



Board of Directors

Beth Hudson - President
 Jonathan Becker – Treasurer
 Carol Nachtweih – Recording Secretary
 Jan Paul – VP-Communications & Message
 Lisa Price – VP-Members
 Karen Scheible – VP-Development
 Lisa Sienkiewicz – VP-Awareness & Education
 Alene Becker – Director At Large
 Nancy Larson Vomund – Director At Large
 Ellen Levine – Director At Large
 Dr. David Mutch – Medical Advisor
 Christine Krueger - Executive Director

Mission Statement

St. Louis Ovarian Cancer Awareness is committed to impacting ovarian cancer survivorship by promoting awareness of early warning signs and standards of care, funding ovarian cancer research, and supporting survivors. It is a 501(c)3 tax-exempt organization.

Help SLOCA Stay in Touch

We publish *Teal Talks* twice a year and send e-mail blasts intermittently. If you want to sign up to receive the printed newsletter by mail or receive a PDF version of that and the e-newsletters, sign up at www.sloca.org/newsletters. If you want to be removed from the print mailing list, e-mail your request to newsletter@sloca.org.

We also want to be in touch with you however you like to stay informed. Knowing the average American spends five hours a day with digital devices – more time than they do with TV – we are now ready to engage you on your tablet, laptop, or smart phone.

Help us to spread awareness of ovarian cancer symptoms, treatments, and research. Like us on Facebook, follow us on Twitter, post photos to Instagram, and pin what's trending on Pinterest.

Here's how:
 Facebook: Search St. Louis Ovarian Cancer Awareness.
 Twitter: STLOvarian
 Pinterest: SLOCA1
 Instagram: stlovariancancer



Teal Talks
 Spring 2014
 Page 8

Meet Christine Krueger



Christine Krueger

Teal Talks editor Jan Paul chatted with newly appointed Executive Director Christine Krueger to help all of us get to know her better.

Let's start with your background.

I moved to St. Louis in 1987 from Washington D.C., where I'd earned a degree in International Studies and Economics from American University. While hunting for a job in international business, I began volunteering for Channel 9. Fast forward 20-plus years, and I've been employed as the Development or Executive Director of a few local nonprofits and spent several years as a grant consultant. My husband, Jon, and I have two girls, ages 15 and 12. The oldest is a strong aerialist performer with Circus Harmony and the youngest dances with Arts in Motion and has a principal role in a new ANNONYArts production

Why the switch from nonprofit employment to consulting?

I'd reached a professional pinnacle as Executive Director at SSM DePaul Health Center Foundation and decided to adopt a baby girl from Romania. Thanks to the close connections within the non-profit world of St. Louis, it was easy for me to transition to grant research and writing. I enjoyed contributing to the community by raising lots of funds for deserving non-profits, and having the flexibility to work around my husband's 48-hour schedule as a firefighter/EMT.

When did you first hear about SLOCA?

A fellow consultant suggested I call Beth Hudson. Newly elected as SLOCA's president, Beth was looking for a grant writer. Her genuine eagerness to learn about board development and fundraising impressed me at our first meeting -- at what was then her "office" at St. Louis Bread Co.

What's your personal investment in ovarian cancer awareness?

Until recently, my cancer experience was related to a fiancé who died of malignant melanoma in his early 20s. I was present for the diagnosis, was a caregiver through chemotherapy and radiation treatments, and bedside when he died five days before our wedding date.

This winter, we learned that my great-aunt had Stage 4 ovarian cancer, and she died in January. While that makes ovarian cancer "personal," my "investment" is also related to a passion for empowering women and girls. I have been a Girl Scout leader for 10 years, and my commitment to women now encompasses focused health advocacy.

(Continued on page 2)

Don't Miss Our April 5th Gala



Julie Tristan

Tickets are now on sale for the 2014 Living Out Loud Gala, SLOCA's signature fund-raiser, which planners say could be the biggest ever.

The gala is set for Saturday, April 5, at the Edward Jones Corporate Headquarters in Des Peres. The theme is Life is Your Symphony, Live it Out Loud!

