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Board of Directors

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Tabitha Tomko, Community Relations Manager



Teal Talks

Book Your Trip to the Gala

SLOCA's annual Gala and Auction this year promises to be quite a trip!

The gala will take place on **Saturday, March 28**, at the Edward Jones Corporate Headquarters. The theme this year is *Life is Your Journey: Live it Out Loud*, with entertainment, décor and some items in the silent and live auctions revolving around a travel theme.

Tickets went on sale in late January, when Save the Date postcards were mailed out. Tickets can be purchased for \$150 each, or \$1,500 for a table of 10, at www.sloca.org.

The evening begins at 5:30 p.m. with cocktails and hors d'oeuvres as partygoers browse the silent auction tables in the east atrium. The auctions will close in two segments, with the last closing at 7 p.m. The action then moves to the banquet hall for an inspirational program, gourmet dinner and live auction.

KSDK-TV's Julie Tristan will be returning as the event's emcee, as will Rob Weiman as the auctioneer.

The Teal Spirit Award will be given to Salsich family members who lost a mother and daughter to the disease. After Denise Salsich and her daughter, Heidi Salsich Hoehn, passed away, their family spent several years making jewelry to raise money to fight the disease. In 2013, they disbanded the Salsich-Hoehn Foundation and donated \$20,000 to SLOCA.

Ovarian cancer survivor Sandy Sullivan, featured in this edition on page 3, will be the keynote speaker. A video featuring survivors and others personally affected by ovarian cancer will be shown.

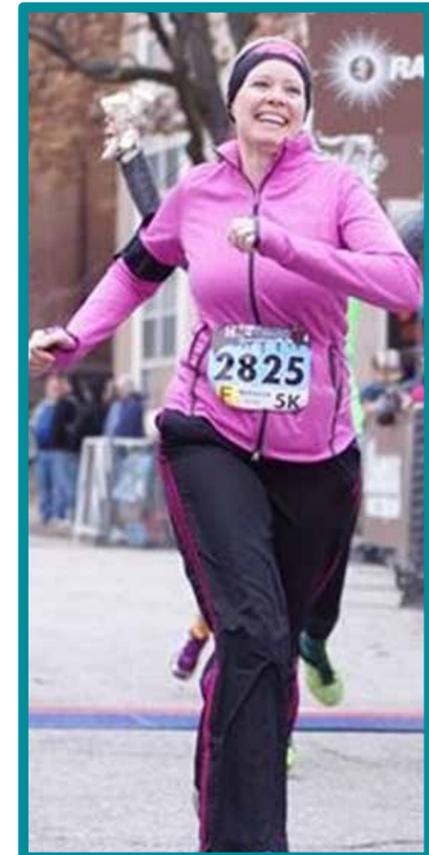
Organizers were mum on details of the most scintillating auction items as Teal Talks went to press, but some of the items lined up are a luxury suite for 20 at a Cardinals game, a dance party at the Casaloma Ballroom, a three-day stay and round of golf at the PGA National Resort and Spa in Palm Beach Gardens and a stay-cation in downtown St. Louis with hotel, meals and movie tickets.

As usual, some lucky – and persistent – bidder will win the right to throw out the first pitch at the beginning of the Cards-Cubs game on Friday, Sept. 4 – which is SLOCA Night at the Ballpark.

"I hope the gala will be a celebration and affirmation of the incredible courage and spirit of those impacted by ovarian cancer," says Ellen Levine, a SLOCA board member who is chairing the event. "This event provides the financial support for SLOCA to continue to do its excellent and heartfelt work."



Run with Team SLOCA



Becky Becker

When the starter pistol sounds for the GO! St. Louis 5K race on **April 11**, Becky Becker will be running in honor of her late mother, Elaine Lipsinsky, who died of ovarian cancer 20 years ago.

Becky, 49, has been running for just a few years but she's upped her ante to run for charity. Her first 5K was the Hot Chocolate Run in December, which benefited the Ronald McDonald House. When she learned she could run in GO! St. Louis with others who'd been touched by ovarian cancer, she signed up immediately to run with Team SLOCA.

Team SLOCA will have runners in several categories of GO! St. Louis – the Mature 1-mile walk and the 5K walk/run on Saturday, and in the half marathon on Sunday,

April 12. We're still looking for an entrant in the full marathon and the marathon relay to run on behalf of SLOCA.

