



Mission

Our mission is to support women in taking charge of their cancer experience.

CALENDAR & RESOURCES

The Environmental Action Group meets the fourth Monday of the month at, 6:30 to 8 p.m. at WCRC. Call the center at 612-822-4846 for more information.

April

30 to May 1—Living Green Expo. State Fairgrounds. WCRC will have a booth. Call Julia Earl, 612-746-4892 for information.

May

7—Arbor Day/Earth Day, Green Business Expo. Shop for trees and shrubs to plant and green products at this family environmental health and education faire. 7 a.m. to 1 p.m. at Ramsey Elementary School, 15000 Nowthen Blvd. NW, Ramsey, MN. WCRC will be there. Call Bruce Bacon at 763-433-9813 FFI.

8—Race for the Cure. Mall of America, 7 a.m. to 11 a.m.

October

22—Save the Date: Honoring Caregivers Celebration

Websites:

www.bcrf.org is the Breast Cancer Recovery Foundation, which offers "Infinite Boundaries" retreats at Madeline Island.

www.bcaction.org/PDF/StateofEvidence.pdf to download a copy of the report "State of the Evidence—What is the Connection Between the Environment and Breast Cancer," a co-report with the Breast Cancer fund.

CaringBridge, a free website for people undergoing serious illness that provides a way to list personal outgoing and incoming messages and updates: www.CaringBridge.org.

Judith@womeninthewilderness.com offers Women in the Wilderness retreats for survivors of any type of cancer in conjunction with the Hubert Humphrey Cancer Center, North Memorial Hospital. You can also order the video "Our Feet on the Ground: Changing through Cancer." Six alumnae of these trips share their experiences. Cost for the video is \$31.95, with part of the proceeds to WCRC.

See www.pathwaysminneapolis.org for the Pathways calendar of events and services for people living with illness. The intensive Renewing Life session, classes ranging from Meditation to Therapeutic Essential Oils and one-on-one sessions including Healing Touch are available. Call 612-822-9061.

Corporate Angel Network flies cancer patients free when traveling to recognized treatment centers. See www.corporateangelnetwork.org or call 866-328-1313.

Team Survivor is a national network providing free exercise and health education for women with a past or present diagnosis of cancer. For details, call Kharmen Roman, 612-605-8608 or write to teamsurvivortwincities@yahoo.com

New in the WCRC lending library:

100 Questions & Answers about Ovarian Cancer, by Don S. Dizon, MD

Ovarian Cancer: Your guide to Taking Control by Kristine Conner and Lauren Langford.

Profiles of Healing, Walking Thunder by Diné Medicine Woman

Cancer! The Day Time Stood Still, An American with African Descent Brown Eyes View by Antoinette Greene

Getting Connected: African Americans Living Beyond Breast Cancer and *We Celebrate Tomorrow: Latinas Living Beyond Breast Cancer* produced by Living Beyond Breast Cancer

Total Meditation by Susannah Marriott

Several new music CDs with relaxing instrumentals, and new CDs on stress reduction and relaxation techniques



WCRC founder Barbra Wiener honored for cancer advocacy work

How does a person win the "Star Advocacy Award 2005" from the Minnesota Oncology-Hematology Foundation? It's simple. You just have to work tirelessly for 12 years for fellow cancer survivors, challenge tired ideas about cancer prevention and found a unique award-winning advocacy organization that became the Women's Cancer Resource Center.

That's a description of Barbra Wiener, as told by state Rep. Karen Clark to 500 guests attending the award gala on Feb. 19.

In Clark's words, Barbra's work at WCRC began with her family's experiences with cancer. Barbra was concerned about women who did not have support or know much about cancer and the treatment choices they had, what they could expect in recovery and their future options, and why they had cancer in the first place.

Barbra questioned why, in the years since her mother's breast cancer, had breast cancer rates gone from one in 20 women to one in nine in 1991? (It's one in seven today.)

Shouldn't we try to change that trend? Is there a link between cancer and more environmental toxins? Can we make changes to reverse the trend? Are there disproportionate impacts on women of color? Her questions stirred like-minded women, who, with Barbra, opened a one-room office at the Minneapolis downtown YWCA.

WCRC's founding mothers wanted a place that would not duplicate services already available. In addition to personal support, they wanted ready access to the latest research about treatment and the effects of environmental toxins.



