



Mission

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

Thank you list continued from Page 7

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We apologize for the following errors/omissions in the donor list of our Spring, 2004 issue.

INDIVIDUAL SUPPORT:

Kay Wicker	Catharine Reid
Nancy Okerlund	Barbra Wiener

GIFTS IN HONOR OF:

THE MARRIAGE OF CINDY PALMER & MARK SINNER

Dina Ferrero and Jodi Peterson

Marne Moe was incorrectly listed as Marne Moekk.



CANCER RESOURCE CENTER

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CALENDAR & RESOURCES

Ongoing

The Environmental Action Group meets the fourth Monday of the month at WCRC. Call the center at 612-822-4846 for more information.

November

19—"The Relaxation Response – How to Counteract the Harmful Effects of Stress," by Dr. Herb Benson, founding President of the Mind/Body Medical Institute and Harvard Medical School. 8:30 a.m. to 10 a.m. Coffman Union, U. of M. Free. Call the Center for Spirituality and Healing at 612-624-9459

February 2005

23—Protect Our Water Citizens' Day at the Capitol, call Julia Earl, 612-746-4892, FFI.

24-27—Winter Northwoods Retreat for women, survivors of any type of cancer (no special fitness level required.) Elbow Lake Lodge near Lake Vermillion. Skiing, snowshoeing, dogsledding, hiking, starwatching. No formal support groups, but encouragement, journal writing, good talk and reflection. Judith Niemi, Women in

the Wilderness director, in cooperation with the Humphrey Cancer Center, North Memorial Hospital. Reasonable cost and scholarships available. Call 651-227-2284.

Websites you may want to visit:

Breast Cancer Action. Check out their newsletter (also in Spanish) at: www.bcaction.org

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.

Mautner Project for Lesbians with cancer: www.mautnerproject.org

National Lymphedema Network: www.lymphnet.org

In the WCRC lending library:

"Caregivers Survival Handbook," "Teens with Cancer," "Our Mom has Cancer," Managing Cancer; The African American's Guide," "the Lakota Way," and "100 Questions about Ovarian Cancer."

WISH LIST—If you can help, call Lisa at 612-746-4891.

Volunteers:

- Volunteer management
- Marketing
- Statistics: create and implement
- Holistic providers directory
- Information packets
- Reception
- Staffing at health fairs and community events
- Master gardener
- Resource manual updates
- Environmental handouts and research
- Video reviewer and book return phone person

for library

- Support group facilitators
- Administrative support/general office

Items:

- Digital camera
- New refrigerator
- New dishwasher
- Fax machine (small desktop size)
- CD player (working and in like-new condition)
- Sturdy wooden bookcases (4 or more shelves) good condition, need two sets.
- New TV/VCR/DVD combination player

WCRC moves forward with new vision

After a year of working nearly full time on organizational transition, WCRC board members are excited and hopeful about changes taking place at the center.

"At this time last year, the center was in administrative and financial crisis," says board member Catharine Reid. Staff had grown fast, to 18 full- or part-time employees. At the same time, the center experienced unfunded grant requests and foundation funding cuts.

By January, the board realized WCRC could not make it through the year. "We were stuck. It was time for us to make some difficult decisions," says Reid. "We began to consider the staff and programs we could keep—psychologically and energetically—in order for the center to stay afloat."

The board met regularly, often weekly. They hired Cincinnatus, a consulting firm for non-profits, and interim executive director from Cincinnatus, Cathy Jacobson. In April, Marcia Cushmore, formerly with the U of M Humphrey Institute, volunteered to help clarify next steps. Programs were cut and staff was trimmed to four.

"It was a very difficult time. Dropping our environmental activism, cutting back our Cancer Guides program, and laying off talented staff members was extremely controversial," says Reid. "But we knew if we didn't act we would not survive."

In September, the board hired executive director, Lisa Simer, who met with founder Barbra Wiener and past executive director Ceci Shapland for background information. (See page 2 for a note from Lisa.)

