Rigney's Building Supply
David J. Cupido Construction Ltd.	Tamarack Homes
Haakon Industries	United Brotherhood of Carpenters and Joiners, Local 24
Hybrid Construction Group Ltd.	
Mike Hogan Plumbing & Heating	
OPSEU Local 4106	

Personal Services

All Hair Alternatives
Altered Ego Hair Salon
Avanta Spa & Salon
Bea's Mastectomy Boutique
Dr. Paul D'Aoust, Periodontist
Sarah Emery, Physiotherapist
Gordon F. Tompkins Funeral Home
Grace & Henry, Royal LePage ProAlliance Realty, Brokerage
Kingsdale Chateau
Knights of Columbus

KRC Wellness, Kim Cross RRPR
Lending A Hand To Seniors, Cathy Boyce
Dr. Yolanda Madarnas, Oncologist
Merit Travel
Merry Maids of Kingston
Dr. Ahn Nguyen, Prosthodontist
Perfetta Spa Skin Therapy
Response IT
Robert J. Reid & Sons Funeral Home
25 Agents Royal LePage ProAlliance Realty, Brokerage

Retail

Carpet World
Chic & Whimsy
Clayton Flooring
Cloth
Creative Gifts and Baskets
Expressions Fashion Boutique
F.W. Black Ltd.
Fabricland
Gallery Raymond / Creative Framing
General Brock's Commissary/K Town Cups
Giant Tiger
Gracie's Clothing

Hatley Boutique
Holly Ryan, Artist, Fluid Art
House of Angelis
Lee Valley Tools
Patricia Frontini, Wool & Mohair
Pleasure Island
Rosy Findlay, Silk Scarves
Russell Hendrix Foodservice
Stand Your Ground
Titanium Joe's
1000 Islands Soap Company
Winners/Homesense

Financial & Financial Services

Assante Wealth Management
David Sutherland, Sun Life Financial
One Hundred Women Who Care

Peter Schenk, Edward Jones Investments
Kingston Mortgage Solutions
Royal Bank/RBC Dominion Securities

Food, Beer & Wine

Ambassador Hotel

Barley Days Brewery

Black Prince Winery

Broken Stone Winery

Brother's Quality Meats

Cobs Bakery

D.J. Cook Food Truck

Freshco

King's Town Beer Co.

Kingston Brew House

Lennox & Addington Community Theatre

M & M Food Market

Metro Gananoque

Metro Kingston – Bayridge

Pelee Island Winery

Prince Eddy's Brewery

Quattrocchi's

Riverhead Brewing Company

Sandbanks Winery

Signal Brewing Company

Sigrid's Natural Foods

Spearhead Brewery

Spring Meadow Orchards, Adolphustown

Gananoque Secondary School Hospitality Program

Taras Natural Foods

The Water Store

Three Dog Winery

Recreation/Fitness & Entertainment

Amherstview Golf Course

Bell Media; 98.3 Fly FM, & Pure Country 99

Broken Chart Records (Michael George)

Cataraqui Golf & Country Club

Cher-Mere Spa

Cineplex Odeon Entertainment

Energetics Health & Fitness

Film Stream Videos

Glen House Resort, Gananoque

Kingston Flying Club

Landmark Theatre

Loyalist Golf Club Ladies

Automotive

Clark Bus Lines & Marina

Kingston Hyundai

Midas

National Small Engines

Petrie Ford

Speedy Auto

Subaru Kingston

1000 Islands Auto Solutions

Besties for Breasties is an AMS club at Queen's University that started in 2016. The club is dedicated to raising money and awareness for Breast Cancer. Events such as bake sales, therapy dog stations, themed booths and partnering with other Clubs around Queen's helps to raise funds that all get donated to Breast Cancer Action Kingston and educate students. In the future the club plans on adding more events and fundrais-

Parting words from Leda Raptis on the Coronavirus

As we all know, this new coronavirus (*covid* for short) has hit the world with an unprecedented vengeance. Naturally, our knowledge of *covid* has advanced by leaps and bounds in the last months. Here is some news:

Covid infects a very large number of people because it is easy to transmit. However, the vast majority never show any symptoms, or not worse than a flu. This can be dangerous because these asymptomatic people are the silent spreaders.

The virus *can* be transmitted through the air, because it is found in tiny droplets (aerosols) also bigger droplets that fall to the ground. The latter gave rise to the 2 meter rule, the distance to keep between people to avoid transmission, but the aerosol transmission shows that this may not be enough. Good cleanliness though (eg in hospitals) and decontamination helps a lot.

Using a mask offers some protection but you have to be careful how you put it on and take it off. Don't just keep it in your pocket to whip it out when the corona-mask-police show up, then put it back in your pocket together with the virus. Put it on and keep it on till you need to take it off. Take it out from the ear-elastics and throw it in the wash, or soak it in alcohol.

New drugs: There is an enormous number of drugs in clinical trials, but one has shown promise already: Remdesivir got FDA approval in record time.

Vaccines: There are many in clinical trials, but it will take at least a year before one is developed.



Stay Strong
Stay Healthy
Stay Home
Stay Safe