Left to right: Catharine Reid, WCRC Board, Barbra Wiener and Ellie Wiener, Barbra's daughter

Now, 12 years later, WCRC has served hundreds of women and their caregivers with unique support programs, events and achievements that include:

- Three "Turning the Tides" conferences, attracting cancer survivors like the late Congresswoman Bella Abzug, scientist and writer Sandra Steingraber, and cancer activist Barbara Brenner.
- Toxic Industry Tours to raise awareness about local sources of environmental pollution
- Classes on safe home cleaning products
- A safe haven for African American and lesbian women to organize and speak with their own voices
- Honor as a finalist for the Ford Foundation's "Changing the Future" award

A mother of two teenage daughters, Barbra continues to volunteer at WCRC. She works in coalitions with cancer activists across the country. She is board chair of Headwaters Foundation for Justice, is active in her synagogue and works for peace and justice on many fronts. Congratulations to WCRC's own Barbra Wiener!

WCRC wins Bremer Foundation grant

The Otto Bremer Foundation has awarded WCRC a \$75,000 grant for general operating support, specifically to help with organizational capacity building. "The funds will make it possible for us to get a new database system, develop a program evaluation system, do some board development and staff training and address other administrative needs," says executive director Lisa Simer.

WCRC is online

You can read *Giving Voice* on the WCRC website: www.givingvoice.org and check WCRC services and special events. Thank you to

Periscope Integrated Design for the website design, to Onvoy for donating the hosting site and to Sara Masters, volunteer webmaster.

GIVING VOICE

Published by the Women's Cancer Resource Center. We invite you to contribute your voice. Contact WCRC about deadlines and guidelines.

FOR SUPPORT, INFORMATION and QUESTIONS call:

612-822-4846	TWIN CITIES METRO
1-877-892-6742	TOLL-FREE
612-822-4784	FAX
wcrc@wcrcomn.org	E-MAIL
www.givingvoice.org	WEBSITE

OFFICE AND LIBRARY HOURS:

9:00 AM - 4:00 PM, Monday—Thursday, other times by appointment.

Drop-ins are always welcome, but please call ahead to make sure we're here. **Because many of our visitors face the challenges of cancer and cancer treatments, WCRC is a smoke-free and scent-free office.**

STAFF: (e-mail staff by their first name

@wcrcomn.org (e.g. Kristen@wcrcomn.org)

Kristen Blue, operations manager, 612-746-4891

Nancy Dahlberg, cancer support services coordinator, 612-822-5301

Julia Earl, children's environmental health coordinator, 612-746-4892

Benita Robinson, outreach and education coordinator, 612-822-4719

Betty Sanders, Woman to Woman program coordinator, 612-822-1910

Lisa Simer, executive director, 612-746-4890

Katou Souphaphan, Lao outreach coordinator, cell phone: 612-250-2865

BOARD OF DIRECTORS: Mary Carbonneau, Susan Hubbard, Cathy Jacobson, Nancy Okerlund, Catharine Reid

ADVISORY BOARD: Jackie Hunt Christensen, Rep. Jean Wagenius, Dr. Ted Schettler, Atum Azzahir, Barbara Brenner, Sara O'Donnell, Dr. Margit Bretzke, Nancy Oster, Jeanne Bearmon, Ralph Moss, Rev. George Wertin, and Barbra Wiener

The opinions expressed in *Giving Voice* are those of the authors. WCRC's mission is to provide a forum for discussion, not personal medical advice, which should be determined by patients and their medical professionals.

EDITOR: Betty Beier

DESIGNER: Jerri Johnson

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New board members sought

The WCRC board is expanding membership. Women who have had personal or family experience with cancer and with non-profit organizations are especially welcome to apply. Please contact board president, Susan Hubbard, by calling WCRC at 612-822-4846.

A NOTE FROM EXECUTIVE DIRECTOR LISA SIMER



The year 2004 was challenging. Many questioned whether WCRC could re-engage donors or

find new funding sources or attract new volunteers. I too wondered if we would weather the storm. Now as we enter 2005 we can be proud of what we have achieved.

We are grateful for the generosity of individuals who gave more than \$100,000 in 2004. Foundations also supported WCRC. Nearly \$148,000 was granted from Otto Bremer, the Randy Shaver Cancer Research and Community Fund, Charlson, Edwards Memorial Trust, the Oswald Family Foundation, St. Joan of Arc Justice Fund, Richard Newman Family Foundation, Medtronic, and the Women's Foundation of Minnesota. We have identified new potential funding sources for 2005 and we have requests pending with several of them.

