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Teal Talks

Reserve Your Seats at SLOCA Gala on April 16



Balloons Over the Rainbow St. Louis

SLOCA'S annual Living Out Loud Gala & Auction is moving west this year, and you can expect even more fun and frolic than ever before.

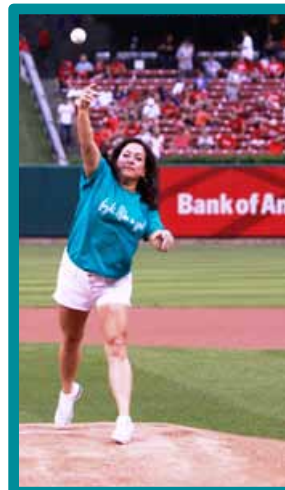
The gala will take place on Saturday, April 16, in the Grand Lobby of the William D. Purser Center on the campus of Logan University, at 1851 Schoettler Road in Chesterfield.

The evening begins at 5:30 p.m. with the traditional silent auction. The evening also will feature exceptional experiences and items in its live auction. Emceeding the event will be Sherry Farmer, 106.5 The Arch midday host and OnSTL.com personality.

The live auction will include a hot air balloon ride from Balloons Over the Rainbow St. Louis, a 20-seat luxury box at Busch Stadium for the Cards' May 21st game against the Diamondbacks, and the ceremonial first pitch at the Ovarian Cancer Awareness Night on Sept. 9. Among the silent auction items are a dance party for 20 at Casa Loma Ballroom and a chocolate tasting party at Kakao Chocolate.

Patients, colleagues and friends will toast gynecologic oncologist Dr. David G. Mutch as SLOCA honors him with its Teal Spirit Award.

(see story, p. 2)



Elizabeth Mannen throwing out first pitch in 2014.

Realtor Kim Carney will be the featured speaker, telling the poignant yet inspiring story of her valiant battle with ovarian cancer as a single mother of twin daughters.

Tickets are \$150 each, or \$1,500 for a table of 10. To reserve your tickets, go online at www.sloca.org/gala, call the office at 314.966.7562 or mail in the response card with the invitation sent to your home.

The gala is SLOCA's signature fund-raising event. Last year's gala raised nearly \$140,000.

Sign up with SLOCA for GO!

Dust off your running shoes and amp up your competitive spirit. For the second year, SLOCA is a charity partner in the GO! St. Louis Marathon & Family Fitness Weekend.

"We had 55 run or walk in last year's events – the first year SLOCA participated – and I hope to have more this year," says Tabitha Tomko, SLOCA's Community Relations Manager. Last year's event raised \$10,000 for cancer research.



From left, Audrey and Maryellen Pado

The weekend is scheduled for Saturday and Sunday, April 9 and 10. Saturday will feature the 5K Run/Walk, starting at 8 a.m., followed by Children's Fun Runs and a Mature Mile. That day's events are staged in Forest Park.

On Sunday, the marathon, half marathon and marathon relay will start from Soldier's Memorial in downtown St. Louis at 7 a.m. New this year is the Mississippi 7K, which will route runners across the Mississippi River into Illinois and back to Laclede's Landing.

Repeating the 5K this year as walkers will be 19-year survivor Maryellen Pado and her daughter, Audrey, of St. Charles. "It's a fun event where I can team with SLOCA to support awareness and early-stage detection, and spend time with my daughter," says Maryellen.

Go to www.sloca.org/events/go-stlouis-marathon/ and click on "Request Info." You will still need to register with GO! St. Louis for the race of your choice; use the code "SLOCAgo16" to be included on our team roster. To start a fund-raiser page or donate to a participant, click on the Donate box.



Walking in last year's 5K are, from left, Audrey Pado, Tabitha Tomko (and baby Claire in the stroller), Lisa Price and Carol Nachtweih.

Spotlight: David Mutch Embodies Teal Spirit as Doctor and Man

When SLOCA presents the Teal Spirit Award to Dr. David G. Mutch at its Living Out Loud Gala & Auction, it will honor him for his national leadership in the field of ovarian cancer, for his medical research and academic accomplishments, for his excellence in patient care and for his wisdom as SLOCA's medical advisor.

It also will honor him for being a really nice man.

"Dr. Mutch has been an important ingredient in SLOCA's history, leading us to see ways in which we can raise awareness of this disease within the medical community and with the public at large," says Lisa Sienkiewicz, SLOCA's board president.