The evening will start at 6 p.m. with cocktails, hors d'oeuvres and a silent auction. Musicians playing stringed instruments will add to the festivities. At 7 p.m., the crowd will be led to the dining hall for an exciting live auction, followed by dinner and a program. Julie Tristan of KSDK-TV's Show Me St. Louis program will be the mistress of ceremonies.



Grace Katzenberger

Grace Katzenberger, a long-time survivor of ovarian cancer, will be honored with the Teal Spirit Award. Grace is a founding member and former president and treasurer of SLOCA.



Elizabeth Mannen

Guest speaker Elizabeth H. Mannen will tell the story of her journey with ovarian and breast cancer. She is first vice president – investment officer for Wells Fargo Advisors in Chesterfield.

SLOCA board member Ellen Levine, of Graybar Industries, is Chairwoman of the Gala Committee.

"We are putting the finishing touches on what promises to be our best gala ever," says Ellen. "We deeply appreciate the support of our sponsors and the businesses and individuals who have donated some tantalizing auction items."

The sponsors of this year's gala include Edward Jones Co., Mercy St. Louis, World Wide Technology, Fletcher-Reinhardt Inc., EverBank, McCarthy and Elizabeth Mannen. Town & Style magazine is the media sponsor, and Anheuser-Busch Companies has made an in-kind donation.

The fund-raising goal is \$225,000. The money is used to fund grants for ovarian cancer research and to support SLOCA's educational programs and awareness outreach.

(Continued on page 7)

Volunteer Spotlight



Barbara Platzer

It was just a year after retiring from her longtime position with Ann Taylor stores that Barb Platzer learned she had advanced stage ovarian cancer.

She's a petite, trim and active woman but she had become bloated and, despite losing her appetite, had to move into larger pants.

When Barb's gynecologist diagnosed her with ovarian cancer, Barb asked if there was any hope. The doctor said no. Not only was that cruel, but it was wrong.

That happened in 2006 in another city – Cleveland, Ohio.

Barb underwent surgery and chemotherapy there under the care of a gynecologic oncologist. After beginning a year of low-dose maintenance chemotherapy, Barb and her husband Bob moved to St. Louis to be closer to their daughter, Cindy, and her family. Their son, Jamie, and his wife live in Charleston, S.C.

Barb immediately joined the Cancer Support Community and got connected to SLOCA through a friend of a friend. She came to a meeting and soon found herself deeply involved. Since then, Barb has been a member of the SLOCA board, its membership secretary, a volunteer at health fairs, a steadfast member of the Gala planning committee, and a regular speaker in SLOCA's program, Survivors Teaching Students: Saving Women's Lives.

In STS, trained speakers like Barb speak to medical students about their experience with ovarian cancer. "My hope is that they will recognize these symptoms, put a name with a face and remember those women who came and spoke to them," Barb says.

Barb likes everything she does with SLOCA. "I love to spread that word. Awareness is my thing. It became my purpose in life even though it's late in life."

She has a very active life outside of her work with SLOCA, even as she undergoes treatment for a recurrence. She plays mahjongg, participates in a book club, faithfully works out at the gym, attends qi gong and meditation classes and is a frequent visitor at the Cancer Support Community.

She's also the first person a woman might hear from when she contacts SLOCA, reeling from a recent diagnosis of ovarian cancer. Barb's message is always one of hope.

"I want her to know you can survive, you can live a good life, a full life. Not everyone does. I did not know that – I expected to die right away. I didn't know anyone with ovarian cancer."

If you want to volunteer with SLOCA, contact Lisa Price at volunteer@sloca.org.

Save the Dates

April 5. Life is Your Symphony, Live it Out Loud gala. Location: Edward Jones Corporate Headquarters.

Aug. 29. Ovarian Cancer Night at the Ballpark. Location: Busch Stadium.

Sept. 5. National Ovarian Cancer Awareness Day. Wear teal.

Sept. 6. Ovarian Cancer Awareness Day for survivors and caregivers, co-sponsored by the Cancer Support Community of Greater St. Louis. Free. Location: The Heights in Richmond Heights.

Sept. 27. Trivia Night. Location: Mercy Hospital's Von Gontard Conference Center, Creve Coeur.