We are still here and still serving women. In 2004, staff fielded 50 to 75 phone calls monthly and provided one-to-one services to more than 300 individuals. Support groups, Kindred Spirits and Caring Hands Touch served an additional 100 women. Nearly 200 women were referred for breast or cervical cancer screenings and we reached over 5,000 people through

Reflecting back, moving forward

presentations at health fairs, community groups, clinics, hospitals, and churches.

Our board of directors remains committed and engaged, with one new member and our hopes to add three more by year-end. New volunteers are also giving their time to the center. (See "Volunteers give gift of time.")

As staff focuses on our core services, volunteers are re-engaged in environmental issues. We continue to be active in Preventing Harm Minnesota and the Minnesota Environmental Partnership. The Environmental Action Group began meeting at WCRC in December, after a hiatus of several months and co-sponsored training on Smart Choices for 25 new volunteers in collaboration with the Children's Environmental Health project. Since January 2005, they have made 10 presentations to community groups.

Since 1993, WCRC has provided women with support, encouragement and the power to take charge of their cancer experience. Your belief in our vision and the importance of our work has been vital to our success and we are humbled by your overwhelming vote of confidence. Thank you for standing with us through both our challenges and triumphs. In 2005, we hope you will continue to walk with us.

In loving memory of Shannon

WCRC's former board member Shannon Swedborg died Dec. 27 at age 44 of breast cancer. Shannon came to WCRC for support and information and soon jumped into board activism and fundraising by holding WCRC's annual "Giving Voice to Hope" musical event/silent auction at the Quest nightclub in Minneapolis, where she was employed.

Shannon's personality was a mix of Audrey Hepburn grace and Nicole Kidman cool. Her enthusiasm for the work of WCRC never wavered. Her loving friends, Jill Holte Welden and Rev. Hal Welden walked with her on her last journey. Her family and all who knew her will miss her terribly.



WCRC PROGRAMS

Caring Hands Touch

Free massage and bodywork by trained volunteers. Call Barbara Deese, 952-435-2575.

Kindred Spirits

Peer support for women with cancer from other women who have experienced similar cancer or treatment. Call Barbara Deese, 952-435-2575.

Spiritual Director

For one-on-one appointments, call Jan Bucher, 612-925-5926

Woman to Woman

Individualized support for African American women. Call Betty Sanders, 612-822-1910 or cellphone 612-275-0174. Support for Laotian women, call Katou Souphaphan at Lao Women's Association, 612-374-4812.

Sisters in Harmony

A breast and cervical cancer cultural navigation program for African American and African women. One-to-one help guides women through the complex health system, locates community support resources, such as insurance or transportation, ensures completion of follow-up. Call 612-275-0174 or 612-822-4736.

Ongoing Groups

Normally held at WCRC at 4604 Chicago Ave. S., Minneapolis. Group times and dates may vary. Please call for current information, 612-822-4846 or 1-877-892-6742.

Environmental Activism Group

Volunteers who study the effect of carcinogens in our environment and work to make our future safer for ourselves and for coming generations. Meets the fourth Monday of the

month at the WCRC office.

Treatment Choices Group

Women explore complementary and alternative cancer treatment options in a supportive group environment. First and third Mondays, 5:00 p.m. to 7:00 p.m.

Ovarian Cancer Support Group

In collaboration with Minnesota Ovarian Cancer Alliance, 952-890-8775. Open to women with ovarian cancer at any stage. Second and fourth Wednesdays, 6:00 p.m. to 7:30 p.m. Note: Volunteer facilitators are needed for this group. Please contact Nancy Dahlberg at 612-822-5301 if you can help.

Breast Cancer Support Group for African American Women

Sponsored by the African American Breast Cancer Alliance. 11 a.m. on second Saturdays of the month. For information, call Reona Berry at 612-825-3675.

Caregivers Support Group

Respite resources and recognition of the men and women who share the care of a family member or friend with cancer. First Thursday of the month, 6:30 p.m to 8:00 p.m. A volunteer facilitator is needed for this group starting in May. Please contact Nancy Dahlberg at 612-822-5301 if you can help.

Young Women's Social Group

Cancer survivors age 18 to 35 meet monthly for social activities. Contact Nancy Dahlberg at WCRC, 612-822-5301 to determine interest level for this type of complementary therapy!

The **Young Women's Group** and the **Lesbian Support Group** are taking names of women to determine interest levels. Please call Nancy Dahlberg, 612-822-5301.

