

September 2009

Survivor Story: Shelley Picou

Shelley moved to Petersburg, VA 4 years ago from the west coast, where she was an active volunteer with the Puget Sound and Tacoma Komen Affiliates. 28 days after completing radiation treatment for breast cancer, Shelley began training for her 1st of three Komen 3-Day Walks. She has continued walking as a way to stay in shape and has participated in the Richmond Race for the Cure since moving to the area. Shelley has been a very dedicated volunteer Komen Educator, sharing her personal breast cancer story and the importance of early detection with our community at many educational events. In addition to volunteering with Komen, Shelley has been actively involved with the Paint It Pink Petersburg project [Please insert short description line], LINC's Crater Advisory Board, and her church.

"While going through treatment, the one thing that helped me was my faith in God. This breast cancer experience has been a blessing in my life. Surviving cancer is a gift. A gift I love to give and share with others. I believe all things happen for a good reason and to shape our character. This is what motivates me to help others and Komen ~ to make the best out of my breast cancer experience. That maybe my story will lessen fear and be encouraging ~ that maybe giving someone a shower card at a health fair will make a difference in their life ~ that maybe wearing a pink t-shirt at a Komen race will motivate someone to become active in their own breast health. My dream is an end to breast cancer in my lifetime. Until then, I am thankful for each day and look forward to each Komen event to continue giving back."

We need your stories!

Komen Richmond is looking for Survivors and Co-survivors to share their breast cancer story how it was detected, how you felt, and how you battled your way back to good health. We will highlight personal experiences throughout the year on our website and in our e-newsletter in order to educate and inspire others to get involved in the fight against breast cancer.

If you are willing to be interviewed, please [click here](#) and submit your story for consideration.

Join us at either the breakfast or luncheon to celebrate, honor and provide encouragement and hope to the women and men living with breast cancer. This year's keynote speaker is Kelly Corrigan, a graduate of the University of Richmond, breast cancer survivor, and author of the bestselling book *The Middle Place*.

A natural story teller, Corrigan captures the beat of ordinary life and the everyday moments that bind families together.

Due to the event's popularity and limited tickets, please purchase your tickets NOW to avoid disappointment!

[Click here to purchase your tickets](#) **Interested in educating our community about the importance of breast health & early detection?**

Komen Educator Training

September 19, 2009

10:00am - 11:30am

Tuckahoe Branch Library

1901 Starling Drive

Henrico, VA 23229

Attend our **Komen Educator** training to learn how you can become a vital part of the fight against breast cancer. These amazing volunteers help us achieve that vision by educating our community about the importance of breast cancer screening and early detection.

[Click here](#) to learn more about the Educator program and register for the training.

Upcoming Events

Ride for the Cure® Virginia

October 10, 2009

Foxchase Farm

Middleburg, VA

Fox Chase Farm and Old Waterloo Equine Clinic have teamed up with the Richmond Affiliate and area equestrians in the fight against breast cancer! The event features a 2-hour trail ride with each rider raising a minimum donation of \$250 to participate. Prizes will be awarded to the top fundraiser as well as fundraisers meeting goals of \$1000, \$500, and \$300.

After the event, dinner and “Happy Hour” will round out the FUNdraiser at Fox Chase Farm. All registered riders can attend the dinner at no cost, additional dinner tickets are available to the rider’s non-riding family and friends as well as to anyone interested in attending. [Click here to purchase dinner tickets.](#)

[Click Here to Learn More & Register!](#)

Pink Tie Gala

October 24, 2009

7:30pm - 12:00am

The 3rd annual Pink Tie Gala to raise funds for Breast Cancer awareness, education and screening in our community will be held Saturday, October 24th from 7:30pm-12:00am at The Omni Richmond. Tickets are \$50 and 100% of net proceeds support the Richmond Affiliate. For more information: <http://pinktiegala.org/>

Massage for the Cure

September 15, 2009

Massage Envy will support the fight against breast cancer on September 15th by donating \$10 per massage to the Richmond Affiliate. Each year, Massage Envy hosts Massage for the Cure events in cities across the US, to date they have raised over \$800,000 for breast cancer research and community health programs.

Visit the [Events](#) section of our website for locations!

Capital Ale House’s ‘Community Chest Night’ & Oktoberfest

Every Thursday in September from 5:00pm to 10:00pm, Capital Ale House will donate 25% of food sales to the Richmond Affiliate when diners present the special [Community Chest flyer!](#)

At the 2009 Oktoberfest Celebrations Capital Ale House will sell special drink coasters for \$5 for a chance to win a trip for two to Munich, Germany for Oktoberfest 2010. The winner will be drawn on October 3rd at the Capital Ale House Fredericksburg event at approximately 8pm. All proceeds will be donated to the Komen Richmond Affiliate. Buy a coaster or a set of four to increase your chances!

Visit the [Events](#) section of our website to learn more

Other Upcoming Events

Visit the Events & Shop Komen sections of our website to learn more about the other great events happening in the area, including:

Bowl for the Cure®

Try it on for the Cure®

Nordstrom Fits America

Fit for the Cure®

The Flaming Pit Restaurant

Maupin's Handyman Service

Volunteer Spotlight

In July 2007, **Susan Groves**, motivated by her 14 year old daughter's future risk of breast cancer, began planning the 1st Annual Pink Tie Gala to benefit the Komen Richmond Affiliate. Susan has worked tirelessly since then, even creating her own non-profit organization, River City Charities, to foster the event's growth and promote breast cancer awareness in our community. The Pink Tie Gala is now one of the premier breast cancer fundraisers in Richmond. She was drawn to Komen's philosophy of giving back to the community. "I wanted to do something that would reach out to the young people in my area and support the local programs rather than all of the funds going to national groups. I felt a strong connection to Komen in my belief that one person can make a difference and I am determined to do my best to do that." This year's Pink Tie Gala will be held on October 24, 2009 at the Omni Hotel and will include a live band, silent auction and the Celebration of Life dancers.

Do you know a volunteer who deserves to be recognized for their hard work and commitment to ending breast cancer forever? [Click here to nominate them for our Volunteer Spotlight!](#)

Grantee Spotlight

The Breast Health Coalition of the Valley is a volunteer community collaborative that raises awareness, educates women about routine breast health, and offers breast screening to 40-49 year old clinically asymptomatic women in the Central Shenandoah Valley through the "W.O.R.T.H. (Women's Outreach to

Healthcare)” program. The Richmond Affiliate is proud to support the members of the Breast Health Coalition of the Valley as they provide breast cancer screenings for underserved women in Augusta and Rockingham counties.