When Becky's mother discovered her cancer in February, 1995, it had spread too far to be operable. She died just three months later.

"I didn't know when I graduated from high school that I would spend only 11 more years with my mom," says Becky. She decided to do something to raise awareness of the disease to mark this anniversary of her loss.

Becky, of High Ridge, is an executive assistant at Joyce Meyer Ministries. She began jogging just a couple of years ago. "I have no desire to do a half marathon – or a marathon. A 5K is just right for me," she says.

Becky has committed to raise \$250 for SLOCA with her run, as will all the participants. You can join her by registering for GO! St. Louis with Team SLOCA at www.sloca.org/gostl. Questions? Call the SLOCA office at 314-966-7562.

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.

Donations

SLOCA is a 501(c)3 tax-exempt organization. Donations may be made at www.sloca.org/donate or by mailing a check to 12015 Manchester Road, Suite 130, Des Peres, MO 63131. Please note if the donation is in memory or honor of someone or is intended for SLOCA's endowment fund.

Teal Talks Newsletter

We publish Teal Talks twice a year and send e-mail blasts intermittently. We hope you'll share your e-mail address so that we can stay in touch; go to www.sloca.org/newsletters.

To be removed from the mailing list, e-mail newsletter@sloca.org.

Inherited Cancer Gene Devastates Couple



Jeanette and Allen Myers

The call that Jeanette Myers got from her daughter in New York announcing she had breast cancer is one she will never forget.

"I was in my 70s," recounts Jeanette, a voice teacher and singer who lives in the Central West End with her husband Allen Myers. "My first thought was that it should have been me."

That was just the beginning for the couple's daughter. Three years after the breast cancer diagnosis, routine follow-up tests showed that cancer had returned -- to a new site, the ovary. She underwent a hysterectomy and chemotherapy. Her doctor asked if anyone in her family was of Ashkenazi Jewish descent. Why, yes, actually.

Allen comes from a Jewish family in Vilna, Russia. Her doctor advised genetic testing since this background is a risk factor for breast and ovarian cancer. The testing showed she was positive for the BRCA-1 gene mutation.

Long story short: Allen and Jeanette and their other two daughters underwent genetic testing that determined Allen and daughter Ruth carry the same BRCA-1 gene mutation as Ruth's sister. BRCA-1 and 2 mutations, identified in 1990, have been linked to breast and ovarian cancer.

Allen was stunned. He is retired after a notable career as an academician and musician but this was totally new to him.

"I didn't know what it was -- never heard of it," he says. "It's a new piece of intelligence for our family."

Ruth Myers-Brown, a harpist who lives in the Detroit area, decided to undergo a prophylactic mastectomy and hysterectomy to reduce her risk of developing breast or ovarian cancer. Her insurer balked at a full hysterectomy and her doctor removed only her ovaries and Fallopian tubes; she got a clear pathology report.

Three years later, a routine Pap smear showed irregularities and Ruth was diagnosed with a combination of uterine and ovarian cancer. After a hysterectomy, she was treated with chemotherapy and radiation.

Ruth and her sister are healthy now, but they worry about whether their own daughters have inherited the genetic mutation. Each has two daughters in their 20s and 30s; none has been tested yet.

Continued in next column

SLOCA Board Adds 2 Directors



David Hennen

SLOCA's Board of Directors has elected two new directors at large to its board.

Attorney David Hennen was elected to the board in November. He is the Director and Assistant General Counsel for the Legal Department of Ameren Services. He is a member of both the Illinois and Missouri Bar Associations, and is the president-elect of the Midwest Chapter of the Energy Bar Association.

As a director at large, David will provide legal counsel and guidance to SLOCA. David says he lost a close friend to ovarian cancer and has two other colleagues deeply impacted by the disease.

Elizabeth Mannen, a First Vice President and Investment Officer with Wells Fargo Advisors, was elected to the board at its meeting in January. Based at the Town and Country office, she has more than 20 years' experience in financial services. She also is extremely active in the community, having served on the boards of Urban-Futures, Missouri Baptist Hospital Foundation and Lydia's House.



Elizabeth Mannen

Elizabeth is a three-time survivor of ovarian cancer and two-time survivor of breast cancer. She was the keynote speaker at SLOCA's 2014 Gala and she threw out the first pitch at Ovarian Cancer Night at the Ballpark last August.

