

April 2020

BCAK NEWS



*How many of our members are stuck indoors with time on our hands?!!
We are (for the most part) all cancer patients and survivors—which puts
us even more at risk than most.*

*Listening to the news or reading articles on line isn't very inspiring however I have read several articles of late telling us the health care workers may soon be faced with a shortage of medical equipment—one of the most important items to ensure the safety of our doctors and nurses—
face masks*

I spent the weekend emailing back and forth with Dr. Leda Raptis as she struggled to come up with a good design for a home-made face mask. By yesterday evening, Leda had 17 masks sewed, washed and delivered to KGH.

I am now putting out the challenge to our membership, friends, and anyone you know who sews: can we start making face masks for our front line medical staff in Kingston?

The biggest challenge for this will be to find materials. For instance, I have 2 sets of old sheets but absolutely no elastic. Can someone find elastic (Fabricland is closed and Walmart is out).

Look around your house for materials. Old cotton sheets are perfect, old T-shirts, cotton blouses, etc.

Email this address: email.bcak@gmail.com

If you have good quality cotton but can't sew or if you can sew but have no materials, email us. Title your email with your need/donation (i.e. lots of material to give). I am about to go to our website and create a new first page where I will post all updates, needs, overstock, understock, etc.

bcakingston.ca

And most important, stay well!

How to make a Face Mask (1)

What you will need:

□ Cotton fabric, absorbent as much as possible, and a bit thicker but not too-too dense. Shirt synthetic material is no good. Cotton bedsheets are OK as are cotton T-shirts.

□ Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic)

□ Cut 2 pieces of elastic 7" long (tie a knot at each end if using cord elastic)

1. Put right sides of cotton fabric together—cut a rectangle 9"x 7"(Adult) or 7.5 x 5 (Child)

2. Stitch all around the two pieces with the sewing machine, straight stitch, to hold them together.

3. Make three pleats on the sides. Pin in place.

4. Sew the pleats with the straight stitch at first, then zigzag stitch

5. Cut two pieces of elastic 7" long (or flat rubber band)

6. Attach one elastic piece at the top of the mask (1 cm in from top and side) and one at the bottom.

7. Stitch the entire perimeter of the mask with a small zigzag stitch to withstand washing

8. If you wish, make a tuck for the nose—cut down from centre in a triangle shape —10 mm long by 8 mm wide. Zigzag the two sides closed with a dense stitch



With right sides together sew along the short side.



Create 3 pleats in the center about 1" from both ends.



Pin and sew on both sides



Sew elastic about 1/4 from each end



Fold side pieces in half and iron



Place side pieces on mask raw edge to raw edge



Fold both sides over the back



Sew on top



Fold over and sew on the back

