

WV Susan G Komen for the Cure Tuesday Tea Time 07/22/08

Please take a moment from your busy day to grab an ice cold tea and sit back for a brief read. Join us in an update of events going on in our state that support the WV Affiliate of Susan G Komen and our mission to bring awareness and fundraise for an end to breast cancer.

We are very fortunate to have partners in our mission and they do provide creative and enjoyable ways of fundraising for the cause...so pick an event and join in, participate or just volunteer to help by spreading the word.

Today's letter includes=

- Events
- Announcements
- National Sponsor programs
- Shop For the Cure opportunities

EVENTS

9th Annual

Raft for the Cure™

Saturday, August 16, 2008

Raft for yourself, survivors, or in remembrance of a loved one.

Whatever your motivation, we invite you to join us for this unique event. We'll enjoy a fun day on rafting on the majestic New River, and in doing so will have raised funds to help support the efforts of prevention, awareness, and treatment of breast cancer patients *right here in southern West Virginia!* **Class VI-Mountain River will donate 50% of your rafting trip's cost to**

Komen for the Cure, West Virginia affiliate. So, rally your officemates, friends & family, or civic organization and join us for this memorable event!

You choose the rafting trip you want!

- **Lower New River**: exciting whitewater rafting on rapids rated from Class 3 to Class 5 (12 years & older). Lunch included.

\$110.00 per person

\$100.00 for youth (12-15 years)

- **Upper New River**: gentler, calmer section of mostly Class I and 2 rapids (6 years & older). Lunch included.

\$110.00 per person

\$55.00 for youth (6-15 years)

Special 'Book a Raft' rate is available for groups, companies & organizations!

See us online at [Raft for the Cure](#) or call 1-800-252-7784 for more details or to make a reservation!

Our friends at Diamond Electric in Eleanor are holding a 5K to support the Putnam Animal Shelter on Aug. 2nd.

For more information please contact Marilyn Hall 304-586-0074 ext. 189

Bridge Day October 18, 2008

We will join the 200,000 spectators and over 200 vendors on the New River Gorge Bridge, to not only celebrate, but bring our awareness message to Fayetteville and Beckley area.

Stop by our table and help us carry our message with pins and stickers...you might even pick up some early Christmas or Birthday gifts from the 'promise shop'. Meet us on the bridge between 9-3pm on Oct 18th

K9's for the Cure (a bark in the park walk for the cure).

Not too early to mark your calendars for K9's for the Cure

October 11th at Shawnee Park in Dunbar

This time it's not a Race but a Walk for you and your best friend...*we even provide some new friends* as the animal shelter will bring K9's out for a day in the park.

Carrie Mallory and her team will offer a day of fun for you and your pooch of any variety. This event not only benefits WV Susan G Komen for the Cure but also the Humane Society.

So mark your calendar and keep your eyes open for more details (tell "Woofie" to settle down and save the wags for later).

If you are interested in having a table, demonstrating pet related topics or volunteering contact; cmallory@suddenlink.net

What a fun summer this is turning out to be for all our furry friends

KVSL Kanawha Valley Soccer League Tournament

Join us at this two day annual tournament. The tournament is 20 coed/boys teams and 10 all girl teams played at The Field At Trace Fork Soccer Complex October 25-26.

A unique way to volunteer and show support for our cause:

Mention to the businesses you frequent, the clubs you belong to and the circles of friends you socialize with that this Affiliate needs everyone's support whether financially through donations or partnering in fundraising events, sponsoring an event, volunteering to work in planning and set up, or just the time it takes to participate in an event. Don't be afraid to let businesses and groups know that it matters to you and your shopping dollars, how and where you spend them. When it matters that 75% of funds raised stay here in state, and that the other 25% is going to the research that will not only find a cure for breast cancer but start the tumbling of other cancers.

It does make a difference in communities when the local businesses and organizations are focused on a cause.

