

April 2020 f

BCAK News



As promised, we have put together a second newsletter for April. Thanks for all the emails you sent—telling us how much you appreciated April volume 1!!

A reminder, if you would like a home-made mask, we have a stash put aside for BCAK members. Simply email : email.bcak@gmail.com and we'll make arrangements to get your order filled.

In this newsletter, we are introducing you to a few of our members. Last newsletter I asked you to reach out and tell me your stories. Unfortunately no one took up the challenge and I had to resort to randomly begging!! Maybe after this newsletter goes to press, I will hear from a few more members who have stories to tell. Please!!

Even though we are all under strict isolation, cancer has not taken a holiday. We have a newly diagnosed woman who reached out and Sylvia (head of the Regular Support Group) was able to contact her and answer her questions. We also have a member, Noreen, whose cancer has returned - in her spine and rib - and along with the uncertainty of the times these women must also face the unknown".



Sophia: Picture it, Sicily, 2020....I was sitting in my house.

Rose: Then what, Sophia?

Sophia: That's it. We sat in our house. It was a Pandemic.

Rose: Couldn't you go outside, Sophia?

Sophia: Nope. It was illegal to gather in large groups.

Rose: Just imagine everything that would shut down if that happened in Miami.

Blanche: The Rusty Anchor...The Burt Reynolds Dinner Theater....

Sophia: Your bedroom...

Blanche: *Sophia!* You take that back!

Dorothy: She's right, Ma. That would never happen. The Miami Police Department classifies Blanche as an essential service.

The Golden Girls

We may have more members who are facing the same battle and haven't shared their story. Please know all of us at BCAK are in your corner and cheering for you.

Leda Raptis has been in constant contact with BCAK, bringing us all the new information on Covid 19 that she receives. You can read her latest article on the BCAK website : BCAKingston.ca (under more/news and views tabs).

2020 is a unique Leap Year. It has 29 days in February, 300 days in March and 5 years in April.

With no end in sight to the end of our isolation, decisions are now being made relative to our upcoming fundraising events. Our Board of Directors will be making a decision soon relative to cancelling the car raffle for 2020. Because we have to purchase the car, our costs are high...and with time (and money) short for sales, we do not want to be in a loss situation. Better safe than sorry.

This week the Share the Care Golf tournament organizing committee met (via gotomeeting.com) to explore

Share the Care golf tournament, cont.

the options for this year's tournament. The tournament is scheduled for Friday, August. 7th, with a back-up date of Thursday, September 17th. Obviously we are hoping for a lifting of the isolation orders and community "mixing" approved! Should this not happen by September 17, the tournament will be cancelled for 2020. We will keep you posted.

Our president, Lynne Funnell, with the help of our treasurer, has done a financial check on the state of BCAK affairs. Because 2019 was a stellar year for fundraising, Lynne can tell us that our finances are in good shape, at least for the time being. Because the office is closed and all services cancelled, our expenses are down to bare bone. Obviously the time will come when we will have to issue a challenge to our members to help us get **our feet back on the ground again.**

Ah! Toilet paper hoarding explained: Some people are eating their own cooking for the first time.

STAY WELL and please email us at email.bcak@gmail.com. WE NEED TO HEAR FROM YOU!!

FREE DELIVERY WITH HEALTH BENEFITS (by member, Marj Mason)

Because I live downtown I was able to deliver BCAK brochures, along with 78 addressed BCAK Newsletters and 110 unaddressed Newsletters in small bundles on foot. In about three hours, on a nice day, the job was finished and I had my daily exercise.

BCAK Promotional materials (brochures and posters) are delivered to:

- The Cancer Centre (Supportive Care, Resource Centre, and chemo and radiotherapy waiting rooms.)
- Kingston General Hospital (Same Day Admissions waiting room, and display at Outpatient Procedures)
- Queen's Family Health Team
- Queen's Family Health Unit
- Hotel Dieu Hospital (Breast Assessment Centre, Breast Assessment Program Office, Jeanne Mance 5 Adult Clinics)
- Kingston Frontenac Public Library (for all branches)
- Some Doctors' offices/clinics.

Of course all deliveries have been halted for the foreseeable future because of the pandemic.

Light and soft and fluffy— a thought from Sylvia P.

I am talking about toilet tissue—I have a good supply and am looking into how to cook it. If anyone has a recipe—PLEASE SHARE — food for thought!!!

Dianne Johnston is one of BCAK's social media experts. She hosts both our Facebook and Twitter accounts. Dianne agreed to write a little something for our members.

By way of an introduction, I spent 20+ years coordinating cancer clinical trials at CCTG at Queen's University. I retired to long days in the garden, photographing wildlife and more volunteering. I have been with BCAK since 2001, handled the Hands On program, paddled with the Chestmates, photographed events, started the Facebook page a few years ago and recently took over the Twitter account. By the way, we love to hear from members so if you have something you'd like to share or want to see, please message me.

In these strange times, I worried that with physical distancing I'd lose contact with friends, miss out on birthdays and family gatherings. The phone is fine but I'm a visual person and need to see faces.

I read the other day that life isn't about waiting for the storm to pass. It's about learning to dance in the rain . . . and jump in every puddle you see. So I decided to 'put my boots on and go for a walk'. I've always embraced technology and loved the internet from the beginning but it was time I learned something new.

I searched out video conferencing platforms. There were endless possibilities. It turned out that Skype worked for some and Zoom for others. We're all adjusting. A friend is giving piano lessons via Zoom and I watched with tears as my 11 year old great niece made spaghetti carbonara as part of a family dinner she was preparing...for the first time . . .all by herself. Was this a 'puddle'? Yup it was but I figure by the time this social distancing is over Maya will have perfected her technique and the spaghetti will be creamier when she makes it for me.

I started this self-isolation promising to clean the house and have it sparkling. That lasted one day. Instead I have been visiting museums and parks, watching live concerts, reading free books and chatting with friends I haven't seen in years. So get cracking, reach out to long lost friends and see places you've always wanted to go to.

Here is a start:

- Museum tours: <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- Author Elly Griffiths reads a chapter a day from her first Ruth Galloway mystery—https://www.facebook.com/EllyGriffithsAuthor/?__nodl
- For the best in heart-warming scenes and lots of laughs while learning about regenerative farming and sheep, follow the antics of Inca, the world's smallest sheepdog @ZwartblesIE on Twitter or YouTube
- Josh Groban, #showersongs on YouTube, new ones posted several times a week
- Books for kids: <https://stories.audible.com/start-listen>

INTRODUCING—Patrick Nolan. Patrick volunteered to take over the Share the Care golf tournament this year. Thank you Patrick.

Patrick: "I'm excited to help BCAK's annual golf tournament! I've been in web marketing since 2008, and have worked and consulted for many large European and American dot coms. I am currently the marketing manager of Petrie Ford in Kingston, and enjoy the challenge of private marketing projects in my spare time. I met the kind people of BCAK over three years ago when Petrie Ford was approached about a car raffle fund raising partnership opportunity. I've enjoyed helping BCAK through these fund raisers and now want to take additional steps to be more helpful now and in the future! I'm excited to be a part of this great charity! "





Stay Strong
Stay Healthy
Stay Home
Stay Safe