



Kathy & Ruth *Talk the Walk*



Kathy appreciates the scenery along the Johnson County trail system as we complete a 10-mile training walk last Saturday.

It Can't Be June Already, Can It?

Time flies. It's June. School is out for the summer, which doesn't really matter to either of us because neither of us is in school nor do we have children in school. Well, Jameson is in school in Greece, but he's not off for the summer.

If you're the praying type, you might pray for mild summer days...at least moments that are mild enough for us to complete our daily mileage without wilting. Scratch that. Neither of us is the "wilting" type. How about praying for moments that are mild enough for us to complete our mileage without becoming too grumpy with each other? Both of us are the "grumpy" type under the right circumstances.

Anyway, the countdown to the Seattle 3-Day continues. As this issue "goes to press," there are 95 days until Opening Ceremonies. On the one hand, that seems like an eternity. On the other hand, it seems like we should start packing or something.

We have 14 more weeks of training to complete and \$767 to raise. While we don't have any fundraisers scheduled for June, we do have some planned for later this summer.

We can't say this enough, we really appreciate the support—both moral and monetary—we have received from our family and friends. This journey would not be as rewarding without each of you.

Profile in Courage—Susie Mazanec

Contributed by Mary Talbott in memory of her treasured friend.

I am honored that Ruth, my best friend through junior high, high school and college, asked me to write a Profile in Courage about another best friend of mine who fought a most courageous battle with breast cancer.

Susie Mazanec was a friend like no other, she embraced life to the fullest and was the kindest most generous person with whom I have had the privilege to share life. Susie was married to an equally wonderful man and they are the parents of five wonderful girls, now ranging in age from 4 to 18 years old.

In March 2003 when her fifth baby was just four months old, Susie was diagnosed with stage 3b breast cancer. Eight months later after chemo and radiation therapy Susie rejoiced in being proclaimed "cancer free." Life went back to normal, with Susie spending every moment she could with her girls (she began home schooling) and being there for her friends and family.

In July 2005 Susie's worst nightmare was realized—her cancer came back. When Susie entered into the ring with cancer she did not fight like a champion at all. No, she went into the ring like a MOM—a mom whose natural instinct was to protect her children. A fight with energy pulled up from the very core of what makes us tick. Like a mom who was attacking anyone who threatened to take her away from her children. The message was clear. "I love my family and I want to be here." Her children heard her loud and clear. She was saying, "I love you."

Susie shared a favorite song, "I am Beside You" by David Kauffmann. "My joy is in the journey not in the journey's end. If you seek tomorrow, well then you have missed the lesson. Be present to the present and your eyes will open wide, at that moment you will see me by your side."



Pictured at left, Susie Mazanec, January 2005.

Pictured below are four of Susie's girls—Caroline (glasses), Katie (red hair), Rebecca (peeking over Katie) and Emily (in the stroller)—with Mary's two children—Cameron (hat) and Cassie (baby)—in August 2004.



Eventually—despite aggressive treatment—the cancer took over Susie's entire body and ultimately took her life. On August 21, 2006, Susie's family and friends lost one of the best things that they had ever experienced—a once in a lifetime relationship with a genuine, true friend and mother.

Susie was a treasure. I am so fortunate to have been able to share life with her. The lessons I learned from her courage in battle have changed my life. Here's to all the women who so bravely fight this battle each day—keep focused on the end and do not lose your love for life! I know you have one very special angel pulling for you in Heaven!!!

Ladies, Don't Forget Your Monthly Breast Self-Exam!!!

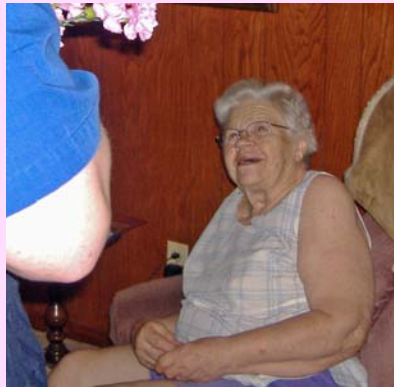
Mo' Money Mo' Money Mo' Money Mo' Money

Mom-o-Gram Fundraiser a Bust!