A new vision statement integrates the work of staff members Benita Robinson, Betty Sanders and Nancy Dahlberg, so that, with cross-training, all three will help callers and center visitors. There will also be greater training and utilization of volunteers, many of whom have enthusiastically taken up work that needs to be done.

"We are proud of the center's work in its 12 years in the Twin Cities," Reid says. "We were forward-looking when we initiated programs like complementary care, cancer activism, and unique support for young women, women of color, lesbians and caregivers. Other organizations have emulated our work. We know we will continue to do groundbreaking work in the future."

Cancer activism is still a vibrant part of the center's work. And while environmental activism is on hold, WCRC still provides environmental literature, resources and prevention strategies, and the board remains open to reviewing the program with Simer. But staff and board will go forward together at a more thoughtful pace as the center moves into 2005, says Reid.

Randy Shaver grant brings new counseling room and library resources

In Sept. 2003, WCRC was the fortunate recipient of a grant from the Randy Shaver Cancer Research and Community Fund to help upgrade our library and to create a counseling room.

At the time, most building space was used for individual offices. We needed a confidential, less office-like

place to meet with women who come to the center for services. So we remodeled one of our offices to create a counseling room. Betty Sanders, Woman to Woman program coordinator, and Nancy Dahlberg, support services coordinator, chose furnishings to create a peaceful, nurturing space that

welcomes women. We are very excited with the results!

In the WCRC library, many books and resources were lost in 11 years of lending. The grant helped replace some of the most-used resources and expand materials for caregivers, children and teens, multi-cultural health and body, mind, spirit materials. Elizabeth Mitchell, WCRC'S

highly valued library volunteer, and Nancy Dahlberg compiled resources. The library also has a computer and printer for web searches. Staff can assist anyone unfamiliar with using the Internet.

We thank the Randy Shaver fund for these new additions. Please stop in and see the changes!

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@wrcrmn.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

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

Kristen Blue, operations manager, 612-746-4891

Nancy Dahlberg, client support staff,
612-822-5301

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

Amina Richards, client support services assistant,
612-822-4736

Benita Robinson, client support staff,
612-822-4719

Betty Sanders, client support staff, 612-822-1910

Lisa Simer, executive director, 612-746-4890

Katou Souphaphan, Lao outreach coordinator,
612-374-4906

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

ADVISORY BOARD: Jackie Hunt Christensen, Dr. Amy Spomer, 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 seeks new members. 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 BOARD PRESIDENT SUSAN HUBBARD



Last year, about this time, the board began an eight-month process of change that ultimately delivered tremendous gifts. To be honest, at the start of this adventure, if you asked me or any of the other wonderful women who serve on the board how we felt about moving forward, this quote by Marilyn Ferguson might have expressed it nicely. *"It's not so much that we're afraid of change or so in love with the old ways, but it's that place in between that we fear...It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to."*

But really, it wasn't that bad because there was something to hold

A good hold on the trapeze of change

on to! We had each other and we had you; the amazing women who work, donate and volunteer at WCRC. We also had our shared values and the determined desire to support women with cancer. It was enough to lead us to Lisa Simer our new executive director. When you read her welcoming letter you may get a sense of what many of us now genuinely know—she is the right person to lead WCRC to its future.

Of course we still face the fiscal woes that all nonprofits grapple with and we really do need your support. But today, WCRC has a better hold on the trapeze of change with bright new leadership and a recommitted staff and board. I know you will agree that keeping WCRC accessible as a safe landing place for any woman with cancer is well worth our efforts.

A NOTE FROM EXECUTIVE DIRECTOR LISA SIMER



Like many of WCRC's supporters, I am a cancer survivor—diagnosed with breast cancer nine years ago. My personal experience with the health care system opened my eyes to the importance of asking questions, pushing for answers, and taking charge of my own health. I realize how fortunate I was to have had access to both information and a strong support system that helped me focus on healing. Not everyone has that luxury. Being a part of the WCRC is like "coming home." I now have a chance to give back some of what I received from my family by drawing on my personal experience and skills to help other women with cancer.

