



# Kathy & Ruth *Talk the Walk*

## Twin Cities, Here We Come!

In 18 days we leave for the 3-Day event. Look out Minneapolis and St. Paul, here we come. We would bet the 3-Day signs and costumes will be better than those at the Republican National Convention this week. We will try to capture some of those signs, costumes and personalities in our photos and let you decide.

Our Uno Dough Raiser was a success again this year. Thanks to you, your friends and associates, Uno Chicago Grill is contributing \$478 to our Breast Cancer 3-Day fundraising. We had the

opportunity to see several of you at the Overland Park Uno's on either Wednesday or Thursday night of the fundraiser. However, we know there were more of you that participated in this fundraiser. So if you have a chance, please let us know you participated in our fundraiser at any of the three locations by sending an e-mail or let us know when you see us. We would like to personally thank you. But until then thank you and thank you Uno Chicago Grill. We appreciate your generosity.

Kandi Oberlander, a friend, directed us to another fundraising opportunity by volunteering to take tickets for one of the performances of The Music Man at Starlight Theatre. We needed to bring 12-15 friends, and associates to help us. As we were recruiting volunteers the weather man was predicting the temperature to be 100 degrees or more. Thanks to all who helped us that evening and special thanks to Kandi for directing us to this opportunity and for recruiting help. The weather turned out to be very pleasant.

## Profile in Courage—Jackie Bertram

### Jackie Celebrates 10 year Anniversary of Being Cancer Free

*Contributed by Jackie Bertram*

This summer my husband, Dan and I invited family and friends to our home in the mountains of Wyoming to celebrate that I survived breast cancer, and I have been cancer free for 10 years! It was a thrill to pick up our son daughter-in-law and our first grandchild at the airport, welcome our daughter and her boyfriend when they arrived by car, and a few days later welcome our friends to our home for a barbecue and celebration of life.

I believe life is to be lived to the fullest every day. Welcome every sunrise, thank God for every day, and tell our loved ones how much we love them. To celebrate turning 60 last summer I went sky diving! What a giant thrill! Again I said, "Please Lord let me not be afraid." Two minutes in my life that I remember every detail! It was so awesome!

When I was diagnosed with Invasive Lobular Breast Cancer in 1998 I told my doctors, "Let's get the surgery over with, I have a lot of living to do!" I cried twice and then I prayed, "Please Lord let me not be afraid." Our kids had both just graduated from college, we had bought property in Wyoming, my husband was taking early retirement in a year and the time was here to enjoy our new life in the mountains.

I had early detection breast cancer and for that reason I have become an advocate for women to take the responsibility for their health. Perform breast self exams and get your mammogram when it is needed. DON'T PUT IT OFF! I have spoken to many groups about my experience, hoping to raise awareness for early detection.

I have walked the 3-Day in Minneapolis and in Dallas with the goal to raise awareness to as many men and women as possible. I wanted them to know breast cancer does not



Jackie and her grandson, Tanner.

Jackie Bertram

mean you are going to die, but if you do get it, detect it as early as possible so you can enjoy life and all it has to offer.

I had wanted to live long enough to be a grandma, and guess what? In April 2007, Tanner Max Bertram was born to our son and daughter-in-law, Sarah. I flew to Austin, Texas when he was five weeks old, and it was the thrill of my life to hold him in my arms. I said, "Thank you Lord for letting me beat breast cancer so I could hold my grandson." Now he is walking and trying to talk, WHAT A BLESSING!

I want to thank Kathy and Ruth for all their hard work these past years, raising awareness and funds to fight breast cancer. I know it is a lot of work, you gals are truly angels!

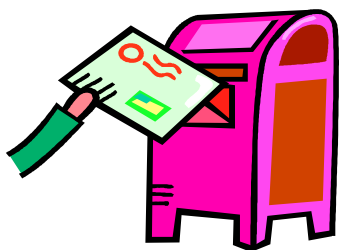


## Camp Mail

You have been asking for it (well some of you have been). Here is the address for sending us camp mail:

**Breast Cancer 3-Day Camp Post Office**  
**Attn: Kathy Ungerer or Ruth Riggs**  
**P.O. Box 25617**  
**Woodbury, MN 55125**

Your letters, notes or postcards should be postmarked by September 9<sup>th</sup>.