Sept. 28. Rise n' Shine, Yoga for SLOCA. Location: World's Fair Pavilion.

Oct. 21. Celebrating Teal Success wine tasting. Location: 3500 Winehaus.

(Christine continued from Page 1)

Having already worked as SLOCA's grant writer has enabled you to hit the ground running as Executive Director. What are your priorities?

Right now, we are knee-deep in planning the annual gala and looking to hire a part-time Community Outreach Assistant to assist with event planning, handle website updates and manage our new donor database. With help from SLOCA's network of survivors, Beth and I are meeting with company human resource and community relations directors to try to bring ovarian cancer awareness programs into their workplaces.

For example, we'll be holding "coffee talks" with Maritz employees this spring and staffing a table at their flu shot campaign in September. Our volunteers are developing similar opportunities within companies like Enterprise Holdings, Wells Fargo and Ameren. Additionally, we will be strengthening our relationships with all 11 area gynecologic-oncologists and with area hospitals to integrate awareness into their health education offerings.

The key to the success of all of our programs is volunteer recruitment. We need survivors and caregivers to serve on the Speaker's Bureau, and women and men to staff health fairs, to serve on special event and board committees and to help with data entry, photography, graphic arts and Spanish translation.

If you can help, e-mail us at volunteer@sloca.org or call me at 314-966-7562.

Donations

The following donations were made to SLOCA from June 16, 2013 through January 15, 2014, in honor of:

Ina Sachar
Ang & David Geisler
Luisa Giugliano

Gary Sanders
Michael & Maria Davis

Mark Templeton
Diane Katzman

Sandi Tolliver
Media Agents

Micki Wilderspin
Mara Diaz-Grandos

Michelle Abounader
Ina Sachar
Pete Soto

Lisa Burt
Thomas & Wanda Lamkie

Bruce Flushman
Bill & Sandra Peck

Ann Gallardo
Iris Elliot

Buffi Gass
Rhona Lyons

Kim Grass
Shannon Jackson

Tammy Hanton
Linda Buncher

Joanne Henderson
Dan & Martha Kemper
Jan Olliges-Swayne

Fran Kenny
Soulard Pet Sitters

Beverly Kinkade
Tom & Sandy Baranowski
Michael & Maria Davis
Jeanne Derefinko
Cecily Hoffius
Kathy Marshall

Zoe Klevens
Sharon Siegel

Julie Lazaroff
Maxine Mirowitz

Bonnie Paszkiewicz
Julie Monaghan

Scott & Julie Paszkiewicz
Bonnie Paszkiewicz

Jan Paul
Alison Bauer
Ellen Denker
Nancy & David Knight
Diana Likely

Jerry Paul
Ellen Denker

Barb Platzer
Julie Kramer

The following undesignated donations were made to SLOCA from June 16, 2013 through January 15, 2014, from:

Shirley Alper
Nancy Anderson
Todd Behrmann
JoAnn Carter
Debra L. Couchma
Patricia Fanning
Kelly Hanks
Mary E. Jennings
Chelsey Johnson
Ms. Yvonne Kratz
Stephen & Ellen Lourie
Dr. & Mrs. Joe McCaffrey
Mount Joy Baptist Church
Jan Paul
Linda Perry
William & Mary Lou Peters
Jean & Jerome Reinhold
Mary B. Roeder
Clifford Segal
Marla Simmons
Teresa Staszkiwicz
Dawn Tamboli
Dr. Zachary Tebb
Donna Tomlin
Dr. Thomas Whalen
Kathryn Yamada
Gayle Zumwalt

Donations in memory or in honor of someone may be made to SLOCA at www.sloca.org or by mailing a check to 12015 Manchester Road, Suite 130, Des Peres, MO 63131. SLOCA is a 501(c)3 tax-exempt organization.

IN MEMORIAM



Carolyn Althoff

Carolyn A. Althoff, a longtime speaker in SLOCA's Survivors Teaching Students program, died in her hometown of Red Bud on Nov. 15, 2013, just two days shy of her 74th birthday. She had been diagnosed with Stage 3-B ovarian cancer in 2005.