Although I have been here only since September, I feel WCRC is where

Coming home...

I belong. My 20-year nonprofit experience includes working in community-based programs, consulting in environmental, health and human service and educational organizations.

For the past three years, I have been "on the other side of the table" at The Minneapolis Foundation. In that role, I not only made grants but also talked with organizations about the funding challenges they face in the current economy. What I have learned is that the organizations that survive are those with clarity of mission, a focus on core services, strong support from individual donors, and committed staff, board and volunteers. I believe that description fits WCRC and I look forward to being a part of this amazing team and working to *support women in taking charge of their cancer experience.*

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

Available 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, 612-374-4906.

Support 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.

Note: The Young Women's Group and the Lesbian Support Group are on sabbatical. We are taking the names of women interested in these groups to determine if there is enough interest for the groups to resume. Please call Nancy Dahlberg, 612-822-5301 to inquire about these groups.

Treatment Choices

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.

Breast Cancer Support Group for African American Women

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

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.

Young Women's Social Group

Are you a cancer survivor age 18 to 35 who would like to meet monthly for social activities? Contact Nancy Dahlberg at WCRC, 612-822-5301 to help us determine interest level for this type of complementary therapy!

Caring Hands Touch and Kindred Spirits now volunteer-run

For the past two years Nancy Dahlberg, support services coordinator, has staffed the Caring Hands Touch and Kindred Spirits programs. Nancy will no longer be responsible for the daily coordination of these programs and will be supervising our new volunteer coordinator for these programs: Barbara Deese.



Barbara Deese

Barbara has volunteered at WCRC for nearly a year and has been a tremendous asset to the organization. She has a variety of valuable skills and has assisted us in countless ways throughout our agency transition.

Barbara is a breast cancer survivor, bringing knowledge, insight and empathy to her position. Barbara is a warm, caring and compassionate woman and is a valued member of WCRC's team.

If you are interested in Caring Hands Touch or Kindred Spirits, contact Barbara at 952-435-2575, barbarad@charter.net or Nancy at 612-822-5301, Nancy@wcrcomn.org.

Why I volunteer for Caring Hands Touch

KATE C. PERRY CMT, CHTP

I began volunteering massages and Healing Touch at WCRC in 1994 following my own journey with breast cancer. It is an honor to be part of women's experience during a time of difficult treatment decisions and coping with all the feelings that accompany this disease. There is no doubt in my mind that I receive more than I give.

First of all, I have the opportunity to support women while they move from a point of uncertainty and anxiousness to a point of relaxation, comfort and hope, even if it's for a short time during session. I provide a nurturing environment that supports deep relaxation—a comfortable room, soothing music, warm towels and bodywork that promotes a sense of safety and being cared for.

One woman undergoing treatment for melanoma came for six sessions. She talked about coping with cancer and returning to a stressful job. By the end of each session I could feel her relax and put aside her worries and concerns. She seemed more able to return to her life with renewed confidence and hope.

What a gift it is to be a part of the cancer journey with so many strong and brave women. I know my connection with women like myself has played a major role in my own healing.

THE GIFTS OF HEALTH AND HARMONY—

How Sisters in Harmony helps women of color navigate the system

BY DARLYNN BENJAMIN

On any given day, Black women face medical care barriers, like lack of insurance, discrimination and isolation. They have more undetected diseases, higher illness rates, more chronic disorders and the worst health outcomes. Many women of color of all ages and backgrounds have never had a Pap smear, a breast examination, pelvic examination or a complete physical.

Black women die from breast and cervical cancer at higher rates than other groups.

Some reasons include late detection and tumors that are more aggressive and less responsive to treatment. There also may be cultural belief differences and treatment biases of health care providers.

African American and African women often feel lost or alienated in our complex health care system. Diagnostic services are un-coordinated, with long delays or patients bounced from physician to physician. Information can be confusing, often conflicting. With each step, fear, anxiety and diagnostic costs increase.