Continued from first column

"The doctors know their family history," says Ruth. "They are young enough that they're not going to do anything drastic now."

Allen also has a nephew and three grand-nieces, all of whom have tested positive for BRCA-1. Ruth noted that her daughters, nieces and their cousins are part of the first generation to be on notice pre-emptively that they could have inherited the BRCA-1 or 2 gene mutation.

Inherited disease accounts for only about 10 to 15 percent of all breast and ovarian cancers. Ruth's advice for all women is to get educated about the diseases and their family histories.

"Women have to be proactive," she says. "You need to know your history, be educated and be with a doctor who will pay attention."

For his part, Allen has worked through feelings of guilt over being the conduit for the disease.

"I feel badly that I carried the gene because of the devastation it wrought, but there's not much I can do," he says. "The girls don't blame me, and we try to be there for them. They're very strong people."

Donations

Diane Marzaloes
City of Wildwood
Linda Rollinson
Jennifer Schamber

Barbara Meldrum
Richard Meldrum

Sue Mumaw
M/M John Bender

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BJ Williams
Margaret Williams

Audrey Wrigley
M/M Ray Varady

Margaret Young Krug
Margaret Kraeuchi

The following donations were made to SLOCA July 1, 2014 through Jan. 31, 2015, in honor of:

Joann Aldridge
M/M Bob Hartman

Jon and Alene Becker
Marc Gietl
Seymour Krout
Cathy Orr

Joe and Andi Besserman
M/M Bill Peck

Ronni Lodato and Bill Radlinski
Joyce Leventhal-Lodato

Cathy Buford
Pat Moehl

Leslie Caplan
M/M Steven Sienkiewicz

Kim Carney
Ellen Boime
Sharlene Wasserman

Ann Marie Cochran
Maureen Wintrode Hannon

Marilyn Fox
Seymour Krout

Phyllis Goldberg
Seymour Krout

Shirley Goldberger
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Pam Kuhn
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Nancy Larson-Vomund
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Debbie Gilbert

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Nancy Marron
M/M Gary Sanders

Staff at Dr. Mutch's Missouri Baptist office
M/M Shep Hermann

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Gail R. Egleston

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Rosie Wells
Gere Ochs

Deborah Wendt
Debbe Wendt

Pera Wirszup
Robert Stone

Grants
SLOCA is deeply grateful to the following for grants made in support of its mission in the last half of 2014:
-- Enterprise
-- The Missouri Foundation for Health
-- The 1867 Foundation (Sign of the Arrow)
-- The St. Louis Blues 14 Fund
-- The Clifford Willard Gaylord Foundation
-- The Steve and Lisa Sienkiewicz Foundation

Message from the President



Lisa Sienkiewicz

January marked my sixth month as president of St. Louis Ovarian Cancer Awareness. February was the 9th anniversary of the beginning of my ovarian cancer journey. If not for the diligence of my Aunt Susie and the information she passed along to me about symptoms and risk factors, these milestones for me would have been impossible.

The year 2014 marked some milestones at SLOCA. We welcomed Tabitha Tomko to a new staff position, as our Community Relations

Manager. Having Tabitha on board has added some wonderful momentum to our website. And I am sure that many of you enjoy the social media posts and informational e-mails she is sending. If you are not yet receiving our emails and want to, please share your e-mail address with SLOCA at www.sloca.org/newsletter.

This past November, I attended the dedication of the Metropolis Hope Light. It is a beautiful lighthouse in Dorothy Miller Park on the bank of the Ohio River in Metropolis, Ill. The Hope Light Project has been a vision of Rudy and Beverly Bess for many years. I invite you to learn more about it at www.hopelightproject.com. The purpose of each lighthouse is to promote early cancer detection and navigate people to resources that identify cancer signs and symptoms and where they can go for help. For years lighthouses have become symbols of hope as guiding lights to navigate ships from rough waters and dark seas to the calm waters of a safe harbor while they are on their journey.

SLOCA has supported Rudy and Beverly as they moved forward with their plans and, on November 5, 2014, they officially lit the first of several planned lighthouses. The day mark band around the top of this first lighthouse is painted teal in recognition of the struggle against ovarian cancer. May this beacon of light shine for many, many years and help guide other women to earlier diagnosis and treatment.