Sometimes the thing we need most is that incredible opportunity that springs from a simple conversation. Contact me with ideas and potential partnerships president@komenwv.org

You make the Difference!

Announcements

**Congratulations to the new Mrs. West Virginia, Angela
McKeone.**

Our very own volunteer and Board of Director member was just crowned and will spend the coming year promoting her platform of breast cancer awareness. You will be able to meet her at many upcoming events, including Bridge Day, K'9s for the Cure, Class VI Raft for the Cure, and many more. There could be no better spokes woman for our cause. She has given many hours to her volunteer efforts, always with passion and energy. This will bring even more light to the message of early detection as the key top survival. It also will bring a new generation of young, energetic, healthy women, to the knowledge that every woman needs to be aware and proactive.

We will keep you informed of Angela's activities, and look forward helping her in her efforts to spread the word.

Race for the Cure '09 Planning meeting

August 5th 5:30 at the WV Affiliate office-

Join us to build our Race Committee at 303 W. Washington St Charleston on the corner of Washington and Tennessee.

Congratulations and thank you to Michelle Uldrich- our new Race Director

If you would like to know more about our Race, or want to be a part of building a bigger better event, please come to this meeting. We will establish committees to work on Team Building, Site Logistics, Registration, Fundraising, Sponsorship, etc. This is your opportunity to head a committee or join one. We will meet monthly until race season. It is your talents and time that will be the most valuable contribution to this event.

Please let me know you will be attending - newhour.komenwv@msn.com or 556-4808.

A new business in town on the West Side....and as we promote healthy lifestyles this is a perfect neighbor to have.

Centered: Pilares for Your Body, Mind & Spirit, LLC

311 Washington St West 304-550-8660 Opening August 1st

News from National Sponsors

Passionately Pink for the Cure

Passionately Pink for the Cure® is here! Join us in helping to save lives in communities around the world by registering today for Passionately Pink for the Cure®.

Passionately Pink for the Cure is a fun and easy-to-execute fundraising program that inspires breast cancer advocacy and honors those affected by breast cancer. The premise is simple and you can make a big difference.

Here's how it works:

First, pick your day. Choose any day, or a week or a month that works for your company.

Second, pick your team. Recruit your friends, neighbors, religious or social groups, co-workers and family members - any group can go Passionately Pink!

Third, pick your pink. From subtle pink accessories to head-to-toe pink attire, choose what works best for your team.

Fourth, pick your activities. Your group could simply wear pink attire or you could include an educational event, such as a "pink-bag" lunch with a speaker.

How to get started: Register TODAY at www.passionatelypink.org . You will receive a free activation kit with everything you need!

Each year, more than 1 million women are diagnosed with breast cancer around the world, and many will die unless a cure is found. With a 2008 Passionately Pink for the Cure goal of raising \$4.5 million to invest in breast cancer research and breast health programs, we're counting on every group to raise as much as possible. Remember that your donation could make a meaningful difference.

Charleston Coldwater Creek "Share your journey...for the Cure" with Trisha Yearwood

To start your Journey, West Virginia Affiliate residents can pick up a donation card at Coldwater Creek Charleston Town Center, or log onto www.coldwatercreek.com/journey. After making a donation online, everyone will receive a referrer ID and email to pass on to friends, family, and coworkers, breast cancer survivors and co-survivors, inspiring additional donations along the way. Passing it on to others is the key to success and what a thrill it is to watch your donations grow. Imagine... if eight people pass it on to eight people and they pass it on to eight people, what a powerful way to share the message and make a real difference.

No purchase is necessary to activate the card and the minimum donation amount is just \$1.00.

As a National Series Sponsor of the Susan G. Komen Race for the Cure®, Coldwater Creek supports both the national and local affiliates of Susan G. Komen for the Cure. Coldwater Creek has donated more than \$4.6 million to Komen. Coldwater Creek's involvement includes participation in over 100 Susan G. Komen Race for the Cure® events, the Share the Hope gift cards sales program and the Share the Promise bracelets sales.