With funding from the “Eliminating Health Disparities Initiative” of the Minn. Dept. of Health, a coalition of community organizations and cancer survivors designed a culturally based system of health care services for African American and African women. A creative community coalition emerged, called “**Sisters in Harmony**,” with the following goals:

- Address the cultural, medical and social needs of women requiring cancer screening and detection services
- Assist with locating referrals and resources

A client's story

My name is Wanda and I am a three-year breast cancer survivor. Like the old saying “What you don't know can hurt you,” I found out that is so true, because I didn't know and didn't want to know about breast cancer. At 33, I didn't think I had to worry about it. I was healthy, young, and never thought that the bump on my right breast that had been

there for three years would be breast cancer. I didn't have health insurance; I worked two part-time jobs. With three kids I sure didn't have time to go to the doctor. And I sure didn't have time for breast cancer...but it made time for me.

My girlfriend gave me some information about **Sisters In Harmony** services that were free or low cost. I qualified for the breast and

- Help women cope with the psychological shock of a cancer diagnosis
- Help patients to navigate the complicated health care system to receive proper cancer treatments
- Reduce obstacles to patients' follow-up appointments
- Educate, support and advocate for women when they are unable to do so themselves
- Encourage women to be active partners in their overall health and well-being.

Sisters in Harmony is a multi-disciplinary, interagency referral system for African American and African women in Minneapolis/St Paul. Its seven community agencies are: Africa Solutions, African American Breast Cancer Alliance, African American Family Services, SAGE—Breast and Cervical Cancer Detection Program, Moore Board & Lodge, Southside Community Health Services, and the Women's Cancer Resource Center.

Each agency provides a cultural navigator to help women “navigate” through the health care system, providing one-on-one support and follow-up services for breast or cervical cancer, including prevention education and wellness planning.

To have healthy communities, we must have healthy people, and women must be healthy individually and collectively. This can be accomplished by building effective culturally based service and support systems so women can cope with diagnosis, complete their treatment and move on with their lives.

Our motto is: “African American and African women... Sisters...getting connected, getting healthy, in the spirit of culture and harmony...they deserve that.”

For more about the Sisters in Harmony Cultural Navigation Program, call WCRC at 612-822-4846.



cervical cancer screenings.

The doctor found I had an aggressive cancer and needed surgery and chemotherapy. I was so scared! I went home and cried for hours. I called the agencies in the brochure and found a patient navigator that also had breast cancer. She explained the surgery, chemotherapy, and even showed me her lumpectomy scar. So I had a mastectomy, radiation

therapy, chemotherapy, and a breast reconstruction. The navigator, a really cool sister name Jean took me to appointments and found me a support group. I'm still nervous about breast cancer, but I'm doing fine. I'm glad I found Sisters in Harmony, because what I know now saved my life and now I have time to live my life.

Complementary medicine: People

By JAN BUCHER

When we have a life-threatening illness, many of us do not want to sit back and let the driver (doctor) make all the decisions. Doing something for one's self provides a certain amount of choice and power. Thus the multi-layered interest in complementary medicine, an exciting maze of information. Along with conventional choices, it can all feel overwhelming.

In 1998 I was diagnosed with lymphoma. I immediately looked for a cancer support group, but it wasn't until two years later that four amazing women gathered. It is now four years of meeting monthly to be ourselves: mad, silly, serious and bonded.

As we gather, we do much head nodding because we understand cancer's challenges. Two of us had breast cancer, two of us have lymphoma. We are like siblings: we love each other but are different in our approach to skating on ice. Three of us looked for ways to supplement their protocols. Katherine chose weekly massage and a naturopath. Delle works with a shaman for intense visualizations. Carolyn learned about vegetarian and raw foods.

I was not drawn to those forms of complementary medicine and kept doing what I usually do: eat healthy, walk a lot, play with a circle of friends, see my clients. And worshiping at my church, a small and intimate circle.