Volunteers give gift of time

HIGH-SCHOOLER BRINGS TECH SAVVY TO WCRC



Since January, Hannah Sheaffer, junior at Minneapolis South High School, has been the volunteer data entry assistant at WCRC, compiling the donor database on computers. She also works at a local bagel shop, plays flute in the school band, hangs out with friends and takes in movies whenever she can.

She is also in the process of checking out various colleges to help her make college decisions in the near future.

Hannah likes being at WCRC—"The atmosphere is really welcoming; the people are more than willing to answer any questions; they're flexible about when I can come in to help and they're so appreciative of the volunteer help they receive," she says.

But Hannah helps out for more than the atmosphere. Her mother died of breast cancer a little over four years ago. "Since then I have been interested in helping in organizations whose focus is to help people who have been diagnosed with cancer," she says.

WEBMASTER CLICKS WITH WCRC

For the last few months, Sara Masters has been updating WCRC's web site, www.givingvoice.org. Sara currently works for Colonial Church of Edina as the communications manager, where she manages Colonial's web site and works on various desktop publishing projects. She grew up in Minneapolis and attended Augsburg College where she received her B.A. in mathematics and her M.A. in leadership. Sara is a cancer survivor of seven years and is expecting her first child in August.



Treatment Choices Group: Intuition, empowerment and information

By PATRICIA WARD, PSY.D.

WCRC's Treatment Choices Support Group participants are wise and creative women who bring their intuition, experience and courage to health care decisions. The group fosters learning about holistic health care, which integrates mind, body, spirit and emotions in healing.



When Laurie Moser, WCRC's former assistant director, started the group in 1996, it was the only one of its kind in the country. I began facilitating the group with Laurie in 1997. It is an open group for women who have or have had cancer. We meet on the first and third Monday of the month from 5:00 to 7:00 p.m. We generally have a speaker once a month on some aspect of alternative or complementary care.

During my treatment for breast cancer and recovery from treatment, many generous people taught me the importance of "tuning within" and listening. Since there are a plethora of "cures of the week," finding what's right for us takes education and sensitivity to our particular needs. The shock of a cancer diagnosis often sends us scrambling to make changes in our lives. Changing old habits takes time; sharing with others on similar journeys makes the going easier.

We have had extraordinary speakers with a broad range of expertise. There are many opportunities to find an approach that may resonate with you. Here are just some of them:

- Cancer survivor Sid Levinsohn presented his "Quiet Miracles" series last summer.
- Karen Lawson, MD, from the Center for Spirituality and Healing, presented her approach to integrating holistic and medical care.
- Massage therapist Edwinna Sackariason led us through self-massage exercises that included lymph massage and Mayan techniques.
- Master Chunyi Lin described his experience with Qigong and practiced a healing on the group.
- Ceci Shapland, former WCRC director, life coach and healing-touch worker showed the group how to perceive energy fields.
- Alison Leavitt, MD shared her knowledge and approach to preventative medicine.
- Two acupuncturists, Colet Lahoz, talked about post-treatment conditions, such as candida and Dr. Xin Rong He, MD from China, instructed us in preventative care.
- Naturopath Allen Anderson; Richard Mayfield, DC; Jymme Golden, massage therapist and many others.

When you combine the friendship of women traveling your path with an opportunity to learn new ways to think about healing, even uncharted territories do not seem so foreign.

The Treatment Choices schedule is now online.

Upcoming speakers include nutritionist Darlene Kvist of Nutritional Weight and Wellness and Craig Hartel, healer and shamanic practitioner. Join us. New and returning members are always welcome.

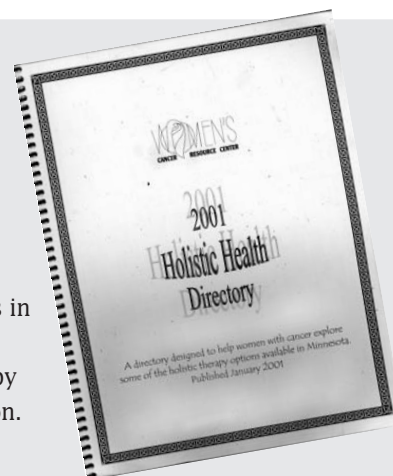
Patricia Ward has a doctorate in Clinical Psychology and is a former WCRC support and referral counselor.