On May 8, SLOCA will observe World Ovarian Cancer Awareness Day for the first time. We take pride in the events we plan every September for National Ovarian Cancer Awareness Month. But on May 8, we have another great opportunity to educate our part of the world about the symptoms and risk factors of ovarian cancer. And we'll have fun doing it. Mark your calendar for a reception from 5:30 to 9 p.m. at Schon, the sister store to the Mitchell James Salon at #35 The Boulevard, across from The Galleria.

While we are preparing to join in this global effort, SLOCA is well on its way to setting more milestones with this year's Gala, entitled Life is Your Journey – Live It Out Loud. The details of that journey are still being mapped and I am blessed for the opportunity to travel along with you in 2015. All aboard!

Is That A Baby I See At SLOCA's Offices?

Stop by the SLOCA offices and you will likely see a new face, or maybe two.

Tabitha Tomko was hired in July to fill a new part-time position at SLOCA, Community Relations Manager. Later that month, she gave birth to her first child, Claire. Since Tabitha returned to work a couple of weeks later, Claire has tagged along one or two days a week.

Tabitha, who was hip-deep in planning the Gala at press time, says she enjoys the broad scope of work her job entails. In addition to coordinating special events, she handles some marketing, such as the website and social media; helps manage the database, and does some accounting.

"I like the variety," she says. "It's also exciting to work for something that people are passionate about. When I'm working with volunteers and board members, I'm working with people who are motivated by their personal connection."

She says she's been surprised by the extent of volunteers' involvement in SLOCA. Compared with other organizations with which she's worked, she says SLOCA accomplishes much more with a legion of volunteers and a tiny staff.

Tabitha, 31, hopes that through social media SLOCA can reach people who can "share" SLOCA's message on Facebook and Twitter but who may not have time to devote to volunteering at events such as health fairs. She also wants to raise awareness among younger women who may consider ovarian cancer an older woman's disease and overlook early symptoms.

Tabitha lives in St. Louis city with her husband, Michael, a software developer, pets Zoey and Robert, and, of course, 7-month-old Claire.



Tabitha Tomko

Save the Dates

March 28. Life is Your Journey, Live it Out Loud gala. 5:30-10 p.m. Location: Edward Jones Corporate Headquarters. \$150.

April 11-12. GO! St. Louis weekend: marathon, half marathon, relay, 5K, children's fun run and mature mile. Price varies.

May 8. World Ovarian Cancer Day. Reception 5:30-9 p.m. at Schon, #35 The Boulevard, across from the Galleria hosted by Mitchell James. \$10 donation.

Sept. 4. Ovarian Cancer Night at the Ballpark. Location: Busch Stadium. \$30

Sept. 4. National Ovarian Cancer Awareness Day. Wear teal.

Sept. 5. Rise 'n Shine, Yoga for SLOCA. Location: World's Fair Pavilion.

Oct. 22. Celebrating Teal Success wine tasting. Location: Grapevine Wines, Kirkwood.

SLOCA Chatter

5K in Hallsville, Mo., Will Benefit SLOCA

The second annual Trot for the Tropics will take place on Saturday, April 11, at the Hallsville Intermediate Commons near Columbia, Mo.

The event, a 5K and fish fry/raffle, honors the late Mallory Morton and others who have battled and continue to battle ovarian cancer. Proceeds will be donated in her memory to SLOCA and to fund a scholarship for a Hallsville High School student. Last year, the race drew more than 300 participants and the event raised more than \$25,000.

Mallory died last March at the age of 27 after a year-long battle with ovarian cancer. She was a wife, mother, sister, daughter, aunt, cousin and friend. Her love of running and the beach inspired this annual event.

For more information, go to <http://trottohetropics.weebly.com/>.

2 Recognized for SLOCA Work

Former President Beth Hudson and former Vice President-Communications Jan Paul were recognized in September for their volunteer work with SLOCA. Both women are survivors of ovarian cancer.

Beth was one of five individuals chosen by Town & Style St. Louis for the magazine's Reaching Out Awards, which recognizes St. Louis non-profits and volunteers. Beth was chosen for her dedication in serving three years as SLOCA's president, leading the organization through a period of significant growth and increased impact. Beth continues to serve as a volunteer and board member.