Dr. Mutch is the Ira C. and Judith Gall Professor of Obstetrics and Gynecology at Washington University School of Medicine. He received his medical degree at Washington University and, after completing his residency in obstetrics and gynecology there, he underwent fellowship training in gynecologic oncology at Duke University. He returned to St. Louis in 1988 to join the medical school faculty and open a clinical practice.

He has received multiple research grants from the American Cancer Society and the National Institutes of Health. He is the board chairman of the national Foundation for Women's Cancers and past president of its predecessor, the Society of Gynecologic Oncology.

It was hardly a surprise when he entered the medical field, considering his father, Milton Mutch, was an OB-GYN when Dave was growing up in Sioux Falls, S.D. "I thought I would go back and practice with him," he recalls. "But my mentor, Dr. Bill Creasman, Duke's program director, suggested I get involved in academic medicine, and so I did."

He returned to St. Louis – his wife Lynn's hometown – and to Washington University. The nascent GYN-ONC fellowship program there was on probation. Dr. Mutch helped to revive it and develop it into what he considers one of the best fellowship programs in the country. The program expanded the faculty to eight professors, from three, and incorporated clinical trials.

"The reason I think the program excels is its tripartite mission of patient care, teaching and research," he says. He takes particular pride in the gynecologic oncologists who have trained here and gone on to become leaders.

He was only too happy to lend a hand when SLOCA needed a medical director. "Two of the biggest contributions SLOCA has made are in

providing education to young medical students and raising money for ovarian cancer research," he says.

He reflected on the almost unique relationship between a woman in treatment for ovarian cancer and her gynecologic oncologist.

"You don't just operate on patients and they go away," he says. "You take full care of the patient during the disease. You are their doctor. It's a pretty special relationship, I think. I've really been lucky to take care of a bunch of remarkable women."

One of those women is Grace Katzenberger, who has been a patient of his since being diagnosed with ovarian cancer 20 years ago. Grace also was one of the seven founders of SLOCA and a past president.



Dr. Mutch chats with former patient Grace Katzenberger, one of SLOCA's founders and past president. Photo credit: Robert Boston/Washington University

"As a patient of his, I could not have asked for a more caring and compassionate doctor," she says. "He is always there to answer my questions not only about my ovarian cancer, but also to follow through with me when I was diagnosed with bladder cancer."

Nancy Larson has observed Dr. Mutch for almost two decades as one of his oncology nurses and as a founder and board member of SLOCA.

"Sometimes he comes off to people who don't know him as a little gruff," Nancy says. "But when it comes down to it, he is all about his patients. I've seen him on the

phone with insurance companies, fighting to get what his patients need. He cares very much for his patients."

Dr. Mutch responds to the accolades with humility. "I am good only because I work with good people," he says, naming the many nurses and doctors with whom he is associated. "It is hard to be excellent unless one is surrounded by excellence." That, of course, includes his wife of 34 years, Lynn, whom he met when she danced with a dance company at Washington University. The couple has two grown children, both living in Boulder, Colo.: David, a horticultural consultant, and Adrienne, a veterinary student and mother of the couple's first grandchild, Alice.

Reflecting on what has transpired over the last 35 years, Dr. Mutch notes the median survival when he began practicing was 24 to 36 months, or less. Now, some subsets of patients have a median survival of 127 months, or more than 10 years.

"We haven't hit a home run, but we're walking around the bases," he says. He hopes to help make that home run – a solid break-through in research – before he retires.

Donations

M/M David Harbison
M/M Jack Harbison
Steven Larson
M/M Donald Miller
Nina Schoen
M/M Bob Thavis
M/M Paul Watson

Barbara Thomas
Marilyn Zimmerman

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M/M David Shutt
M/M Jeffrey Stout
Dr./Mrs. Lowell Thompson
Tracey Vincent
Lloyd Weir
M/M Barry Wiese
John Winstead

The following donations were made to SLOCA June 26, 2015, through Feb. 1, 2016, in honor of:

Joann Aldridge
M/M Bob Hartman

Mary Lou Blackhurst
Stevi Fuerhoff
Sarah Kavanagh

Cathy Buford
Pat Moehl

Kim Carney
Kevin Hyde

Linda Funk
M/M Robert Funk

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Beverly and Gary Kinkade
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M/M Allen Levy
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Bettye Raglin

Elaine Koplar
M/M Leonard Koplar

Bonita Lang
M/M Harold Lang

Deb Lehman
M/M Al Keuss

Ronni Lodato
Joyce Leventhal-Lodato

In Memoriam

Saundy Templeton, a longtime speaker in SLOCA's medical education program, died on July 21, 2015, of ovarian cancer at her home. She was 71.



