



Columbia Basin Cancer Foundation Newsletter

Local Support For Our Neighbors With Cancer

April 2010

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Volunteer Recognition Edition

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SUPPORT GROUP INFORMATION

The support group is open to all caregivers, patients, and survivors. It meets on the third Monday of every month at the Moses Lake Senior Center at 5:30 PM.

If you would like more information about the support group please contact either Delores Gregg (346-9720) or Zola Basart (346-1412).

HOPE CORNER

“Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has.”

~Margaret Mead

Our Volunteers

JACQUE ANDERSON

Jacque Anderson has been volunteering for the Columbia Basin Cancer Foundation since 2007. Jacque had been living on the west side of the state for a long time before moving to Moses Lake from Renton with her husband. She liked the west-side of the state and was comfortable with her doctors over there.

After moving to Moses Lake, Jacque was diagnosed with breast cancer. Because Jacque wanted a doctor that she knew, her husband went back to the west side of the state while she was going through treatment, returning to Moses Lake after her treatment was over in 2006.

Jacque got involved with the Columbia Basin Cancer Foundation after meeting Jan DeBeaumont at the market selling bandanas for the Foundation. She stopped and talked to Jan about the Foundation and decided to start volunteering as a caregiver. She says that the best part about being part of the CARE Team is that they are such good people and she has made so many good friends.

Jacque is a very caring and understanding individual with a love for her family. The one thing more important than anything else is family. When she is not volunteering for the Foundation, she loves spending time with her grandchildren and reading. The CBCF is truly blessed to have her as part of the CareTeam. Thank you, Jacque.

DONNA RUTTAN

Donna Ruttan is one of our volunteers from Othello. She had been volunteering for many years in other organizations when she read about Peggy Berk's involvement in the Foundation. According to Donna she was looking for something new and different. Cancer is in her family so she thought she would like to do something to help others with cancer. She called Peggy Berk and asked how she could get involved. Peggy arranged for Donna to join the Care Team.

Donna says that being part of the Care Team is a very humbling experience. She says that visiting with the patients and seeing how grateful they are for what the Foundation does for them is so touching. "It is wonderful to be part of a team that really cares and gives unconditionally for others." But Donna does more for the Foundation; she also volunteers her time to sew pillow cases that are then given out

UPCOMING AND CURRENT EVENTS

Apr. 19 - 5:30 PM Cancer Support Group at the Moses Lake Senior Center

Apr. 24 – Tractor Raffle Ticket Sales
Connelly Park: 9 AM – 4 PM

Apr. 25 – Tractor Raffle Ticket Sales
Connelly Park: 9 AM – 4 PM

Apr. 26 – 5:30 PM CBCF Board Meeting

HEALTHY LIVING RECIPE:

Strawberry Shortcake

Serves 6

Ingredients:

- 2 pints strawberries, washed and halved
- ½ cup strawberry preserves
- ¼ cup honey
- 1 tbsp lemon juice
- 1 loaf of fat-free pound cake
- 3 cups of fat-free whipped topping

Directions:

1. Set aside 1 cup of strawberries.
2. Combine remaining strawberries, preserves, honey, and lemon juice in a bowl
3. Place a slice of pound cake on a plate and spread strawberry mixture over cake.
4. Spread 2 tbsp of whipped topping over strawberries and place a 2nd slice of cake over whipped topping.
5. Spoon more strawberry mixture over cake and top with whipped topping.
Garnish with strawberries.

Adapted from:
Cooking Smart. American Cancer Society (2006).

Free copies available in the office.

with the quilts to each cancer patient that the Columbia Basin Cancer Foundation sees.

Donna also spends her time attending the Othello Cancer Support Group and volunteering at the Lutheran Church helping to make quilts for third world countries. Donna has a hard time seeing a person in need and not helping. She often spends time visiting her friends that can't get out of their houses very often.

When Donna Ruttan is not volunteering or helping others she is managing the Danekas Funeral Home in Othello. In her spare time she enjoys researching her family history. The Foundation owes a big thank you to this remarkable woman and volunteer.

Foundation and Friends News

JOHN DEERE TRACTOR RAFFLE

The Columbia Basin Cancer Foundation is raffling off a John Deere riding lawnmower to help raise funds for the services they provide. Tickets are \$5 each and are available at various banks and pet groomers in Grant and Adams Counties. The drawing will be held on May 17th at the Moses Lake Senior Center at 5:30 PM. The winner does not have to be present to win.



The lawn tractor is a John Deere LA 135. It has a 22 HP V-twin engine with a 42 inch cutting width. It has cruise control, a cup holder, hydro/automatic drive, and a hood that will not dent or rust. It is a beautiful tractor that is valued at just under \$2,000. Several of the banks

will be displaying the tractor throughout the next month.