Last June I had a second recurrence. An oncologist at the U of M recommended a stem cell transplant. My own stem cells would be collected. Then hospitalization, where I would receive high doses of chemotherapy. Two days later my stem cells would be returned to my body. We were stunned that such a serious next step was needed. We cried and called everyone.

The march of abundance began with that first phone call. My husband, Steve Blons, and I are both self-employed. Our income loss was big. My family called and surrounded us with love, rosaries and money.

People drove me to the clinic daily. They brought delicious dinners, so enticing I could not not eat. My sister, a nurse, came for two weeks because I could not be left alone. Julie, a friend and librarian sent a poem every day. In the maze of medical procedures, my nurses were essential to my handling grueling days in the clinic and hospital. They believed I would heal

quickly. I surprised even them.

People healed me. The on-call doctor



Jan Bucher (second from right) receives another dose of complementary medicine: love and support from friends Denny, Libby, husband Steve and Nan (left to right).

said, "We know what we are doing with anti-nausea medication for these high doses. What are you doing?" I said we had high doses of people. I offer compliments to my complements.

My way was not so different from that of my four friends, just one more way of healing. Essayist Nancy Mairs quotes a UCLA study that speaks of tending and befriending. "Estrogen-bearing creatures have a tendency, when under threat, to take care of the children and to find their friends."

Recently, a friend called at 10 p.m. She had fallen and sprained her ankle. On the way to pick her up, we both smiled. The circle of giving continues. For five months we received bushels of gifts. Now we were strong and could turn around and offer complementary medicine to her.

Jan to give back to WCRC

Following her initial diagnosis, WCRC was the first stop for Jan. On a Saturday morning, entering a circle of women, she told them she was afraid of dying. Three young women, all mothers, told her they would die within the month. They were peaceful and unafraid. Jan will never forget their courage.

Jan, a Minneapolis psychotherapist, has agreed to be spiritual director for WCRC. She describes spiritual direction as a conversation in which both people are listening for the presence of God and the life questions of meaning and purpose. One-on-one appointments can be scheduled for four sessions at no cost, with a fee for additional sessions. Call Jan at 612-925-5926.

Presentation BY JUDY GRIEP

In the giving of information
 Presentation is everything
 When the news is shocking and hard to hear
 It cannot be hurled at the receiver
 Like a rock
 Shattering any window of hope
 And threatening what lies beyond.
 How much more thoughtful
 If the presenter
 Could contain the contents in a covering of care.
 Not to disguise the outcome
 But the cradle the heart when its core is shaken
 And shelter the soul as it seeks safety.
 Kindly consider wrapping reality in respect
 With ribbons of love and encouragement unfurling.

Before giving another nickel or dime to breast cancer research: “Think Before you Pink”

BY BARBRA WIENER, WCRC FOUNDER

More than 30 federal agencies, dozens of private foundations and pharmaceutical companies give money for breast cancer research. Each October, hundreds of organizations host events to raise money for such research. Yet, of the millions of dollars pouring into this research, no one knows exactly how much money is raised or where it is going, according to Breast Cancer Action.

Barbara Ehrenreich, author of “Nickel and Dimed: On (Not) Getting By in America” recently collaborated with Breast Cancer Action to urge givers to question how funding is used.

“I would have screamed bloody murder had I known years ago when I had breast cancer how poorly coordinated funding and research on this killer disease is,” said Ehrenreich, who encourages women and men to ask funders to coordinate efforts to find the environmental causes of, and more effective and less toxic treatments for breast cancer.

The Breast Cancer Action one-minute internet movie, “Think Before You Pink,” highlights the disjointed nature of this research and encourages consumers to be more savvy about how, and to whom, they give in the breast cancer field. See www.ThinkBeforeYouPink.org.

Despite breast cancer research during the 20 years since corporations created Breast Cancer Awareness Month, rates continue to rise.

“Solving breast cancer is like a jigsaw puzzle. But researchers and funders aren’t looking at the big picture and working to fit the pieces together,” said Barbara Brenner,

executive director of Breast Cancer Action and breast cancer survivor, herself. “What we do know is that far too many of us are getting and dying from this disease. We can’t let this fractured approach to breast cancer research continue.”