Saundy Templeton

The month before her death, Saundy had reached the 20-year milestone of being successfully treated for ovarian cancer.

She was a frequent and effective speaker in SLOCA's program, Survivors Teaching Students: Saving Women's Lives®. When she spoke to medical students about her disease, she always emphasized that she was enjoying a good quality of life despite countless radiation and chemotherapy treatments for multiple recurrences of her cancer.

Saundy held many positions with the Presbyterian Church (U.S.A.), including that of Associate for Stewardship Education for the denomination at its headquarters in Louisville, Ky. She also served at Second Presbyterian Church in St. Louis and later as Executive Director of the Lee Institute at Ladue Chapel Presbyterian Church.

She is survived by her husband, Mark M. Templeton Jr., two sons and two grandchildren.

Continued from previous column.

Elliot Ludwig
M/M Richard Ludwig

Elizabeth Mannen
Malory Caltagirone

Susan Merrick
Melissa Lohrmann
JoAnne Travis

Mallory Morton
Veterans United

Rita Moubert
M/M William Peck

Karuna Murray
Gail R. Egleston

Dr. David Mutch
Sandra Sokolik

Lucy Nile
M/M James Kleinschmidt

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Alison Bauer
Ellen Denker

Diana Likely
Donna Massow
Terry Miller
Rob Paul

Cary Renz
Rose Marie Renz
M/M Mark Wilhelm

Peggy Riley
Stevi Fuerhoff

Lisa Sienkiewicz
Lisa Wendel

Lynn Smallwood
Cindy Dassingier
Felicia Doll
Joyce Mungenast
Ryan White

Nickolas Tandler
M/M Richard Ludwig

Great-grandson
M/M Seymour Krout

SLOCA Chatter

Yet Another Way to Give

SLOCA can now accept donations of stocks to an account it has set up with Wells Fargo Advisors. The account was established by Elizabeth H. Mannen, managing director of the Mannen Financial Group of Wells Fargo Advisors in St. Louis. She is also a member of SLOCA's board of directors.

"If someone wishes to donate appreciated stock to SLOCA as a way to fulfill a pledge, make a pledge or gift, we have those capabilities now," says Elizabeth.

Someone wanting to make such a donation should contact Susan Robben, SLOCA's executive director, to make the arrangement with advisors at Wells Fargo. After making the transfer of stock, Wells Fargo will provide the appropriate information needed for taxes.

"Donating appreciated stock is a great way to help a non-profit as well alleviate a potential capital gains concern in a portfolio," says Elizabeth.

T-shirt Makes Its Debut

SLOCA introduced a t-shirt with a new design in September, just in time for National Ovarian Cancer Awareness Month.



Karen Scheible (left) and Robyn Hunter

The short-sleeved t-shirt, available in gray and teal, features an outline of the St. Louis skyline over the name, St. Louis Ovarian Cancer Awareness. It's produced in a soft, organic cotton. The price is \$10.

Julia Dummit, a graphic designer, created the design. She is the St. Louis Design Manager in the Global Book Production division of Elsevier, a textbook company. She also has freelanced work for SLOCA for the gala and other events.

The t-shirt may be ordered online at sloca.org/shop. The ever-popular "Fight Like A Girl!" t-shirt will continue to be stocked in two styles: a teal short-sleeved shirt and a black long-sleeved one.

Foundation Gives Grant for 5th Year

The Clifford Willard Gaylord Foundation has awarded a \$5,000 grant to SLOCA to support its awareness efforts. It is the fifth consecutive year the foundation has made a gift to SLOCA.

The late Clifford Willard Gaylord, an industrialist and civic leader in St. Louis, established the Foundation in 1948. It supports non-profit organizations in Missouri in the fields of education, health, social services, scientific research, performing arts, museums, scholarly publications and historic preservation.

New Face in the Office

Robyn Hunter is the new face greeting you in the SLOCA office and the helpful voice answering your phone call. She was hired this year as a part-time office administrator to work with the database, correspond with donors and provide office and fund-raising support.

Robyn is a St. Louis native and has worked in the advertising and marketing fields. She also worked as an office administrator for a St. Louis video production studio. She became involved with SLOCA as a participant in events and a volunteer, and has helped with office work intermittently over the last year.



