

# Kathy & Ruth *Talk the Walk*



Somewhere, USA  
Sometime 2008

## It's March, Let the Madness Begin!

Wow! It seems like it was just a short time ago that we finished the 2007 walk in Seattle. But that was 6 months ago and we are now beginning to plan for the 2008 Breast Cancer 3- Day Walk in one of the 14 host cities.

We hope you will support and follow us again as we embark on an incredible journey for a great cause. For those of you who are new to our newsletter here is a little bit of background information. In 2006, Ruth walked in the event in Kansas City and Kathy was a crew member (volunteer). In 2007 we both walked in Seattle.

We don't know where we'll walk in 2008, but we've narrowed it down to four possible locations—Twin Cities, Michigan, Philadelphia or San Diego. Stay tuned for our final decision!

In order to participate in the event we need to each raise \$2,200. We use our newsletter to let you know about the cause, our fundraising events, our training—the good, the bad and the ugly (there's plenty of ugly), educational information and most importantly our profiles in courage—articles on individuals who have personally fought the battle with breast cancer. Each newsletter we each "reflect" and "cogitate" on whatever strikes our fancy.

If you stay with us throughout the year you will see that sometimes we can be wacky and goofy and other times we are very serious. Feel free to pass the newsletters on to others and if you have someone who you would like to profile, please contact us.

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

Susan G. Komen for the Cure recommends a 3-step approach to breast cancer screening that includes, depending upon a woman's age, a combination of mammography, clinical breast exams and breast self-exams.

- Mammograms every year starting at age 40.
- Clinical breast exams by a health care provider at least every 3 years starting at age 20, and every year after 40.
- Breast self-exams every month starting by age 20.

Women under 40 with a family history of breast cancer or other concerns should talk with a health care provider. Screening tests may be needed more often and/or started earlier.

## Ruth's Reflections

I have a favorite quote. I had not heard it until a friend of mine gave it to me on a plaque about five years ago—thanks Barbie! I think I shared it last year, but I think it's worth repeating:

"Courage doesn't always roar. Sometimes, courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

That's how I feel about this year's walk. Last year I was sidelined with a gnarly blister on Day 3. I was disappointed, but I knew I had to try again tomorrow (or next year in this particular instance). So, here we are again—raising money, soon to be training, and sharing this journey with our friends and family.

I can't begin to tell you how much the support we received from all of you last year helped pull us through many long training walks. If the truth be told, the anticipation of a Lenny's Sub—#11 for me, #12 for Kathy—and/or a Sonic treat at the end of the walk also helped! Seriously, knowing that our family and friends were behind us is what really got us through it. Thanks again!

## Fundraising Update

The "Big Game" fundraiser was a success again this year. We raised \$1,000. That's a great start to the \$4,400 we'll have to raise!



If you would prefer to receive this newsletter via e-mail, or not at all, please e-mail us at

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## Kathy's Cogitations

Recently a high school classmate organized a gathering and celebration for my senior graduating class. For those of you who don't know I went to a Catholic grade and high school and there were approximately 30 in the senior class. It was a huge success and we plan to do it again but not wait so long the next time. It was a celebration and a time for rediscovering friends. Thanks to Carol for organizing and to those who traveled the miles to make it a success.

As I reflect on the opportunity to rediscover old friends (some of whom are unwitting new subscribers to this newsletter), the following passage caught my attention. I hope you will find it inspirational.

Think freely. Smile often. Tell those you love that you do. Rediscover old friends. Make new ones. Hope. Grow. Reach out. Pick some flowers. Share them. Keep a promise. Laugh heartily. Let someone in. Hug a child. Slow down. See a sunrise. Listen to rain. Trust life. Have faith. Enjoy! Make mistakes. Learn from them. Explore the unknown. Celebrate life!