As many of you know, the Columbia Basin Cancer Foundation is funded through donations, memorials, and fundraisers like this raffle. The funds raised from this drawing will help the Columbia Basin Cancer Foundation to continue their commitment to serving cancer patients in Grant and Adams Counties by providing support, services, encouragement, and information to patients and families. They pride themselves on ensuring that the funds raised here stay here. Right now they are able to provide over \$1000.00 in gas vouchers, lodging, meals, massages, and gift cards every month to local cancer patients.

Please come out and support the foundation by either buying raffle tickets or by volunteering to help sell them.

Tickets are available at the following locations:

- AmericanWest Bank in Moses Lake
- Bank of America in Moses Lake

A BIG THANK YOU

The Columbia Basin Cancer Foundation would like to thank the **Potholes Bass Club** for their donation of \$500. This donation will go a long way in providing services and programs to cancer patients in the area. The Potholes Bass Club has donated and helped many other organizations in the area. We are deeply grateful for their generosity.

We would also like to thank **Imbibe** for the fundraiser they held on March 18th. The fundraiser not only helped to raise funds but also served as a tool for letting other know who we are and what we do. Thank you Imbibe!

We would also like to say thank you to our former Executive Director Mary Frederick. We will miss her warm smile and comforting words. She gave so much to the organization in the three short years she was here. She will be missed and we wish her well in the future.

- Sterling Saving Bank in Moses Lake and Othello
- Wheatland Bank in Moses Lake
- CBCF office in Moses Lake
- Elegant Pet in Moses Lake
- Animal House in Moses Lake
- Animal Cracker in Moses Lake
- US Bank in Othello
- Bank of Whitman in Othello, Warden, and Royal City
- Animal World in Moses Lake

VOLUNTEER OPPORTUNITIES



CARE Team – The CARE Team is looking for people interested in working with patients as a volunteer. Training will be provided. This is a rewarding and great way to give back to the community. Email cancercareteam@yahoo.com or call 764-4644

Office Worker – Volunteers are needed to help out in the office with general clerical duties. If you are interested in coming into the office for a few hours once or twice a week email cbcfoundation@qwestoffice.net.



Tractor Raffle – The CBCF needs volunteers to help sell raffle tickets on the weekends. This includes Connelly Park and the farmer's market in Moses Lake. It is a fun way to meet new people and raise money for a good cause. If you are interested please email Kayla Stoker at kstoker_cbcf@live.com.

Take a Swing Against Cancer: Home-run Derby – The CBCF is looking for people interested in helping plan a Home-run Derby for July 13th. We need volunteers that are willing to approach businesses about sponsorships, recruit and organize teams, and get entertainment. If you are interested please e-mail Jeff Stoker at jeffstoker1979@hotmail.com or Kayla Stoker at kstoker_cbcf@live.com. Or you can call (509) 318-4267.



Tough Enough to Wear Pink – Volunteers are needed to help with the Tough Enough to Wear Pink Fundraisers in August and September. We need people interested in working shifts and those interested in helping to plan the event. If you are interested please contact Kayla Stoker at kstoker_cbcf@live.com.

Cancer Awareness Days – The Columbia Basin Cancer Foundation goes to many of the schools in the area to teach kids about how to prevent cancer



STAFF

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CONTACT INFORMATION

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Monday – Thursday
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and live healthier. We are looking for volunteers that enjoy working with kids and have time during the middle of the day. Please contact Kayla Stoker at Kstoker_cbcf@live.com if you are interested.



Dinner, Dance, and Auction – The CBCF is looking for anyone that might be interested in helping to plan the next dinner, dance, and auction fundraiser in Feb 2011. Please contact Kayla Stoker at Kstoker_cbcf@live.com.

Board Member – There are a few openings on the board of directors. Volunteering as a board member is a challenging and rewarding experience. As a board member you will have the opportunity to have a say in the future of the organization. If you are interested please send an e-mail to cbcfoundation@qwestoffice.net stating why you are interested in serving on the board. Please note that applicants for the board are carefully screened and must be voted on unanimously by the current board of directors.

CBCF Quiz

Question 1:

The Cancer Foundation was founded in what year?

- a) 1998 b) 2006 c) 1999 d) 2000

Question 2

The Moses Lake Cancer Foundation changed its name in what year to the Columbia Basin Cancer Foundation?

- a) 2003 b) 2006 c) 2007 d) 2008

Question 3

This person has served on the Board of Directors for 10 years?

- a) Kirby Messer b) Delores Gregg
c) E Michael Graham, MD d) James Irwin, MD

Question 4

This person currently serves as the Vice President of the Board of Directors?

- a) Annie Andersen b) Roldan Capetillo c) Zola Basart
d) Tanya Prickett e) Judy Trask f) James Irwin, MD

Question 5

What are the purposes of the Columbia Basin Cancer Foundation?

1. To generally promote health in Grant and Adams Counties
 2. To provide funding for cancer treatment
 3. To provide education on prevention and early detection
 4. To enhance the quality of life for people living with cancer
- A) 1,3,4 B) 1,2,3 C) 2, 4 D) 1,2,3,4

Answers:

- 1) d, 2) c, 3) c, 4) a, 5) d