For more information on Coldwater Creek Charleston Town Center, or the "Share your journey...for the Cure" fundraiser, please call (304) 347-4080.

Shop For The Cure and support your Local Affiliate

Calling All Warriors....

Here are the details on how your purchases of Ford Warrior Apparel can benefit the WV Affiliate...Here is your promotion code {WVWIP**} use it when you make a purchase at **FORDCARES.COM** we will be entered into a **CHALLENGE** for **\$10,000.00**. I think it is about time we won a challenge and made a name among these great United States as a **true WARRIOR for the CURE**.**

The Affiliate with the most participation nationwide (highest apparel sales) will be recognized by FORD with a \$10,000. donation - Contest ends 12/31/2008.

Check out www.fordcares.com for cool Warriors in Pink apparel/accessory TODAY!

Also stay tuned for Yoplait details....we partnered with many groups and organization last year to increase the lids collected and move up the map in total donations....this year with some excitement and planning we can make more \$ for our State and have a greater showing in State pride 'for the cure'.

You can purchase 'Hope and Prayers' hand crafted sterling silver bracelet and support your local WV affiliate with a portion of the price. You will also be supporting a local business to make WV stronger.



Check out www.silver.bangles.com they have hand crafted a "Prayers and Hope" piece just for our Affiliate and it couldn't be more beautiful. Sterling Silver byzantine fashioned bracelet with Swarovski crystals and a breast cancer charm....again your purchase not only supports a West Virginia business, located in Parkersburg, but offers a donation to the West Virginia Affiliate.



Simply go to www.justbrewitfundraising.com

1. click on Buy/Order coffee
2. select your coffee(s)
3. click on Susan G Komen WV Affiliate-WV under *Direct Your Donations*
4. select decaf if needed
5. select grind
6. you may also make an additional donation

When you direct your donation to our organization \$3.00 of every bag you purchase goes to further our cause to eliminate breast cancer.

Now if that isn't enough shopping for you- some of you may remember special pink jewelry we offered during Pink Power events. If not don't worry you can check it out at the following link

[**Click Here for Breast Cancer Awareness Jewelry!**](http://interneka.com/affiliate/AIDLink.php?BID=12052&AID=35275)

Be sure to use the link for jewelry purchasing so a percentage of sale is directed toward the WV Affiliate.

And as if the jewelry wasn't cool enough on it's own there are functional pieces for lymphadema alert. Check the site often for new and creative pieces.



Check out *Golf for Women* magazine...20th Anniversary year and they are looking for what inspires you top reach out and "Rally for the Cure". Check with your local golf course or group for Rally events in your area. Or go to www.komen.org and register a Rally in your area. Proceeds go to the National Susan G Komen for the Cure and benefit not only research but our local Affiliate in raising funds.

In October *Self* editors will be looking for online essays with photos concerning someone in their life that has been affected by breast cancer and how that person has motivated them to make a difference. Keep reading Self magazine for more information and rules for winning not only a donation made to the Affiliate in your name but wonderful prizes for the 5 finalists.

FUZE is our newest National Sponsor in the non- carbonated, all natural, vitamin enhanced beverage category...so keep looking for opportunities to take advantage of their sponsorship.

Want to impact the decisions of the people you put in power?

If you are not receiving the Advocates Alliance newsletter, you can register at www.actnowendbreastcancer.org or www.ivoteforthecure.org

Always for more information you can contact 1-800-GO-KOMEN

Also in todays very active political environment, please do not use Komen materials for any political endorsements or opinions. We have a non-profit tax exempt 501c3 status and could lose that, if we allow ourselves to become partisan in any way. If you have thank you notes or post cards or even mailing labels - do think twice before using them for personal political mailing. Thank you for your attention to this, I would not have mentioned had it not become an issue.

If you have a story to share please email it to me. We are often asked to share stories or just know what is going on in the real lives of Survivors and Co-Survivors.