Robyn Hunter

Survivors' Course Set for Sept. 24

SLOCA will hold its biennial course for patients and survivors, Steps to Ovarian Cancer Survivorship, on Saturday, Sept. 24. The free, one-day course will be held at The Lodge at Des Peres, near the northwest corner of I-270 and Manchester Road.

The course is designed to help women understand key issues related to their diagnosis such as risk factors and genetic implications, disease management, optimal treatment options and side effects, clinical trials and research, sexuality and other quality of life issues.

Nancy Larson, an oncology nurse and member of SLOCA's board, is planning the course. She says she hopes to attract 100 to the class.

It will be publicized through doctors' offices and the Cancer Support Community of St. Louis, which is a partner. Signup will be available on SLOCA's website later this summer.



Nancy Larson

Race Is Jorgensen Family Affair



In late September, walkers and runners wearing their hearts on their sleeves will gather in St. Louis to raise money for ovarian cancer research as well as awareness of the disease.

The race, ROCStar 5K/1M, is in its 10th year and is put on by Families Run for Ovarian Cancer. It has grown from 115 participants the first year, in 2007, at Queeny Park to about 2,000 last year in downtown St. Louis. In that time, it has raised more than \$250,000 for ovarian cancer research at Washington University.

You might be surprised to know that SLOCA doesn't host the event. "We certainly support it, and we congratulate the Jorgensen family for its success," says SLOCA Executive Director Susan Robben.

She's referring to Mike Jorgensen, who works in the Cardinals' front office, and his three children, Kristen, Eric and Brian. The siblings started FamiliesROC along with their mother, Brenda, after she was diagnosed with ovarian cancer in 2004. She passed away in 2011.

"SLOCA has been a great partner since the beginning and along every step of the way," says Eric.

Eric described his mother as the cornerstone of the family. Her diagnosis came as a shock to the family.

"There wasn't much known about ovarian cancer, and there certainly wasn't a viable 'cure' option. We wanted to change that," he recalls. "We are all fairly active and so we started to think about a race."

The family chose to focus on research over awareness.

"We did not have a large network to help spread the word," he says. "We also knew that SLOCA does an amazing job of getting the word out better than we would be able to. We focused on a single event targeted at research since that is where we thought the money could be best used."

The Jorgensen name carries some clout in St. Louis, though, and raising the profile of ovarian cancer in the St. Louis area has been a good by-product of the race.

"Our dad has been a big part of some critical support," says Eric.

The whole family is involved in putting on the race. Kristen is the Race Director, Brian handles the legal work and Eric the finances. Mike and the siblings' spouses also help out behind the scenes.

Each year, about 60 to 70 survivors wearing teal shirts are recognized before the race. Other participants don race shirts commemorating women who have passed away or supporting those in treatment. It's an atmosphere that's at once celebratory and poignant.

The race has grown exponentially since moving three years ago from Forest Park to downtown St. Louis. In those three years alone, the race has raised about \$150,000 for research.

Robben says SLOCA is grateful for the role FamiliesROC plays and for its organizational and financial support of SLOCA.

Design Soiree Raises \$1,100

Last fall, Nancy Barrett wanted a special way to celebrate the 20th anniversary of owning an interior design firm, and she decided to make it a fundraiser. She had just completed a whole-house redesign of Elizabeth Mannen's home in Chesterfield, and she chose SLOCA as the recipient for her benefit.

Elizabeth, managing director of the Mannen Financial Group of Wells Fargo Advisors in St. Louis, is a member of SLOCA's board and a survivor of ovarian and breast cancer.

Nancy rented the Stages Kent Theatre in Chesterfield, sent out invitations asking for a \$20 donation to attend, and hosted a delightful party on Nov. 11 that raised \$1,100. For the donation, about 40 attendees were treated to wine, snacks and door prizes along with a dazzling design presentation by Nancy along with Elizabeth's story of surviving multiple recurrences of cancer.

Susan Robben, SLOCA's executive director, expressed appreciation to both women for the event, which proved to be both a fundraiser and a vehicle for spreading awareness of ovarian cancer. If you'd like to host a fund-raising party or other event, contact Susan at the SLOCA office to ask how to get started.

Contact Nancy at www.BeautifulRoomsDesign.com.



From left, Nancy Barrett and Elizabeth Mannen.

Save the Dates

April 9-10: GO! St. Louis Family Fitness Weekend, Forest Park and downtown St. Louis.

April 16: Living Out Loud Gala & Auction. Logan University.

July 16: WOWW Washers Tournament. Tower Grove Park.