## Ruth's Reflections

I was going to forgo reflecting this month, but it turns out this will be our last newsletter before we leave for St. Paul for the 3-Day, so I figure I'd better say *something* even if it's just rambling.

We've obviously made progress with fundraising. Starlight and Uno Chicago Grill helped tremendously, but we also got a number of donations over the last two months that helped us get there. A big "thanks" goes to all of you for your support. I say that so often that I'm not sure it comes across as sincerely as it is intended. We truly could not do this without each and every one of you.

It is hard to believe that we'll be leaving in just over two weeks for the event. Time has flown by. I feel like I'm as ready as I can be. I've struggled to stay excited about the event this year. I think that's partly because we are not sending out the newsletter as frequently as we did last year. The process of creating this thing and the feedback we get from it is a great motivator. For all I know there may be only two people who actually read it, but by gosh those two people seem to enjoy it!

By the next issue, we will have gone to and returned from Minnesota and we should have many stories and pictures to share. Until then, take care!

## Fundraising Update

Below is the summary of our fundraising efforts. Thanks for your continued support and generosity.

Donations	\$1,927
SuperBowl	\$1,000
Brackets 4 Breast Cancer	\$ 728
Mom-o-Grams	\$ 170
Starlight Theatre	\$240
Uno Dough Raiser	\$478
<b>Total</b>	<b>\$4,543</b>

## About the Breast Cancer 3-Day Beneficiaries

Eighty-five percent of the net proceeds from the Breast Cancer 3-Day benefits Susan G. Komen for the Cure, the world's largest and most progressive grassroots network fighting to end breast cancer. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit [komen.org](http://komen.org) or call 1.877.GO KOMEN.

Fifteen percent of the net proceeds from the Breast Cancer 3-Day benefits the National Philanthropic Trust Breast Cancer Fund, a special field of interest fund that will provide support for breast cancer initiatives including research, treatment, prevention and education. The NPT Breast Cancer Fund is an endowment, which will ensure that the cause receives long-term, continuing support irrespective of gifting activities in years to come. For more information, visit [www.nptrust.org](http://www.nptrust.org).

*Ladies, don't forget your monthly breast self exam!*

## Kathy's Cogitations

I hope you have a chance to read this month's profile in courage. I met Jackie last summer when I was visiting my brother and sister-in-law in Wyoming. I am always impressed by the attitude of the individuals we have profiled. Each story is a little different but they have the common bond of courage and strength.

In addition to battling breast cancer, Jackie developed lymphedema in her arm. Lymphedema is caused from removing the lymph nodes under the arm. This disruption in the lymphatic system can result in obstructed lymphatic flow, swelling, pain and susceptibility to infection. During the day Jackie wears compression garments to try and prevent the edema (lymphatic fluid) from pooling and causing swelling in the arm. Throughout the day she elevates her arm as much as possible and at night she sleeps with her arm elevated on several pillows. In addition, she is very careful so she doesn't get an infection. A simple hang nail or cut could be troublesome.

So as I walk this month in the Twin Cities, I salute those individuals who have battled breast cancer and all of its complications. They will be in my heart as I walk the 60 miles for Breast Cancer in September.

God bless.

## If you would like to donate

You can view our personal fundraising pages to make a donation online:

<http://08.the3day.org/goto/ruthriggs>  
<http://08.the3day.org/goto/kathy.ungerer>

or mail checks to:

Kathy & Ruth  
c/o Ruth Riggs  
8400 W 131<sup>st</sup> Place, Apt 817  
Overland Park, KS 66213

Your donation is tax deductible.  
Make checks payable to "Breast Cancer 3-Day."