Jan was one of four women chosen by St. Luke's Spirit of Women organization to receive a Healthy Women Award at the Spirit Girls Night Out event on Oct. 9. Jan was chosen for her work in building a communications program for SLOCA that includes this semi-annual newsletter, a robust website, digital newsletter and marketing program. Jan retired from the board in July and continues to edit the newsletter.



Larry and Debbie Weiss won the wine basket raffle at SLOCA's annual wine tasting event, held in October at a new venue, Grapevine Wines in Kirkwood. Eighty people attended, raising nearly \$1,500 for ovarian cancer research. The tasting returns to Grapevine again this year on Thursday, Oct. 22.



SLOCA Board members Alene and Jon Becker worked a booth at the St. Louis Blues' Hockey Fights Cancer night at Savvis Center in October, with \$4,237 of the proceeds from merchandise sales going to SLOCA. In addition, the St. Louis Blues 14 Fund made a \$2,500 grant to SLOCA.

Rise 'n Shine Yoga Event

Mark your calendars for the 7th annual Rise 'n Shine, Yoga for SLOCA. The event will take place on September 5-- the Saturday of Labor Day weekend -- at the World's Fair Pavilion in Forest Park.

Last year's Rise 'n Shine was the most successful in the event's history. It drew 170 participants and netted \$7,300 for SLOCA. That was \$2,000 more than the previous year and \$5,000 more than in 2012.

Karen Scheible, SLOCA's Vice President-Development, credited Event Chairwoman Michelle Abouader and her many volunteers with the steady growth and popularity of this event.

As a spinoff to Yoga for SLOCA, Rise 'n Shine volunteer Mary Jane Cusumano Sheets and Melanie Zuanich hosted a yoga benefit on New Year's Eve at Prana Yoga, their studio in Des Peres. That celebration was held to honor Melanie's sister, Tracy Pieper Brown, who is fighting ovarian cancer in Wilmington, N.C., and it raised nearly \$700 for SLOCA.

Share Stories. Share Hope.

Karen Scheible, SLOCA's Vice President-Development, expressed appreciation to the women who shared their stories as part of our "Share Stories. Share Hope." annual giving campaign to raise awareness of ovarian cancer in late fall.

The campaign generated 115 gifts that totaled \$18,550, including gifts from all of SLOCA's board members. It was SLOCA's second annual giving campaign, and it raised more than twice as much as our 2013 "Take Note, Take Action" effort.

The direct mail appeal featured the inspiring story of Sandi Tolliver, who is a 10-year survivor of ovarian cancer. Other survivors' stories were featured on Facebook.

"We know many were touched by these stories," says Karen, "and we want to thank those who made donations to 'Share Hope' by funding SLOCA's ongoing mission to support survivors, fund research and spread awareness of this disease.

Donations

The following donations were made to SLOCA July 1, 2014 through Jan. 31, 2015, in memory of:

Sidney Adelson
Robert Stone

Mary Margaret Alexander
Wayne Alexander
Chuck Lammert
Linda Reimers

Carolyn Althoff
Catherine Barten

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M/M Lionel Kaiser
M/M Steve Kamenetzky
M/M Dave Klein
Michael Klein
Betty Jane Koppel
Cathy Lander-Goldberg
Gail Lapin
M/M Benjamin Lefton
M/M Harvey Lehrer
Adam Lubchansky
Jean McCammon
Bobby Medow
Betsy Mehlman
M/M Sandy Melnick
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Larry Present
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Jason Randall
Susan Rich
Dr. Marcos Rothstein
M/M Richard Rubenstein
Harvey Sachs
David Schenberg
Steve Schlansky
Barry Shafman
Stephen Shear
Suzanne Shelton
Carl Sherman
Karen Suroff
Hal Tzinberg
M/M Melvin Weinberg
Mike Wieser
Harold Wittner

Barbara Garner
Dawn Garner

Cindy Gilberg
M/M Simon Barker
Jonathan Brock
Matthew Broderick
Claire Chosid
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Dale DeFreece
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Ken Gilberg
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Marilyn Lamb
Barbara Lawton
Doris Nugent
James Portman
Lucy Ross
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Laurel Vander Velde
Robert Weaver
Ron Wilkinson

Larry and Mary Goetz
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Frieda Handelman
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Pamela Schmidt

Mary Ann Hug
Holly Barhorst
Geneva Boyd
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Julia Chilton
James DeMay
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Jim Pohlmann
Leon Vanderwater

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Jen Koop Krass
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Cheryl Schaefer

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Elyse Glarner
Eric Manterfield

Survivor Spotlight



Mark and Sandy Sullivan

Two years ago this spring, Sandy Sullivan was diagnosed with Stage 3-C ovarian cancer. She underwent a radical hysterectomy and 17 weeks of chemotherapy. After recovering her strength, she set out to convert her bad news into a volunteer opportunity.