Carolyn was director of medical records at St. Clement Hospital in Red Bud for 42 years. She was a member of St. John's Lutheran Church, VFW Auxiliary Post 6632 and Red Bud Red Hats. She also was a beloved member

of the Gynecologic Networking Group at the Cancer Support Community of St. Louis.

As a speaker for SLOCA, Carolyn told the story of her diagnosis with ovarian cancer to scores of medical students in the hopes of helping them recognize the symptoms at an earlier stage.

"As a woman in a medical field, she always commanded the attention and respect of her audience," says Jan Paul, who facilitated many of the panels on which Carolyn appeared. "She spoke with clarity and authority and embedded the details of her story into the memory of those who heard it."

Carolyn is survived by her husband of 53 years, Kenneth Althoff; two daughters, Colleen Goethals of Belvidere, Ill., and Stephanie Lammert of Columbia, Ill.; and four grandsons, Patrick and Adam Goethals and Owen and Ryan Lammert.

(Gala continued from page 1)

Tickets are selling for \$150 each or a table of 10 for \$1,500. To register, go to www.sloca.org/gala or call 314-966-7562.

Sponsorships still are available. For information, call 314-966-7562 or e-mail gala@sloca.org.



SLOCA Chatter



Yoga 2014 Set for Sept. 28

SLOCA has set the date for next year's Rise n' Shine, Yoga for SLOCA: Sunday, September 28. The event -- SLOCA's sixth consecutive fundraiser of this type -- will be held at the World's Fair Pavilion in Forest Park. It will be part of the yearlong observation of St. Louis' 250th birthday.

The 2013 event, held August 25, drew 140 people for a beautiful morning of yoga and meditation and netted \$5,332. Michelle Abounader chaired the event.

Area yoga instructors led participants through 108 series of the 12 yoga postures that make up the Sun Salutation. Bradford Smith, Patti Pellerito and Friends accompanied with drums and chanting.

Participants were able to buy raffle tickets on six deluxe baskets of goodies. Donating the baskets were Michelle Abounader, Sally Schubert, Karen Scheible, Julie Shearburn, Lucinda Moore, Clean the Uniform Co., Dot Dot Dash, E.J.'s Shoes, Spa Lucca and Parkers Table.

Wanted: Speaker's Bureau Chief

Lisa Sienkiewicz, SLOCA's Vice President of Awareness & Education, is looking for someone to take the helm of SLOCA's Speaker's Bureau.

The Speaker's Bureau is called on to speak to groups of all sorts and sizes -- from employee groups at area businesses to parent-teacher organizations and church groups. Speakers include survivors of ovarian cancer and, in some cases, their family members.

Lisa says the coordinator would help edit materials, facilitate training sessions with presenters, communicate with interested parties and schedule speaking engagements, communicate with members of the Speaker's Bureau and fill out report forms on presentations.

Interested? E-mail her at lsienkiewicz@sloca.org.

Baseball Night Set for Aug. 29

Once again, Ovarian Cancer Awareness Night at the Ballpark has been set for the ever-popular matchup between the Cards and Cubs at Busch Stadium. This year's date will be Friday, August 29. Game time will be at 7:15 p.m.

SLOCA will have 500 tickets. The price is \$30 and includes a coupon for a free hot dog and soft drink. This year, as last, SLOCA will set aside 50 free tickets for survivors of ovarian cancer.

Tickets will go on sale in April; watch for that announcement on SLOCA's website, at www.sloca.org/baseball.

As in years past, SLOCA will be honored in pre-game ceremonies and will throw out an honorary first pitch. The chance to throw that pitch will be one of the premiere auction items at the Living Out Loud Gala on April 5.

The chairwoman of the event is Grace Katzenberger. She can be reached at 314-892-8345 or swtldy@swbell.net.

Trivia Night Raises \$7,100 at Mercy

The date for the 2014 Trivia Night benefitting SLOCA has been set for Saturday, September 27, at the Von Gontard Conference Center at Mercy Hospital's Creve Coeur campus.

It will be the fourth consecutive trivia night fundraiser put on by the nurses and techs who work on Mercy's Women's Health Unit.

