



▶ Forward to a Friend ▶ Update Your Profile ▶ Get Involved ▶ Donate ▶ Contact Us

In this Issue:

In the Holiday Spirit
Rally for the Cure
Race Registration
Miller & Rhoads Christmas Tree Contest
Young Women's Conference
Komen College Scholarship Program
Volunteer Spotlight
Grantee Spotlight
An Old Fashioned Gift Proves Best

In the Holiday Spirit

During this season of giving, are you in a quandary about choosing the perfect gift? Why don't you consider a gift to Susan G. Komen for the Cure Central Virginia in honor or memory of someone special? Did you know that 75% of your donation is used to fund local projects in Central Virginia? These breast health projects provide education, screening and treatment for uninsured and underinsured women in our communities. The remaining 25% of your donations go to fund cutting-edge research taking place in the best facilities around the country - research that will one day finally find the cures!

For about \$10, we could fund educational materials to help someone take a proactive approach to breast health.

For about \$25 we could provide transportation vouchers to and from treatment for a week.

For about \$100 we could fund a potentially lifesaving mammogram for someone who is not insured and would not otherwise have access to screening.

Your gifts continue to make more possible than we ever imagined. Let them make an Impact this season. [Click here to donate now.](#)

Happy Holidays from Susan G. Komen for the Cure Central Virginia!

Rally for the Cure: Start Planning Your Event Now!

Rally for the Cure® is about people who are committed to making an impact in the fight against breast cancer. Rally is an awareness program that provides a simple platform for people to educate their friends,

family and community about breast health and breast cancer. Our volunteer-organized golf, tennis and social events have communicated the important message that early detection saves lives to over 1.65 million people and have generated over \$50 million for Susan G. Komen for the Cure® since 1996.

It's easy to organize your own Rally event, and now is the perfect time to start planning for 2011! Rally can be incorporated into an existing event, or you can design an event around the breast cancer awareness theme.

Most people choose to Rally through golf or tennis. However the program is easily adaptable to other activities such as, bridge, bunco, mahjong and fitness pursuits like yoga, spinning and swimming.

Plan your event, invite participants, collect entry fees and have fun while spreading the awareness message!

To learn more visit www.RallyfortheCure.com.

Race for the Cure Registration opens January 1, 2011!

Starting on January 1st you can register on our website and join us on **Saturday, May 7th, 2011 for the 14th Annual Central Virginia Race for the Cure!** Your registration fee gets you to the starting line, but fundraising gets us to the cures. Get started early by forming a team and planning your fundraising efforts. We'll have plenty of resources to get you started and information on volunteer opportunities!

Help us win \$1,000!

All you have to do is vote for Komen Central Virginia's pink and white themed Christmas tree for the Miller & Rhoads Christmas Tree Contest!

Members of [P.I.N.K.K.](#) decorated our tree with pink, white and silver ornaments, as well as pink ribbons. To honor survivors, we asked our followers on [Facebook](#) and [Twitter](#) to send us the names of the breast cancer survivors in their lives that were then written on the pink ribbons and hung on the tree as well. You can see our tree displayed in the old Miller & Rhoads building on Grace Street.

Voting is open through December, so [click here to vote now](#) and help us win the \$1,000 prize!

11th Annual Conference for Young Women Affected by Breast Cancer

February 25-27, 2011

Orlando, Florida

Susan G. Komen for the Cure is the lead sponsor of an international conference presented by Living Beyond Breast Cancer and the Young Survival Coalition. The conference is dedicated to the critical issues of young women affected by breast cancer and those who care about them. For more information, please visit www.c4yw.org. You can also call our office at 804-358-7223 or email us at info@KomenCentralVA.org to request an informational brochure.

Susan G. Komen for the Cure College Scholarship Program

In 2001, Susan G. Komen for the Cure established the college scholarship program to help students who would find attending college to be a significant financial burden due to the loss of a parent or guardian to breast cancer or their own breast cancer diagnosis at age 25 or younger. The award is a generous scholarship of \$10,000 a year for up to four years to attend a state university in pursuit of a baccalaureate degree. Scholarship recipients are selected based on scholastic achievement, community service, financial need and demonstrated leadership potential. The deadline for applications is **January 15, 2011**. For more information about the scholarship program, [click here](#).

Volunteer Spotlight

Jo Ann Taylor is a two-time breast cancer survivor who has been participating in the Race for the Cure since 2007. Jo Ann began volunteering with Komen Central Virginia in 2009 as a Komen Educator and quickly decided to join the Education Committee because she wants to educate people that early detection of breast cancer can save lives. "Helping educate women and men about breast cancer has become a passion. I truly believe education is one of the best ways to help with the fear factor of breast cancer."

Jo Ann has also played a vital role in promoting the Worship in Pink program, an educational initiative aimed at getting local faith communities involved in the fight against breast cancer. She says her favorite part about volunteering is meeting the people. "I love speaking an encouraging word into their lives. I feel like if I help someone to see the need of regular screenings then I have done my job."

Komen Central Virginia would like to thank Jo Ann for dedicating her time to helping us save lives here in our community!

Grantee Spotlight

The Crater Health District "Crater Cares" program provides free mammography screening and diagnostic testing for medically underserved women in the cities of Emporia, Hopewell, and Petersburg and the counties of Dinwiddie, Greensville, Prince George, Surry, and Sussex. In addition to free screening services, "Crater Cares" provides health education and awareness programs for African American women living throughout the health district. Komen Central Virginia is pleased to support the work of the Crater Health District in reducing their community's high rate of breast cancer mortality.

An Old-Fashioned Gift Proves Best

December is a busy month with much of it spent shopping for the perfect gift. This year, as you stand in that super-store aisle trying to decide between the cancer risk test kit and the conversation about your family's health history, think about this... In November, the [Cleveland Clinic released the results of a research study](#) that found that family health history information is a better predictor of cancer risk than test kits.

The holidays are a time to celebrate with relatives, many with whom we've never discussed health issues. So this year, toss aside the piles of wrapping paper, turn off the latest electronic toy, and have an old fashioned conversation with your family. You might just save each other's life, and what better gift is there than that?



[Go to komencentralva.org](http://komencentralva.org)

[Update email preferences](#) | [Unsubscribe](#) | [Forward to a friend](#) | [Visit our web site](#)

Central Virginia Affiliate of Susan G. Komen for the Cure®
4905 Radford Ave. Suite 209, Richmond, VA 23230
Phone: 804-358-7223 · Fax: 804-358-7830 · Email:
info@komencentralva.org