2005-2006 Holistic Health Directory gets funding support

WCRC will update the popular Holistic Health Directory this summer through funding from the Health Education Consortium for Community Affairs (HECUA). The grant will allow us to hire an intern to develop

a survey, contact the listed practitioners and add new ones. Information will include resources for complementary and alternative approaches to enhance medical treatments. For more information or to be included, send an e-mail to

nancy@wcrc.org. This Partnership Internship Program is one of 20 paid internships for non-profits in Minnesota, Wisconsin and North Dakota, sponsored by the Otto Bremer Foundation.



WCRC HAS A NEW BROCHURE, THANKS TO SUPPORT FROM THE RANDY SHAVER FUND! IT INCLUDES SLIP-IN SHEETS DESCRIBING EACH OF THE SERVICES AT THE CENTER.



U of M studies quality of life after breast cancer; requests participants

Help the University of Minnesota School of Public Health understand the late effects of breast cancer on quality of life. They seek survivors who were diagnosed with breast cancer five or more years ago to help develop a quality of life

survey. Volunteers will be asked to complete the survey twice, with one week between survey administrations and be paid \$15 for their time. Call 612-624-7349 or email ahme0056@umn.edu to find out if you qualify.



WCRC board president Susan Hubbard and volunteer Sandra Brown meet with keynote speaker Winona LaDuke at the 10th Annual International Women's Day Celebration at the University of Minnesota on March 12.

PERSONAL STORY

Youth is no barrier to ovarian cancer

By JACQUELINE MARTIN

Hello. My name is Jacqueline Martin, I am 32-years old and I am going through treatment for ovarian cancer Stage IIIC. I never really had health insurance in most jobs I had in my life and only went to get my yearly pap smear at the local community clinic during my 20s and 30s. I went without real health insurance until age 32. I started working for an insurance company and decided to take advantage of my health insurance coverage right away even though at the time I really did not have any real health problems or health concerns of my own.

After I went in to get my annual health exam, I did notice that in my stomach there was a "lump" that felt strange and thought it was just lumpy fat and did not think much about it, but asked my doctor to take a look at it. The doctor felt my stomach and the area where I felt the "lump" and she said it might be best that I get an ultrasound right away to see whether it was something to take another look at or not.

I was sent to another clinic the next day and the doctor who gave me my ultrasound said that it was most likely an ovarian cyst but that I would need a CAT scan to get a better look at my ovaries and make sure. So I came back a couple of days later and went in for the CAT scan. I went back to work that day to wait for results. I got a call the next day from the

doctor who did the CAT scan. She told me to call Dr. Cheryl Bailey right away and not to wait, and that the doctor would talk to me about my CAT scan results.

I feel that's when it all really began for me. I was told I had two ovarian cysts and would have to schedule surgery right away to know better what was going on in my body. So on November 5, 2004, I went for my first surgery in my life. Two weeks later I was in for my first chemo session. They found two ovarian cysts; one was ten inches and the other five inches. I ended up having a hysterectomy and will never have a chance to have children.

But I do have a great outlook on my life since I have been on chemo. I have met some helpful people at the Ovarian Cancer Support Group at WCRC, and have had some Cranio Sacral treatments through the Caring Hands Touch program. I am really happy I had the health insurance coverage and I went back to work on March 9. I have a true understanding of being thankful for every day that I no longer have this disease in my body.



Environmental Activism Group continues with presentations

BY EAG CHAIR MARY SWENSON

This past summer, WCRC was financially pressed. The board had to cut programs that educated community groups about the links of environmental toxins to cancer.

The volunteer Environmental Action Group stepped in to determine how they might best continue the effort to publicize crucial information on the environment and cancer. This very dedicated and enthusiastic group decided to use our time and energy to promote the "Smart Choices" and "Preventing Harm" presentations to neighborhood groups, churches, colleges and community centers.

These presentations share crucial information rarely covered by mainstream media. The "Smart Choices" presentations focus on non-toxic household environments, looking at cleaning products, pesticide use, dry-cleaning chemicals, and more. It presents non-toxic products, including inexpensive and effective ones that can be made at home, such as "Alice's Wonder Spray" (see the recipe below).

The "Preventing Harm" presentations focus primarily on how to create non-toxic environments for our children. It looks at commonly used toxic plastic toys, flame retardants in clothes and furniture, use of chlorine, exposure to pesticides in and outside of the home, and children's increased sensitivity to these chemicals.