With encouragement from her nurse, Nancy Larson-Vomund, Sandy got involved with SLOCA as a volunteer at last spring's Gala and she appeared in the video shown there. In late March, she will tell her inspiring story at the 2015 Gala. She is truly the embodiment of the Gala's theme: Life Is Your Journey – Live It Out Loud.

Sandy's at ease with public speaking. She's a people person, after all – a woman non-engineer working in the male-dominated world of engineering. She's the Director of National Accounts for Nidec Motor Corp., a Florissant-based company that sells electric motors of all sizes to the industrial region.

Telling the story of her diagnosis is the second thing Sandy did for SLOCA. She trained to speak in its medical education program, Survivors Teaching Students: Saving Women's Lives ®.

"When you put something into a story, it helps them remember that woman's experience," she says. And educating budding medical practitioners is especially gratifying. When her presentation began with nurse-practitioner students at the University of Missouri-St. Louis, she was surprised that some students were unaware that no single test exists to detect ovarian cancer. An hour later, they took that vital bit of information with them.

Sandy also signs on daily to the Inspire online support group sponsored by the Ovarian Cancer National Alliance, and she answers questions from women who are newly diagnosed.

She also became a cancer coach to three friends with cancer. "They looked at me as the face of chemo. They want to know where to get a wig, what's going to happen to their nails – the things you don't want to ask your doctor."

In April, Sandy will celebrate her 50th birthday during a trip to Cancun with the women who were bridesmaids at her wedding to Mark Sullivan 26 years ago. The couple lives in St. Charles with their beloved Shih Tzu dog, Sophie.

Sandy would encourage women who want to make something positive out of their cancer experience to get involved. "It sounds like a cliché but you're going to get more out of it than you give back," she says. To volunteer with SLOCA, contact Lisa Price, Vice President-Volunteers, at volunteers@sloca.org.

SLOCA Partners with Schnucks



Schnucks began selling in January reusable shopping bags in a teal-and-silver design that features the Gateway Arch on one side and, on the other, SLOCA's infographic of the four leading symptoms of ovarian cancer.

The bags are priced at \$1 each – or 10 for \$10, as Schnucks markets them – and represent SLOCA's latest and most ambitious effort to raise awareness to a broad cross-section of women in the metro St. Louis area.

Ten thousand bags are being sold at all metro area Schnucks stores in January and February; the bags have been placed prominently near the checkout counters.

"I got the idea for advertising on reusable bags while working the SLOCA booth at the Working Women's Survival Show two years ago," says Jan Paul, a SLOCA volunteer and former board member. "We've tried many ways of getting the word out about ovarian cancer symptoms, but this seemed to be an opportunity to keep the message in front of women over a long period of time."

Last year, with the help of marketing professional Scott Dieckgraefe, SLOCA created a prototype of a bag before approaching Schnucks with a proposal. Schnucks executives readily agreed to partner with SLOCA on the project, and they helped SLOCA finalize the design, secure the bags from its vendor and market the bags.

The bags were promoted with the slogan, "Use One, Share One – Save a Life." The goal is for women to use the bags themselves and share them with women they love in the hope that wider knowledge of the symptoms will lead to earlier diagnosis.

Joanie Taylor, Director of Corporate Affairs and Customer Relations for Schnucks Markets, noted Schnucks has helped SLOCA raise awareness of ovarian cancer for many years. She called the project "a unique and practical way to reinforce and further spread the news."

Said Lisa Sienkiewicz, President of SLOCA, "We are grateful that the corporate leaders at Schnucks saw the huge potential of these shopping bags in delivering this important message to women across the St. Louis region."

Typically, these sorts of bags are used for grocery shopping and other errands, but Jeanne Kovath, who manages Schnucks' reusable bags category, noted that at \$1 they make an inexpensive and attractive gift bag.

The promotion ends in late February.