

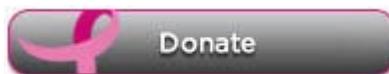
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### Thank you for supporting the 2011 Race for the Cure!

Over **7,300 people** came out on May 7 to Race towards a cure and helped us raise almost **\$600,000** as we continue our fight to end breast cancer forever! It was a beautiful and inspiring day with over 440 breast cancer survivors in attendance. We can't thank you enough for your continued support. As we continue working towards our fundraising goal, **there is still time to make your last minute donation and help us save lives!**



**If you participated or volunteered at the Race, be sure and take our quick [Race Survey](#) so that we can make the event even better in the future.** Also, be sure to visit our [Facebook page](#) to see great pictures from the day and please post your own photos!

We hope to see you again next year on **Saturday, May 12, 2012**, for the 15th Annual Central Virginia Race for the Cure.

### Where does the money go?

You worked hard to fundraise, sent out emails, posted on Facebook, now what happens? **75% of the funds you raised will stay right here in Central Virginia** to help our neighbors through education programs and free mammograms. The other 25% will be pooled together with funds raised by other Komen Affiliates to fund ground breaking research on the national level.

[Click here to learn more about our grants program.](#)

### Grant Funding Now Available

The Central Virginia Affiliate is pleased to announce the availability of grant funds for 2012-13.

**Who?** Nonprofit organizations, governmental agencies, and educational institutions in cities and counties identified in the Affiliate [Service Area](#) are eligible for funding.

**What?** Grants up to \$50,000 will be awarded to support breast cancer and breast health programs.

**When?** All applications are due Wednesday, August 31st at 12:00 noon.

**How?** All application instructions, forms, requirements, and grant writing workshop information can be found in the [Grants](#) section of our web site.

**Why?** The [2011 Community Profile](#) identifies the breast health needs in our area and outlines the funding priorities of the Central Virginia Affiliate.

**More questions?** Contact Pem Hall, Director of Community Health Programs at [pbhall@komentcentralva.org](mailto:pbhall@komentcentralva.org) or 804-320-1772.

## Ride for the Cure Virginia

**Saturday, October 1, 2011**

**Culpeper, Virginia**

Join us for the 3rd Annual Susan G. Komen Central Virginia Ride for the Cure!

The Susan G. Komen Ride for the Cure is a trail ride where the greater community of horse enthusiasts work to help us achieve our promise - to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures. Ride participants raise funds and awareness for the fight against breast cancer, celebrate breast cancer survivorship, and honor those who have lost their battle with the disease.

[Click here for more information.](#)

## Upcoming Events

### Kick for the Cure

**June 17, 2011**

**7:00 p.m.**

**City Stadium**

The Richmond Kickers will host Kick for a Cure and will be wearing pink jerseys that will be auctioned off at the end of the night! Tickets for the game are \$8 each or you can order a Special Pink Pack which includes 4 tickets and 4 limited edition pink t-shirts for \$40, 25% of which will be donated to Komen Central Virginia.

Please [click here to visit the Kickers website](#) and purchase your tickets today!

### Survivor Celebration

**Friday, September 30, 2011**

**12:00 - 1:30 p.m.**

**The Jefferson Hotel**

Join us for the 6th Annual Survivor Celebration to honor breast cancer survivors and co-survivors!

Mingle with amazing women and men who have been touched by breast cancer and hear the story of how one promise between sisters changed the face of breast cancer forever. We are proud to welcome Katrina McGhee, Executive Vice President and Chief Marketing Officer at Susan G. Komen for the Cure, as the keynote speaker.

**All attendees will receive a copy of Nancy G. Brinker's book *Promise Me* as our gift.**

[Click here to purchase your tickets today!](#)

### Wool2Dye4 - The Honeysuckle Project

**2011 Promotion**

Wool2Dye4 started The Honeysuckle Project to engage creative energy by turning Honeysuckle – colored yarn into items that can be donated to individuals, charities, or auctions to support breast cancer patients and awareness. The project was inspired by the 2011 Pantone Color of the Year: Honeysuckle. For every kilo sold of this yarn, \$5 will be donated to the Affiliate. For more information go to [wool2dye4.com](http://wool2dye4.com) and search 'honeysuckle'.

**Giving Hope Lawn Management  
2011 Promotion**

Giving Hope Lawn Management will donate 30% of its profits from services in 2011 to the Central Virginia Affiliate. For more information, contact them at 804-855-7856 or visit [www.givinghopelawn.com](http://www.givinghopelawn.com).