WCRC is committed to asking the hard questions: why are the numbers of young women and children diagnosed with cancer increasing? What part does our polluted environment play in cancer? How do corporations benefit in promoting “pink products”? How can we best take action to prevent cancer?

WCRC has been active in the Alliance for Accountability in Breast Cancer (Follow the Money) for three years. Our alliance of cancer activists from around the country demands that corporations sponsoring breast cancer fundraising be transparent about how much they raise and where the money goes.

We have focused on the Avon Company, which raises the most corporate money with their events and products. After much communication with Avon, we are disappointed that Avon continually refuses to meet with us to discuss where the money goes. We encourage you to be informed about how and to whom funders give. For more on Follow the Money visit <http://www.bcaction.org/Pages/LearnAboutUs/FollowTheMoney.html>.



Care about children’s health and cancer prevention? Join this WCRC partner

BY JULIA EARL, PREVENTING HARM MINNESOTA

With epidemic rates of children’s asthma, particularly in children of color, increased learning and behavioral disabilities and rising childhood cancer rates, Preventing Harm Minnesota (PHM) was formed two years ago. Our goal was to cut the rates of these devastating illnesses and we believe we can by reducing children’s exposure to toxins.

We have hosted several successful workshops on the Precautionary Principle to bring us up to speed on precaution and how it has worked elsewhere in the country. Some nationally recognized speakers were: Joan Reinhardt Reiss (Breast Cancer Fund and Bay Area Working Group), Tina Clarke (The Alliance for Sustainability in Massachusetts), Joel Tickner (Lowell Center for Sustainability and “grandfather” of the Precautionary Principle), Carolyn Raffensperger (executive

director of the Science Environmental Health Network) and Lois Gibbs (from the Center for Health Environment and Justice).

Our founding partners were environmental and health organizations, including Women’s Cancer Resource Center, Clean Water Fund, Minn. Center for Environmental Advocacy, Minn. Environmental Partnership, Minn. Children’s Health Environmental Coalition, and Institute for Agriculture and Trade Policy. Each has brought in amazing strengths, from policy expertise to grassroots mobilizing.

Now we want to expand. We work with CIRA (Chemical Injury Resource Association), Blue-Green Alliance (a coalition of labor and environmental organizations) and others. If you want to get involved as an organization or individual, call me at 612-746-4892. If you give presentations, work with policy initiatives, or want to support this work financially, we welcome you!

THANK YOU

WE EXTEND A GRATEFUL THANK YOU FOR GIFTS FOR GIFTS RECEIVED FROM MARCH 10, 2004 TO SEPTEMBER 17, 2004.

INDIVIDUAL SUPPORT:

Anonymous
Joseph & Sarah Beier
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OUR COLLEAGUE, JAN JENTINK
The Sunshine Fund

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ADRIENNE L. KAPLAN
Florence Elliot
SHERRY KNAPP—WHO IS FIGHTING BREAST CANCER
Debbie Ortman
BETH LARSON
Karen Williamson
LESLIE LARSON
Vivian Neiger & Tim Glaros
KRIS LEEDOM
Sara Leedom
SARA LEEDOM
Brendon Lacy
MARRIAGE OF PETER MCLAUGHLIN & NANCY HYLDEN
Leah Horowitz
SUE MITCHELL
Chris Mitchell
MIRANDA MOSS
Miranda Moss
MOTHER, DAUGHTER & ME
Delores Sorenson
MY FAMILY'S GOOD HEALTH
Delores Sorenson
NANCY MYHRE
Gail M Beuning
JACKIE NIEMAND & SUZANNE SISSON
Connie Abbott & Deanna Foster
GINGER BELL OHMANN
Margie Schmidt
CATHARINE REID & BARBRA WIENER
Barbara Brenner & Suzanne Lampert
CECI SHAPLAND
Evelyn Shapland
CECI SHAPLAND'S HEALING TOUCH
Ellie Slette
ED & CECI SHAPLAND ON THEIR NEW GRANDCHILD
Lili & Barry Garfinkel
LISA SIMER
Karen Kelley-Ariwoola
JAN SKOGSTROM
Susan Sobelson
SUSAN SOBELSON
Gladys Folkers
SHANNON SWEDBERG
Jill Holte Weldin
MARY SWENSON
Barb Johnson
Connie & John Marty
PASTOR CAROL TOMER
Pilgrim Lutheran Church
JEANNE VOIGHT'S BIRTHDAY
Dennis C. Dahlberg & Lorna M.
BARBRA WIENER
Connie Abbott & Deanna Foster
Vic Rosenthal