In December, we trained 25 volunteers to make these presentations. Both presentations empower us consumers to make financial choices about which products we purchase and which we avoid—a positive personal action we can take amidst the anti-environment policies in Washington. We can vote with our checkbooks!

The WCRC-EAG will also staff a booth at the Green Expo, April 30 and May 1 at the State Fair Grandstand. Come by and see us. We warmly welcome anyone interested (male or female) to join us for our meetings, generally the fourth Monday of the month, from 6:30 till 8:30 p.m. at WCRC. We are also planning another two-hour training session on the presentations. For details, call Julia Earl at WCRC, 612-746-4892.

Mary Swenson has led the Environment Action Group as a volunteer since the early 2000's. She has worked on the Pesticide Notification Act signed by Gov. Ventura, has helped with several environmental conferences and planned "Toxic Industry Tours." Her dedication to environmental health has continued even during a time of transition at WCRC. She has played a pivotal role in re-energizing the Environmental Action Group.



Want to clean up your home?

Stop using chemicals and try this effective, homemade all-purpose cleaner: Alice's Wonder Spray™ (from *Clean House, Clean Planet* by Karen Logan)

Combine the following ingredients in a 32 oz. spray bottle:

- White vinegar—1/4 cup
- Borax—2 tsp.
- Hot water—almost fill bottle
- Liquid Dish soap—1/4 cup. Add last (try Palmolive or Seventh Generation)
- Essential oil—10 to 15 drops (optional, for scent. Try lavender or lemon.)

Phosphorus lawn fertilizers—they're so 1990s...

As of January 1, 2005, fertilizers with phosphorus can't be used on Minnesota lawns (the 2004 law banned such fertilizers in the

metro area only). The law doesn't apply to agriculture or golf courses, and existing stock can still be used, but it's a start...Controlling phosphorus helps protect water resources. The phosphorus content is the middle number on the bag. It should be zero. See the Agriculture Dept. website, www.mda.state.mn.us.



Perchlorate level in human milk exceeds regulator's 'safe dose.' A *Wall Street Journal* article Feb. 23, 2005, reported on a study finding that twice the "safe" level of perchlorate was found in human milk samples. Perchlorate is the main oxidizer in solid-rocket fuel and other weapons. It disrupts the production of thyroid hormone, needed for brain development. The Texas Tech study has heightened concern that the Bush administration has buckled to industry pressure and left infants unprotected against a dangerous and widespread chemical, the article reported.

THANK YOU

WE EXTEND A GRATEFUL THANK YOU FOR GIFTS RECEIVED FROM SEPTEMBER 18, 2004 TO MARCH 17, 2005.

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 Julia Adams
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ROSALIE GOLDSTEIN

Rosalie Goldstein

IN CELEBRATION OF JULIE GOTTESLEBEN

Donna Kurimay

BIRTH OF GRANDAUGHTER

Lynn Golberstein

JEANNE HARDING

Joan Larkin

CINDY HELPHREY

Lisa & Karl Simer

DOROTHY HERMAN'S 70TH BIRTHDAY

Stacy Allen

JANET HOSCH

Ellyn Hosch

CAROL JOHNSON

Kay Richardson

JULIE JOHNSON (12-YR. SURVIVOR)

Julie R Johnson

EVELYN JOYAL

Patricia Slater

MARILEE KINNEY & DAN LEVENDOWSKI

Lisa Knaezen & Dennis
 Levendowski

LAILA

The Ingbers

EVE LASENSKY

Lynn Golberstein

SARA LEEDOM

Brandon Lacy

DEBBIE LEWIN—BEST WISHES FOR A QUICK RECOVER

Lynn Golberstein

ETHELYN MADISON & LUCILLE ALME

Judy Alme

JOYCE MALMON

Sue & Martin Ring

MIRAM MAPLES

Ruth Maples

SUSAN MAPLES' BIRTHDAY

Lorrie Louder

LAURIE MOSER

Howard K Bell

MY MOTHER DOROTHY, MY SISTER ROBIN, AND MANY FRIENDS

Wendy R. Amundson

GLORIA MUNGIN

Darlynn Benjamin

Dianne Newman

Kristine Picha

OTHER SURVIVORS

Julie Gottesleben

OVARIAN CANCER SUPPORT GROUP

Brenda Douville & Kathy
 Capra

CORA PEPPER

Lisa & Karl Simer

MARY PESEC

Osh & Marian Altrowitz

MIKE ANTHONY & CHRISTIE-

ANNE ROEHL

Ruth Duhamel

LEE ROEHL & CHIP BALDWIN

Ruth Duhamel

Thank you list continued
 on Insert Page A

THANK YOU

You can give to WCRC in so many ways!