**Volunteer Spotlight: Damion McCloud**



If you've been to our Race for the Cure packet pick-up any time in the last 11 years, you may have seen Damion working away to help unload t-shirts and get participants their packets. He began volunteering in honor of a friend who was diagnosed with breast cancer in 2000 and then again in 2001. Damion's friend would ultimately lose her battle to breast cancer in 2002 but that only strengthened his resolve to help end breast cancer. Damion says he volunteers with Komen "to ensure that other women, especially friends and family, understand the importance of early detection." In addition to volunteering at packet pick-up every year, Damion has volunteered at the BMW Ultimate Drive for the Cure event, is a member of the Volunteer Development Committee and is a Komen Educator.

We'd like to thank Damion for his continued dedication and support!

**Grantee Spotlight: Halifax Regional Health System, South Boston, VA**



"Supporting Breast Health in Uninsured and Underinsured Women Ages 40-64 in Halifax and Mecklenburg Counties" is helping Halifax Regional Health System's efforts to breakdown barriers to breast health care in this rural, underserved region of southern Virginia. Komen funding specifically provides no-cost screening and diagnostic mammograms to the women of Halifax and Mecklenburg counties. Additionally, free clinical breast exam days, fuel cards to support program participants' transportation, and new culturally appropriate educational materials designed for African American women will complete the program. With 44% of the area's population at <200% Federal Poverty Guidelines and 15% uninsured, Komen Central

Virginia is pleased to support this vital breast health program.

For more information about Halifax Regional, please visit their web site at [www.hrhs.org](http://www.hrhs.org).

**"Breast Cancer and Men"**

**By Chelsey Kidd**

What do the men in each of these groups have in common as it pertains to breast cancer?

Group A	Group B	Group C	Group D
Ernie Green, <i>Cleveland Browns</i> Rod Roddy, <i>The Price is Right</i> Richard Roundtree, <i>Shaft</i> Peter Kriss, <i>KISS</i>	Ronald Reagan, <i>President</i> Gerald Ford, <i>President</i> Alfred Hitchcock, <i>Director and Producer</i> Paul McCartney, <i>Musician</i> Charles Bronson, <i>Actor</i>	Alec Baldwin, <i>Actor</i> Michael Douglas, <i>Actor</i> Bernie Mac, <i>Actor</i> Christian Bale, <i>Actor</i> Sting, <i>Musician</i> Bill Clinton, <i>President</i>	Cyrus the Great, <i>Persian King</i> Henry James, Sr., <i>Theologian</i> Lord Nigel Lawson, <i>former British Chancellor of the Exchequer</i> David Lloyd George, <i>Prime</i>

**Group A are breast cancer survivors.** Yes, men can get breast cancer too! The risk of male breast cancer is about 1 in 1000, which is significantly less than a woman's risk. However, it can happen; it does happen.

Both men and women develop breasts from the same embryological tissues. Breast tissue is composed of sudoriferous (sweat) glands, connective tissue (collagen and elastin), adipose tissue (fat), and Cooper's ligaments. The breasts sit over the pectoralis major muscle. It is the dominant presence of estrogen or testosterone that make the appearance of breast tissue develop differently during puberty.

[Breast cancer in men is treated very similarly to breast cancer in women.](#)



### **Men as Co-Survivors**

When we think about men in relation to breast cancer, we typically envision them as caregivers. So what do the remaining three groups have in common?

**Group B** – Husbands whose wives were diagnosed with breast cancer

**Group C** – Sons whose mothers were diagnosed with breast cancer

**Group D** – Fathers whose daughters were diagnosed with breast cancer

**When a woman is diagnosed with breast cancer, she is not the only one impacted by the disease.**

Husbands, fathers, brothers, sons, even co-workers and bosses provide much needed support for a loved one's fight against breast cancer. Co-survivors need support, too.

You are not alone. Every three minutes, a woman is diagnosed with breast cancer. Each diagnosis affects everyone in that person's life. The co-survivor [message board](#) ("Family and Friends") is a place for you to share ideas and support with people who know how you feel. By sharing your story and connecting with other co-survivors, you can be part of a group connected by strength, hope and love.

This month we applaud the men who have battled their own breast cancer and those who have stood by a woman as she has battled the disease.

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

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