TIM WUEST
Fred & Pat Wuest
NATASHA YATES
Liv Tollefson & Greg Wolsky
MURIEL BERKSON
Susan Berkson
JEANNE BREITENSTEIN
Dee & Lynn LaFroth
NORMA BUTLER
Brenda Brookman
BILLIE CASSELL
Jim Schattaner
JULIE KAY CHRISTENSON
Stephan Christenson
MARSHA DARLING
Arlene Lutenegger
CORA MAE & ELMER DAVIS
Sally Davis Coffman
CHRIS FORTH
Nancy Okerlund & Susan Kaplan
LOU FULLER
Beverly Propes
JANET GOCHBERG
Karen & Howard Gochberg
PAMELA GOODWIN
Colleen Bell
DEANNA HAMILTON
Katherine Murphy
ELLEN HOYT
Jim Schattaner
ANNE HYLAND
Helen Hyland
LOUIS F. JOST
Carol Oldowski
PATRICIA BACIGALUPO JOYCE
Mary Jean Mulherin
MY BELOVED SISTER KATHRYN
Karen Christenson
ALMA KAULS
Patti Slater
NANCY KELLY
Danita Banks
VALERIE KLEIN-EVANS
Susan Maples & Lorrie Louder
MAZIE KOCH
Mary Carbonneau
JOAN LAKE
Eleanor Mowery
OUR DEAR FRIEND & NEIGHBOR GINNY LEAHY
Libby & Jim Vogel
ELAINE LEE
Ethel Nyberg
NANCY LEV
Nancy & Howard Struass
NELDA LINDEN
Mike & Pat Botten
JUDY LUEDKE
Marcy Tavernier

GIFTS IN MEMORY OF:

RACHEL LUNDSTROM
Deborah Chapdelaine Cutting
DIANE MANAHAN
Tim & Kate Manahan
Mary Johnson
SAM MANCINO SR
Bridget Harrington
AVE MCPARLAND
Danita Banks
Patricia & John McParland
Sandra Roopchand
Elizabeth Zureck
MY AUNT JEAN—BARBARA JEAN MILAM
Karen Kelley-Ariwoola
DARLENE MONSON
Dee Phillips
DAVID OLDS
Patricia Maye
DON OLSEN
Mary Coppersmith
Mim Olsen
MARILEE PAULSON
Bonnie & Steve Litton
GLADYS K PIERCE
Jean Ann Durades
LISA PUTNAM
J Peterson
LOUISE BACIGALUPO RUMPS
Mary Jean Mulherin
MARILYN SELCHOW
Marcia Hinitz
JOANNE SHEESER
Grace Kuhns
MY MOTHER MARY SHOWERS
Carolyn Dupre
ELIZABETH SWANSON
Sandy Fisher
MY SISTER, SUSAN B. TRUESDALE
Lynne Schulz
SUSAN B. TRUESDALE
Lois M Anderson
PAMELA ZANETTI
Jeannie Zanetti
PAMELA MARIE ZANETTI
John Alexander

COMMUNITY & IN-KIND SUPPORT

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Ed Burke
Mary Carbonneau
Charlson Foundation
John Paul Christensen
Church of St. Joan of Arc
Barbara Deese
Diversified Marketing & Services
Electric Fetus
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Karen Garrett
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Kenneth F Gudorf
Thank you list continued on Page 8