- **Online.** Gifts in honor of, in memory of, or just in general to support the work of WCRC are now easier than ever to make. Just log on to www.givingvoice.org for a secured site to use your credit card for giving a tax-deductible contribution.
- **Through a will.** Do you have a written will? Many of us don't. Unfortunately, that means state law decides how property will be distributed at death. It's wise to have an attorney help you write a will or make sure a current will is valid (moving to a new state could invalidate a will). When you write your will or trust, ask your attorney to add a gift to WCRC. We would be grateful and happy to provide information for your attorney. If you have already designated WCRC in your will, please let us know.
- **With appreciated stocks.** For a great tax break, you may be interested in donating appreciated stock to WCRC. When you give, you can take a tax deduction for the current price of the stock and you avoid capital gains taxes on the appreciation. Stock must be held more than one year.
- **By giving a used car.** Instead of trading in your old car, you can donate a car or vehicle and receive a tax deduction for its value when it is re-sold. WCRC has set up a program with The Vehicle Donation Center (TVDC) to receive 85 percent of that value.

Call Lisa Simer at 612-746-4890 for details on any of these options. We are so grateful for keeping WCRC in mind when you plan your charitable giving.

**WISH LIST—
If you can help, call
Benita Robinson at
612-822-4719.**

Volunteers:

- Volunteer management assistant
- Marketing assistant
- Statistics: create and implement
- Assemble information packets
- Receptionist
- Staffing at health fairs and community events
- Master gardener
- Resource manual updates
- Environmental handouts and research
- Resource library volunteer
- Support group facilitators
- Administrative support/general office
- Speakers Bureau volunteers to present WCRC information to community groups and churches
- Technology volunteer

Items:

- Digital camera
- Tea/sugar/creamer for support groups
- New refrigerator
- Sturdy wooden bookcases (four or more shelves) good condition
- Conference table and chairs (expandable to seat 10 to 12)
- CD/radio combination

THANK YOU

Thank you list continued from Page 7

SANDY RUMMEL
JoAnne Collins

CECI SHAPLAND
Evelyn Shapland
James Shapland & Maryam Beltran

MY WONDERFUL SISTER—CECI SHAPLAND
Jane B Fethers

LISA SIMER
Chris Gambino
Edwina Garcia
Carol K Johnson
Lee Ann Murphy
Karl Simer

JENNIFER & MIKE SIMON FAMILY
Ruth Duhamel

BRENDA STEVE & RICHARD PARNELL
Joe & Betsy Parnell

MARY SWAN
Barb Johnson

KATHY THORSON
Patricia Slater

JEANNE VOIGHT
Dennis Dahlberg

LORETTA WALKER
Jana Sauer

PEGGY WALKER
Erika Walker

WCRC—ALL THE GOOD WORK YOU DO

Susan Hubbard
Gloria Olsen

JAN WEIGENANT
Jennifer Krause
Cara Letofsky
Lori Mathews
Cathleen Royce
Joan Staveley

KAY WELSCH
Delane Welsch

BARBRA WIENER
Amy Lange
Deborah & Polly Talen

BARBRA WIENER'S BIRTHDAY
Terese Pritschet

JANE WILLANDER
Ardys Korstad

NATASHA YATES
Lance Barker

LESLIE YODER
Susan Brown
June M. Wheeler

GIFTS IN MEMORY OF:

KATHERINE ANDERSON
Sharman Barrett

CHRIS BELLE
Molly Fraker

MURIEL R BERKSON
Susan J. Berkson

DIANE BEYER
Ruth Hayden

DONNA BLUMBERG
Don Blumberg

ELAINE BOROUGHS
Sonja Kemen

PAT BROWN
Marie S Otto

PATRICIA MARIE BROWN
Judy Prokosch

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Mary Ann Matson

JOHN PATRICK CAVANAGH
Patrick & Mary Cavanagh

BARBARA CHRISTIANSEN
Donna Johnson

JOLEEN CZECH
Lou & Sook Holdridge

WONDERFUL MOTHER HELEN DAHLEM
Janet Dahlem

PEGGY DEVRIES
Patricia Ward

DIANE DIEGLE
Rita Dungey

FRANK DILLON
Joan Larkin

JULIA ELHARD
Donna Kurimay &
Julie Gottesleben

JANICE EPSTEIN
Marie S Otto

FRANCINE FEINBERG
Judith Spiegel

MY BROTHER JERRY FREEBERG
Lynda Borchers

JUDY GRIEP
Mary Ahler
Betty Beier
Roseann Rogers
Ceci Shapland

MY BROTHER-IN-LAW'S MOTHER—HAATAJA

Carole Lueders

KAREN HALVERSON
Gwendolyn Whitmore

GRACE HINSA
Deborah Barnett

ELVERA HOLMQUIST
Kristi Holmquist

ANGELA P &

ALFRED W HUBBARD
Susan Hubbard

ANNE HYLAND
Donna Johnson

MEREDITH JACOBSON
David R Jacobson
Lisa & Karl Simer

SARA JOHNSON
Susan J. & Jack Graber

MONITA JORSTAD
Paul Jorstad

SHANNON KANGAS-SWEDBERG
Nadine & Dean Bornitz
City Pages
Frank & Joan Haataja
Lou Holdridge
Dianne Jewell
Donald Kotula
Carole Lueders

Laurie Moser
Susan Hubbard
Sue McLean
Ceci Shapland
Ellie Slette
Jill Willis

PAMELA KAUFMAN
Sean O'Meara

NANCY KELLY
Galen & Maryanne Sonnek
Thomas Glaser
Laura Melnick &
Mark Dahlagery

MY MOTHER VALERIE KLEIN
Debbie Klein

SHELLY KRAINES
Eva Kraines

JOAN LAKE
Gretchen Blank
David Fawcett
Col. Ret. J. Fleming
Donald & Frances Lamm
Douglas & Danna Schultz family
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AUNT FRAN MCGRAW
Lucy Osojnicki

DORIS A MIEROW
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BETH MILLIGAN
Sarah Milligan-Toffler

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Ruth Hayden

DAVE OLDS
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Bonnie Heisler
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Phyllis & Lory Palmer
West Acres Development
David & Martha Wheele
Mark & Barb Wieland

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Sue & Chase Cornelius

MARY H PETERSEN
Eric & Joan Petersen

HARRIET ELIZABETH PETERSEN
Carol Petersen

CHAR RESSLER
Kathy Simpson

SHELLEY ROSS
Philip & Carolyn Brunelle

MARIE RUMPZA-HEIMERL

Sharon Slettenhaugh

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Mary Beth Cutting

MIKKI SHEFFER
Molly Remond

SARA SILVERSTEIN
Jill & Brad Johnson

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Lee, Avi & Yoni Reinhartz

CLARA GROLEMUND STEVE
Brenda E Steve

DIANE L STROM
Alice E. Nopola

SUSAN SUMNER
Chernah Coblentz &
Kathleen Hagen

JEAN MORSE WAINWRIGHT
Lois & Jack Davis
Lucille Miller

JANET WILLS
Corrine Fritz

CAROL WOEBKE
Kristin Woebke

COMMUNITY & IN-KIND SUPPORT

Jennifer Woebke Tong
Mpls Branch AAUW
The Advent Group, Inc.
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Minneapolis Foundation
Otto Bremer Foundation
Sandra Brown
Charlson Foundation
Church of St. Joan of Arc
Rose Collins
Colonial Cleaners
Community Harbor
Barbara Deese
Dodge Nature Center
Edwards Memorial Trust
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Gladys Estenson
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Eliza Mitchell
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Children Child Care
Barbara Pilling
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of The Minneapolis

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Barbara Prihoda
Catharine Reid
Catharine Reid Fund—A Fund of
the Headwaters Fund
Randy Shaver Cancer Research
and Community Fund
Hannah Sheaffer
Karl Simer
Cher Simer
Speaking of Women's Health®
and the Community
Investment Grant Program
Cheryl Throngard
Cynthia Waters
Barbra Wiener
Women's Foundation of
Minnesota

While we make every effort to ensure the accuracy of this donor list, from time to time errors may occur. If your name is misplaced, misspelled or omitted, please contact Kristen Blue, Women's Cancer Resource Center's operations manager at 612-746-4891 so that we may correct our records. We apologize for any incorrect information this newsletter may contain.

Now you can give to WCRC online

Gifts in honor of, in memory of, or just in general to support the work of WCRC are now easier than ever to make. Just log on to www.givingvoice.org for a secured site to use your credit card for giving a tax-deductible contribution. We are so grateful for keeping WCRC in mind when you plan your charitable giving.