



## eNewsletter

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[Click here to register for the Race today!](#)

### Volunteer Opportunities Now Made Easier Than Ever

Komen Central Virginia would not be where we are today without people like YOU! We need your talents, ideas, and enthusiasm as a volunteer more than ever, and now with our new website [www.komencentralva.org](http://www.komencentralva.org), making an impact is just a click away. Directly from our website you can sign up for the volunteer opportunities that best fit your needs!

There are many wonderful volunteer opportunities coming up for you to join in the fight against breast cancer. [Click here](#) to see all of our program areas, and sign-up for available volunteer opportunities. If you have any additional questions don't hesitate to e-mail us at [volunteer@komencentralva.org](mailto:volunteer@komencentralva.org).

#### Upcoming Opportunities Include:

P.I.N.K.K at the Irish Festival  
3/26-3/27 Volunteers needed to promote the Race for the Cure® and P.I.N.K.K. [Volunteer Now!](#)

Monument Avenue 10k Expo  
4/1 Volunteers needed to staff the Race for the Cure® information booth. [Volunteer Now!](#)

Race for the Cure  
5/7 Volunteers for everything from Court Marshals to Kids Activities needed. [Volunteer Now!](#)

*Coming Soon! Volunteer Opportunities for Race Packet Pick-up, May 5 and 6.*



## Have You Formed Your Race for the Cure Team Yet?

If not, [click here and sign up today!](#) We have many resources on our [Teams](#) page to help you get started recruiting members and fundraising. You can also find information on our Team Captain Coffees where you can meet other Team Captains and share ideas.

**Why form a team?** Participating on a team multiplies the fun, the laughter and maybe even the tears that you share on Race Day. Rally around someone you know who was just diagnosed, someone who has fought the battle, or someone who may have lost the battle. Together, with your friends, family and co-workers, **you make an even greater impact than you could alone.** The earlier you get started, the better!

**Remember: Your registration fee gets you to the starting line, fundraising gets us to the cure.**



## Student Leaders Wanted!

Do you know a middle or high school student who has the drive and passion to make a difference in the fight against breast cancer? We are looking for students to help us grow our School Team Challenge by starting a Race for the Cure® Team at their school. The Challenge is a great way to show students that they can easily make a difference in our community by running or walking in the Race for the Cure®.

Forming a Race team does take some work but it's a meaningful way for students to earn community service hours! **We invite students who are interested to contact us at [KomenHSTC@gmail.com](mailto:KomenHSTC@gmail.com) or join us at Stony Point Panera on March 27 at 4 p.m. Please RSVP by email if you plan to attend!**

## Upcoming Events

### Team Captain Coffees

Saturday, March 5, 10:00 a.m. at Panera Bread, 11649 Midlothian Turnpike

Sunday, March 6, 10:00 a.m. at Panera Bread, 10301 West Broad Street near Innsbrook

Sunday, March 27, 2:00 p.m. at Panera Bread, 11649 Midlothian Turnpike

If you're thinking about starting a Race for the Cure® team or want some ideas on how to grow your team and fundraise, join us to learn more from some of the experts; other Team Captains! We're in this together, so we want to know what you need and we'll do everything we can to support you. Whatever your experience level as a Team Captain, come out and join us!

### Saks 5th Avenue Fit for the Cure

Monday, March 14

11:00 a.m. - 1:00 p.m.

Receive a complimentary bra fitting from a Wacoal fit specialist. For every woman who participates, Wacoal will donate \$2 to Komen Central Virginia.

### 804UM Young Professionals Events

Thursday, March 31

12:30 - 5:30 p.m. Seminar at the Omni Richmond  
5:30 - 8:00 p.m. Evening Reception at the Hat Factory

**P.I.N.K.K.**, Komen Central Virginia's young professionals committee, is proud to partner with HYPE Richmond on a new half-day event to be held on March 31, 2011, at the Omni Richmond Hotel, that will become Richmond's annual signature young professional event.

It will include the best speakers the Richmond Region has to offer, dynamic educational sessions and a focus on unique Richmond issues and resources for young people. Afterwards there will be a reception at The Hat Factory with great food, drinks and fun!

**P.I.N.K.K.** members get a discount on the ticket price for the event. **To learn more and register, visit [www.HYPErichmond.com](http://www.HYPErichmond.com).**

## Volunteer Spotlight: Mary Susan Rowe



After becoming unemployed, Mary Susan began volunteering with Komen two years ago by getting involved with the Race for the Cure®. Since then, she has been a vital member of the Volunteer Development Committee, helping to plan volunteer training and the 2010 Volunteer and Team Captain Celebration. She also serves on the Team Relations Committee, helping to recruit teams to the Race for the Cure. In addition to her work on these committees, Mary Susan helps in the office and at special events like the Survivor Celebration held each September.

Mary Susan says, "I started volunteering because my mother had breast cancer so I am at high risk. I wanted to do something to help fight this disease."

We'd like to thank Mary Susan for her continued dedication and hard work!

## Grantee Spotlight: Centra Health Pearson Cancer Center



Centra Health Pearson Cancer Center's "Oncology Breast Navigation and Witness Project Program" combines the expertise of a multidisciplinary breast team with a volunteer, community based program to educate women about the importance of breast health, assist underserved women in obtaining screening mammograms and diagnostics at little or no cost, and navigate newly diagnosed breast cancer patients through the continuum of care. Komen Central Virginia is pleased to partner with Centra Health's Pearson Cancer Center in providing critical breast health education and services to women in the Lynchburg area.

## Will You Press Your Luck?



The Women's Health Initiative (WHI) showed an increased risk of breast cancer associated with hormone replacement therapy. Researchers are taking this conclusion a step further by exploring the timing of menopausal hormone therapy and the risk of breast cancer.

The UK Million Women Study suggests that hormone use that begins close to the time of menopause may increase breast cancer risk to a great extent than hormone use that begins later.

The Million Women Study finding that early use of estrogen alone may increase the risk of breast cancer differs from what was observed in the WHI trial of estrogen alone. Questions still remain.

Educate yourself on the risks and talk with your doctor before beginning a hormone replacement therapy regimen. Will you press your luck?

To learn more, [please click here](#).

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