

CAROLINA BREAST FRIENDS



2009 – 2010 Winter Newsletter

Upcoming Events

January 12th

Listening Touch with Mary Turco

February 9th

The Importance of Loving
Ourselves and Others with
Grandma Connie Evans

April 13th

Laughter & Facial Yoga with
instructor Ranjit Deora

Connect to CBF

Have a question or just want to connect with other CBF members in between meetings? Sign up for the CBF message board online at http://www.carolinabreastfriends.org/message_board.html. The message board is an online resource area for members to ask questions, share information, or just say hello.

Pink House Update

Carolina Breast Friends continues to move closer to making Kristy's dream for project pink house a reality. In September the Board of Directors made an offer on a house on Morehead Street. Since then inspections have been completed and work to resolve zoning issues has been finalized. The home is located near both hospitals. Currently the property is being used as an office and relatively minimal renovations will be required to get the building in shape for use by CBF.

We expect that the purchase will be completed in the next month and we are very excited and optimistic about being so close to having a permanent home for CBF!

Eventually the pink house will include a research library, space for exercise and nutrition classes, meeting areas, meditation garden, and more. We also hope to find funding for a staff person to help manage CBF and the services offered in the house.

We will continue to announce more details in the coming weeks and months as they become available.

Fundraising Update

As we near the purchase of the pink house CBF continues to raise funds for this important project. In November, CBF was one of the beneficiaries of Player for a Cause, hosted by the DeAngelo Williams Foundation. The casino themed evening was both fun and inspirational as DeAngelo Williams, his mother, and other breast cancer survivors shared their personal stories. The funds raised by the event will play an important role in creating the research library in the pink house. Pictures from the event are posted on the CBF web site in the Photo Gallery.

Sales of t-shirts and other Save the Ta-Ta's merchandise at the October NASCAR race were a huge success.

Thanks Volunteers!

A special thank you to our volunteer director **Shelby Jenkins** and the many, many CBF members and other volunteers who helped staff the CBF booth at the October NASCAR race.

CBF also thanks the Myers Park High School **Save the Ta-Ta's Club** founded by Hannah Hague. Hannah is a Junior at Myers Park High School and the daughter of a CBF member. The group volunteered in November to assemble hundreds of comfort bags for breast cancer patients undergoing chemotherapy treatment.

CBF Membership Committee

The Membership Committee is collecting birthdays and diagnosis dates from members for the purpose of sending cards on these special occasions. If you are willing to share this information please email it to cbf@carolinabreastfriends.org along with your mailing address.

Holiday Meeting & Gift Exchange

In December CBF hosted its annual holiday member meeting and gift exchange. Members shared food, friendship, and lots of fun as gifts were exchanged and stolen throughout the evening. We are especially thankful this year to have shared the evening with many friends both "old" and "new." It is CBF's mission to create a



positive environment for women with breast cancer by providing education, encouragement & friendship. This laughter filled evening exemplified this mission by beginning new friendships and strengthening old ones in a fun and positive environment.

Marathon for the Pink House

CBF member Janice Moore will be running a marathon on January 10th in Orlando, FL to raise money for Project Pink House. That's 26.2 miles! Please consider a donation to support Janice's run. Janice will dedicate one mile of your choice in honor of a breast cancer survivor for all donations of \$50 or more. Donations may be made online at <http://www.carolinabreastfriends.org/contribute.php>.

Grant Writers?

CBF is planning to submit several grants in the coming months. If you have experience with grant writing and would like to volunteer to assist in this process, please contact cbf@carolinabreastfriends.org.

CBF Board of Directors

Pam Phipps, President

Pam Darnell, Membership
Director

Magdalena Hague,
Development Director

Kelly Helms, Marketing
Director

Janice Moore,
Secretary/Treasurer

Committee Chairs

Kathy Goodman & Milli Mann,
Membership Committee

Janice Moore, Web Site/
Communications Committee

Shelby Jenkins, Volunteer
Committee

Cleaning for a Reason

Visit www.cleaningforareason.org to learn more about this non-profit organization that offers free cleaning services to women undergoing cancer treatment.

This, and other, resources are listed under the resource tab of the CBF web site. If you have other resources that should be added, please email us.

Pink in the Rink 2010

CBF will be the sole beneficiary this year of the Charlotte Checkers Pink in the Rink hockey game. This year's game will be held on Saturday, March 13th. Tickets are available for \$15 by contacting cbf@carolinabreastfriends.org. Watch for online sales starting soon.

Please contact shelbyjenkins@yahoo.com if you are interested in volunteering to sell tickets and/or volunteering at the event. We will need volunteers to work at the CBF booth during Checker's games on Saturday, January 22nd, Friday, February 5th, and during Pink in the Rink on Saturday, March 13th. Volunteers who sell 5 tickets or more will receive 1 free ticket to the March 13th game.

Questions?

If you have questions or would like additional information about any of the items in this newsletter, please contact cbf@carolinabreastfriends.org.