Last year's event raised \$7,100 with a sellout crowd that filled 31 tables. John Sextro emceed, and the evening included 50/50 drawings and a silent auction/raffle.

The nurses started the event in 2011. Kristina Palliser is the chairwoman.

2013 Grants Exceed \$29K

SLOCA received almost \$30,000 in grants in 2013, most of them to be used for materials and programs that aim to increase awareness of ovarian cancer. Here's a list of the organizations that awarded grants and the amounts:

- Missouri Foundation for Health, \$9,000.
- The Clifford Gaylord Foundation, \$8,000.
- Emerson Electric, \$5,000.
- St. Louis Men's Group Against Cancer, \$5,000.
- Frank M. Barnard Foundation, \$2,000.
- Lilly Christy Busch Hermann Foundation, \$500.

"We are humbled by the generosity of these individuals, foundations and organizations," says SLOCA Executive Director Christine Krueger. "They share SLOCA's passion for women's health and are funding awareness programs that will save lives."

Teal Balloons Mark Birthday

On Nov. 25, 2013, family and friends of the late Barbara Mel-drum released 74 teal and green balloons at Bellerive Cemetery to mark what would have been Barbara's 74th birthday. She passed away last fall after a five-year battle with ovarian cancer.

Attached to the balloons were notes informing the finder that the balloons were in Barbara's memory and inviting them to donate to either SLOCA or to the Fleece Angels of St. Alban Roe. The Fleece Angels is an organization that makes fleece blankets and gives them to ovarian cancer patients.

One of the notes made its way back to the St. Albans parish with a small donation for the blankets. Barbara had been a volunteer with Fleece Angels. The St. Albans group made 100 blankets for patients at Siteman Cancer Center last year.

If you would like to make a donation in Barbara's memory, you may send a check to SLOCA at 12015 Manchester Road, Suite 130, St. Louis, MO 63131, or to Fleece Angels at 2005 Shepard Road, Wildwood, MO 63038.



Take Note – Take Action Appeal A Success



SLOCA's first direct-mail awareness and annual giving campaign, called "Take Note – Take Action," has raised more than \$7,700 from about 75 donors, as of February.

In the fall, SLOCA mailed a pad of sticky notes for recipients to post and share with others to increase awareness of the symptoms of ovarian cancer.

"At the same time, we requested your financial support of our ongoing efforts year-round to help women 'take note' and 'take action' for early detection," says Karen Scheible, Vice President – Development. She noted that 100 percent of the Board of Directors had participated in the campaign.

"We extend our sincere gratitude to all of our donors," says Karen. "They took note and took action, and thereby have created teal rays of hope for early detection, better treatments and research for improved outcomes."

The donors are listed at right.

You can still donate online at www.sloca.org/donate or by mailing a check payable to SLOCA to its office, 12015 Manchester Road, Suite 130, Des Peres, MO 63131.

And if you'd like some sticky notes, just let us know!

The following individuals donated as a part of this campaign, some in honor or memory of loved ones and others for the general support of SLOCA:

Wayne C. Alexander
Blair G. and Selma Balk
Mindy A. Bauer
Ronald and Renee Beck
John P. and Barbara Becker
Jon and Alene Becker
Elaine S. Beyer
Alice Bloch
Isabel Boniuk
Marcy Byrne
Robert and Mary Ciapciak
Daniel F. and Rhonda Cole
Robert K. & Mary Lou Crutsinger
Pamela J. Dempewolf
Mary Ann Diehr
Dianne Dierkes
Sean J. and Rachel Ebeling
Curtis E. and Susan Finley
William J. and Pamela Fisher
Daniel R. and Cathy Flynn
Dawn L. Garner
Eleanor Glick
Rhoda Grimsky
Senda C. Guertzgen
Diana Hauser
Ronald E. and Patricia Hazslip
Robert and Mary Lou Heaney
Julie Heins
Annette Heller
Arthur H. and Martha Hey
Dorothy Higano
Don Holt
Michael Howard