Sept. 9: Ovarian Cancer Night at the Ballpark, Cards vs. Brewers, Busch Stadium.

Sept. 11: Rise 'n Shine, Yoga for SLOCA. Forest Park.

Sept. 24: Steps to Ovarian Cancer Survivorship course. The Lodge at Des Peres.

Sept. 25: Families Race for Ovarian Cancer (ROC). Downtown St. Louis.

Oct. 20: Celebrating Teal Success Wine Tasting, Grapevine Wines.

Donations

The following donations were made to SLOCA June 26, 2015, through Feb. 1, 2016, in memory of:

Mary Margaret Alexander
M/M Chuck Lammert

Carolyn Althoff
M/M Gary Boethals

JoAnn Barnes
Susan Barnes
Adriana Beatty
Cathleen Fenton
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Libby Stone
Robert Stone

Saundy Templeton
Steven Sargent
M/M Jack Sedlacek
Guy Chipparoni
Inger Andersen
Gary Gade

Fierce Competitors Have Soft Hearts



From left, "Shimmy Hoffa," "Cruella Belle-Ville," SLOCA Executive Director Susan Robben, "Bad Mutha T" and "Snot-face." They appeared on Fox2 News early this year.

Sporting events can be great places to spread the word about ovarian cancer, raise money and have a little fun, all at the same time. What better partner for SLOCA in that endeavor than the Arch Rival Roller Girls?

Each year the league votes on a charity to benefit from raffles at its home bouts at Queeny Park.

"We've had a lot of success with sponsorships and people have been really good to us," explains Theresa Schlueter, AKA Bad Mutha T. "We thought it would be a good way to give back to the community."

This year, the women chose to raise money for SLOCA at seven home bouts. The reason was personal: one team member had been diagnosed with ovarian cancer; two others had relatives with the disease.

"It was pretty much at the forefront of everyone's minds," says Theresa. She and Michelle Sickbert (AKA Enya Nightmare) co-chair the charity efforts. Michelle's wife, C.J., is recovering from ovarian cancer.

In addition to having a charity partner, the league sponsors monthly charity activities – gardening at a women's rehab center, raising money for Heat Up St. Louis, helping developmentally disabled adults at a Bingo night.

The league is a serious contender in a rough-and-tumble sport. The league's A team is ranked No. 10 of 355 leagues worldwide. By day, they're professional women – engineers, lawyers, teachers. But at night, they don helmets, face paint, knee pads and fierce personas to compete on a flat-surface rink.

The 50-50 raffles have raised between \$100 and \$300 at each bout. The last two bouts of this season are March 12 and April 2. Go to www.archrivalrollergirls.com.

Fun Incentives Add Up to \$12K Gift

You wouldn't think that a small group of employees could raise \$12,000 for charity with fun incentives like casual dress days and bring-your-dog-to-work week. But the 100-plus employees at the Gabriel Group have big hearts and they did just that – for SLOCA's benefit.

In January, employees of the database and direct marketing company based in Earth City, presented an oversized check for \$12,000 to SLOCA to cap its 2015 Pay-It-Forward campaign.

Gabriel chose SLOCA in memory of the late Kim Marxkors, an associate who passed away from ovarian cancer in late 2014.

The group had set a \$10,000 goal for the campaign and surpassed it by 20 percent.

"It's incredible to have a group this small raise something this large," says Laura Rizzo, an account manager and head of the Pay-It-Forward Committee. "It had everything to do with the organization we were benefiting. It was important to honor Kim this way."



From left, SLOCA President Lisa Sienkiewicz, Executive Director Susan Robben and Laura Rizzo of the Gabriel Group.

Laura said employees wore SLOCA shirts, teal bracelets and pins on once-a-month Teal Thursdays. On designated weeks, some paid \$10 a day to bring their dogs to work, dressing them in "Fight Like A Girl" t-shirts and teal ribbon collars. They held raffles, tossed washers in tournaments and noshed at potluck lunches.

David Hawkins, Gabriel's chief executive officer, takes pride in his staff. "At Gabriel Group, we are firm believers in putting the needs of others before our own. Eight years ago, we decided to begin making a charitable donation in honor of our clients in lieu of a traditional Christmas gift. Each year since, our associates have selected a worthy cause to support financially and participated in Pay-It-Forward efforts throughout the year to raise money for the chosen organization."

The employees have selected Loaves and Fishes of St. Louis as their Pay-It-Forward recipient for 2016. The group provides emergency housing and food assistance to the needy.