Pun intended. Actually, it wasn't a bust at all. We didn't raise as much money as we had hoped, but we certainly won't scoff at \$240. The smiles and tears of joy we saw that day as we delivered the Mom-o-Grams were the ultimate sign of success. Thanks to everyone who purchased a Mom-o-Gram. A special thanks goes to Ruth's brother, Mark, for writing the lyrics and performing the Mom-o-Grams. We couldn't have done it without him! (Cuz ain't nobody need to hear us "sing!")

Overall, our fundraising is still going quite well. We've raised a total of \$3,633 of our \$4,400 goal! Of that, \$2,910 has been posted to our 3-Day accounts, \$395 has been received but not posted and \$328 is still outstanding. Thanks everyone for your continued support! We're getting there.

In other news, there is no fundraiser scheduled for June. We'll schedule something for July as we know you are all aching for opportunities to support us!



Mary Beatty enjoys a Mom-o-Gram from her daughter, Karen. (At left, Mark's elbow.)

Ruth's Reflections

The last Mother's Day I remember really sharing with Mom was when we went to a Cardinals game in St. Louis in 2001. For all I know she may have thought she was watching Stan Musial play, but whatever the case, she seemed to enjoy it. Mom passed away two years ago and wasn't truly "present" for a period of time prior to that. So for the past several years, Mother's Day has been just another day for me.

This year was different. No, I don't mean to suggest that my mother came back to life. That's just weird. But, Mother's Day was Mother's Day again thanks to the Mom-o-Grams. I enjoyed seeing the joy in the faces of the recipients and as I watched my brother deliver them, I couldn't help but think Mom would have gotten a big kick out of it all. She always enjoyed watching him perform (except for the time she said, "I thought all of the actors did a nice job and all, but I just don't go for that kind of shit.")

Thanks, Mark, for all the time you put into writing the lyrics and performing the songs. I truly appreciate it. We still owe you (a cheap) dinner.

Training Training Training

After a few small bumps in the road early on, we're now on track with training. We were never really "off track," but we're following the suggested training program more closely now.

In early May we participated in a 6-mile training walk up at Macken Park in North Kansas City and a few weeks later an 8-mile walk at Loose Park. We do most of our walking in Johnson County, so it was nice to have a change of scenery. It was also good to be able to meet other walkers from the Kansas City area.

Right now we're getting started at 4:30 am on Thursdays to get 5 miles in before work. Our devoted friend Kathi joins us on most of our weekday walks. Thanks, Kathi!

We have 14 weeks of training to go. The mileage starts increasing steadily. By the end of this month we'll be walking 13 miles on Saturday followed by 9 on Sunday. Show of hands...who wants to join us? Anybody?

Kathy's Cogitations

It's Ruth. I'm cogitating for Kathy. Seems she is busy again (actually, still).

I'm sure if Kathy was penning this she'd go on and on about how wonderful I am and how my sunny disposition brightens even the darkest room. I'm certain she would refer to me as "Superwoman" at least once.

OK, maybe not. Maybe she would whine about me calling her at 4:32 most weekday mornings for our morning walk or gym session.

I suppose there is the possibility that she wouldn't write about me at all. Oh, that's just crazy talk. I mean, seriously, how could she not?

I'm done being silly. Happy June everyone! I'm sure Kathy will have something to contribute next time!

Why We Walk

Eighty-five percent of the net proceeds from the Breast Cancer 3-Day benefits Susan G. Komen for the Cure.

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures.

Thanks to events like Komen Race for the Cure® and the Breast Cancer 3-Days, the organization has invested nearly \$1 billion to fulfill its promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world.

If you would like to donate

You can visit our personal fundraising pages
<http://www.the3day.org/seattle07/kathyungerer>
<http://www.the3day.org/seattle07/ruthriggs>

or mail checks to

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

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