Bruce A. and Beth Hudson
Glennon and Patricia Hunn
J.G. and L.A. Ilges
William E. and Ola Jordan
Myron J. and Billie Klevens
Jon F. and Christine Krueger
Mary B. Kuhn
Joanne Kuhn
Mark and Ellen Levine
Paul S. and Karen Litzsinger
Katherine Meiners
Donald and Merle Miller
Virginia D. Missey
Jeanette S. Myers
Sue M. Nachowiak
Gene D. and Carol Nachtweih
James L. and Lisa Nouse
Jerry and Jan Paul
Diana Padratzik
Jeffrey D. and Sheri Petruso
Robert and Barbara Platzer
Robert and Lisa Price
Mary C. Rea
Gerald J. and Marjorie Right
Beverly Rombach
Evan M. and Joellyn Rushing
Carolyn R. Satz
Karen L. Scheible
Norma Schulze
Mark D. and Karen Siegel
Steven A. and Lisa Sienkiewicz
Sharon Silverstein
Robert Stone
Ronald & Nancy Larson Vomund
Marna L. Wade
Herbert F. and Beverly Weaver
Melvin H. and Bettina Weinberg
Rochelle Weiss
Martin Wice
Mary Wochner
Barry H. and Rita Worth
Kenneth S. and Sheryl Zysk

Donations

The following donations were made to SLOCA from June 16, 2013 through January 15, 2014, in memory of:

Mary Margaret Alexander
Cathi & Chuck Lammert

Carolyn Althoff
Mrs. Emily Banks
Catherine Barten
Gary L. Benedict
Debra Biery
Vera O. Birke
Mr. & Mrs. Robert Cannon
Brenda & William Dame
Karrie & Mark Daniel
Rosemary & Earl Draves
Jan & Don Glassock
Colleen & Gary Goethals
Linda & David Harbaugh
Stacey & Danile Hilton
Kevin & Rhonda Kern
Patricia & Craig Luehder
Pearl W. May
Tammy & Darren Netemeyer
Bonnie & Edward Piel
Barb & Bob Platzer
Winifred Rehmer
M. Helen & Richard Roehrkaske
Norman Roy
Brenda & Dennis Schmitz
Debbie & Terry Teeter
Susan Weber

Cheryl Arlt
Andrew Arlt
City of Arnold
Anne Donze
Matthew Frey
Arthur & Michael Frey, Families
Daniel & Michelle Hancock
Edwin Hightower
Edward & Gloria Hulse
Journey Community Church
Wendelin Mahaney
Paul & Darlene Pizzo
Randell Prosthetics, Inc.
Henry & Jacquie Schaper Jr.
Charles Woodard

Aunt Cookie
Sandy & Dale Hart

JoAnn Barnes
Jo Ann's Joggers

Beth Bayer
Roberta Schlicher

Kathleen Benecke
Charlie & Gail Flemming

Susan Bober
Terri Virant

Deborah (Debbie) Boza
Angela Boza
Jay Kerness
Chuck Mecum
Joanne & Rodney Nathan
Allen & Carol Rickert
Marge Welch

Glenda Bradbury
Freda Anderson

Les Brandt
Allison Lee

Beth Burns
Ameren Services Co.

Mary Ann Fernandez
Francis X. Fernandez

Betty Freeman
Cindy Bochantin

Bev Freyman
Clara Lazaroff

Joyce Byan Hapke
Ken & Emily Woods

Diane Hartop
Barbara Soder

Verna Fay Irwin
Dana Lucas

Mary Catherine (Katie) Kelly
Sherry Angevine
Dave & Sandy Banzhaf
Virginia Bohigian
Yvonne Charleville
Barbara M. Dionne
Yvonne & Phillip Dressel
Ted & Susie Faulhaber
JD Foy
Jane Kelly
Mr. & Mrs. Robert J. Kelly
Dan & Susan Krupp
Kathleen R. Lottenbach
Judy K. Marquis
Mrs. Mary K. Mayer
Mr. & Mrs. Chuck Munroe
Helen D. Newman
Sam Santana
Ann & Bill Seabaugh
Carrie Southerland
Marianne Stuart
Bridget Thomson
Thomas Tierney
Chris Umstead
Dick & Zabelle Vartanian
Alan & Sue Wild
Peggy & Ted Wilson

Michael M. Levinson
Robert Stone

Marlene Ludwig
Mary E. Ludwig

Arthur Markus
Grace Katzenberger

Barbara Sue Meldrum
Mr. & Mrs. William E. Aho
Mary Eisman Barber
Carolyn Bartlett
Beaumont H.S. Class of '57
Carolyn Boucher
Ruth Bruce
Mr. & Mrs. James Degnan
Barbara Dennison
Ralph Edwards

Suellyn Fahey
Mark & Denise Fanning
Ray & Carolyn Frey
Gina Gargus
Mr. & Mrs. Gale Hill
Joan Fanning Hirbe
Mrs. Suzanne Kateman
Lyle & Nancy Leimkuhler
Judge Arthur Litz (ret.)
Richard Meldrum
Mr. & Mrs. Bob Mild
Mr. & Mrs. Kenneth Osbourn
Mr. & Mrs. David Peterson
Robert & Verna Pierson
Karen Robertson
Tasters Choice Lunch Group
Kathy Teutenberg
Mr. & Mrs. Michael Thiel
Mr. & Mrs. Hoyt Wallace
Mrs. Shirley Wadleigh
Brad & Marjorie Weir

Michael Meyer
Bill & Sandra Peck

Gary L. Nagel
H & G Schultz Door Inc.

June Perkins
Betty Hatch
Barbara Landesman
Julie Libich
Stephanie Phelps

Joan Pfeifer
Rita & Terry Andres
Janet & Gary Barks
Jack & Maureen Baudendistel
Robert & Judith Bauman
Edward & Karen Bellamy
Donna Bellows
Anita Brinkman
Mike & Joanne Carbery
Creve Coeur Fire District
Vincent & Mary Daus
Walter and Barbara Goerss
Leonard & Susanne Knese
Don & Merrilee Kuenzel
Joan Kutz
Brenda & Jay Laux
Norman & Barbara Lee
Bernadine Liske
Debbie & Joe Liuzza
Ken & Dottie Melching
Mark & Nancy Muehl
Bobbi & Lou Pfaff
Michael & Mary Pinney
John & Jane Poelzl
Mike & Ruth Politte
Timothy Rickard
Joanne Schroeder
James Tevlin
Margaret Wheeler
Mary Ann White
Anne Williams
Walter & Joan Zimmermann

Beverly DeRuiter Scheible
Karen Scheible
Barbara Soder

Joe Schiro
Don & Dolores Fiala

Lavern Schuld
Jeanne Ferner

Laurie Segal
Andrea Goldstein

Irving Siegel
Robert Stone

Cindy Sielski
Mike & Barb Grammar

Madeleine Hope Silberberg
Ann Kastendieck
Mark & Christine Stellner

Anna May Slatton
Armando Aguilar Jr.
Roger, Barbara Ashenbrenner
Robert Brown
Doris & Ken Burgherr
William & Linda Chancellor
Terry & Judy Copeland
Flo Davis
Don Dubois
Bob & Teresa Holm
Dan & Mary Kellermann
David & Michelle Lee
Mr. & Mrs. Steven Leech
Mr. & Mrs. Robert Lewis
Clarence & Gloria Luecke
The Luecke Family
Amanda McCarrell
Michael & Lori Meehan
Bill & Jean Mobley
Marilyn Orf
John & Carol Palitzsch
Phil & Helen Pherigo
Jim & Michelle Prior
Chris & Randy Robinson
Cindy & Alex Stanek
Cloyce & Brenda Thrasher
Brian & Sherry Vogt
Mr. & Mrs. Fred Wagner
Warrenton Golf Course

Diane M. Smith
Shayne Brennan

Libby Stone
Fred & Marlene Brummel

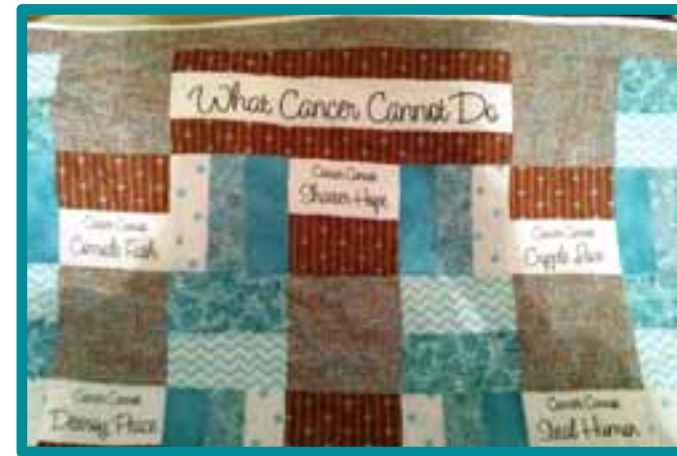
Georgia Vogel
Margaret Gillerman
Bruce & Beth Hudson
Lisa Price
Karen Scheible

Kay Walton
Lynn Davis

Debbie Webber
Susan Calhoun

Debbie Welch
Michael Meier

A Gift from the Heart



Cathy Baumann lost her mother to cancer and has fought it on two fronts herself, but she likes to focus on the positive. A poem entitled "What Cancer Cannot Do" inspired her to make and donate a quilt to SLOCA.

Because her mother died of breast cancer at age 61, Cathy has made sure her doctors know her family history and is faithful about getting mammograms. In 2008, however, she was a few weeks late in getting her mammogram. That slip turned out to be a blessing because the scan detected a small mass very early. She had four surgeries but needed no chemo or radiation.

Two years later, she experienced some spotting after menopause. Her doctor ordered a pelvic ultrasound and, based on the results, sent her to a gynecologic oncologist. He did a hysterectomy and found ovarian cancer that was contained in the ovaries. It was Stage 2.

Cathy says she praises God for the timely discovery; the spotting was unrelated to the cancer but it got her the expert medical care she needed before the cancer progressed too far. Cathy had done a little quilting over the years, but nothing extensive. She was drawn to the "What Cancer Cannot Do" poem and saw a quilt a friend had made with blocks that contain lines from the poem. She set to work on one that she thought she'd keep for herself, but then she had another thought

"I thought, I'm hopefully done with my cancer journey," she says. "I decided to make it for someone else who could get comfort from it."

Cathy and her husband, of Fenton, have two daughters and two grandchildren. She does not have the BRCA gene mutation that indicates the cancer is hereditary.

The quilt measures 50" by 58" and is machine pieced and quilted with fabric in shades of teal, cream and tan. It will be auctioned at SLOCA's annual gala on April 5.

You can read the poem at www.sloca.org.

Gifts for New Patients

One SLOCA program that is most personal to women who are diagnosed with ovarian cancer is its Sister Box gifts.

SLOCA distributes about 200 gift boxes each year to women who are newly diagnosed with the disease in the St. Louis area.

The boxes, made possible with a grant from the Missouri Foundation for Health, are presented to the women at the offices of St. Louis area gynecologic oncologists, usually at the beginning of chemotherapy treatment.

The boxes are lovingly assembled by SLOCA volunteer Sheri Petruso and her family; Sheri lost her mother to ovarian cancer.

Based on the feedback SLOCA has received, the boxes touch the emotions of their recipients. Writes one patient: "I received this box and felt truly cared for. I felt like this box was put together with thought and love, and it was just what I needed when I was so frazzled and overwhelmed." Others commented that the box gave them hope and made them realize they are not alone in their fight.

Some of the contents are inspirational, some are designed to provide comfort, and some are just plain fun. Among the contents are:

- "Chicken Soup for the Cancer Survivor's Soul" book
- Campbell's Chicken Noodle Soup
- "Understanding Ovarian Cancer: A Woman's Guide" booklet
- A teal chemo cap and some cozy socks
- Ricola throat drops and Eucerin lotion samples
- Teal nail polish and "Color of Hope" lipstick
- A teal ribbon key fob and a survivor's pin
- A journal and notecards

SLOCA also includes a welcome letter and feedback card along with these awareness materials: a brochure, symptom card, book mark, brochure, pen, teal ribbon pin, gel bracelet, water bottle and ball cap.

