



Columbia Basin Cancer Foundation Newsletter

Local Support For Our Neighbors With Cancer

June 2010

Volume 2, Number 6

Summer Edition

IN THIS ISSUE:

- John Deere Tractor Winner
- Support Group Information
- Upcoming Events
- Foundation and Friends News
- Get Active Quiz
- The Hope Corner
- Healthy Living Recipe

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

“Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it.”

~Bill Cosby

John Deere Lawn Tractor Winner



KATHRYN SIMMONS WITH BROTHER

With the hopes of making life for her husband a little easier, Kathryn Simmons of Lind took a chance. While she was in Othello one day she decided to purchase 1 raffle ticket for a John Deere LA135 lawnmower. Knowing her chances were slim and having limited funds to support her husband Scott, who suffered from a bad heart, Kathryn still held hope that her \$5 purchase would provide Scott with an easier time keeping up with their 5.5 acres of

land. She went home and told Scott “Baby, I am going to win you a tractor.” On Monday May 17th Kathryn’s ticket was drawn during the Cancer Support Group meeting at the Moses Lake Senior Center. When Kayla Stoker, Marketing Director for the Columbia Basin Cancer Foundation, called Kathryn to tell her she had won the lawnmower, Kathryn could hardly speak. She had won Scott his tractor. Her one wish is that Scott, who passed away on April 26th, could have been there.

The Columbia Basin Cancer Foundation would like to recognize the generosity of the communities in Grant and Adams Counties for their help in our successful raffle. The Foundation would like to give a special thanks to our volunteers who worked so hard at selling tickets for the drawing. We would also like to thank the following businesses and banks who sold tickets for us: Wheatland Bank (Moses Lake), Sterling Savings Bank (Othello and Moses Lake), Bank of America (Moses Lake), American West Bank, U.S. Bank (Othello), Bank of Whitman, Animal Crackers, Elegant Pet, Animal House, Animal World. The Foundation would also like to extend a huge thank you to Bank of America, Elegant Pet, and US Bank in Othello for leading the pack with the most tickets sold. Bank of America and US Bank in Othello both sold over 80 tickets each. Big R, Moses Lake Farmers Market, and Moses Lake Regatta deserve a special thank you for allowing the Foundation to sell tickets at their venues. Last but certainly not least, a special thank you to Evergreen Implements for working with us to obtain and display the lawnmower tractor. The Columbia Basin Cancer Foundation would also like to congratulate Kathryn and Scott Simmons on their new lawnmower tractor.

UPCOMING AND CURRENT EVENTS

Jun 21 Support Group at the Moses Lake Senior Center 5:30 PM

Jun 28 CBCF Board Meeting at 5:30 PM

HEALTHY LIVING RECIPE:

Maple Oatmeal Bread

Serves 16 (1 loaf)

Ingredients:

3 to 3 ½ cups all-purpose flour
1 package of active dry yeast
¾ cup prepared coffee
½ cup quick-cooking rolled oats
½ cup pure maple syrup
3 tbsp butter
1 tsp salt
1 egg

Directions:

1. Combine 2 cups flour and yeast.
2. In a saucepan heat coffee, oats, maple syrup, butter, and salt over medium heat until warm (120°F).
3. Add flour mixture and eggs to saucepan and beat on low for 30 seconds. Beat on high for 3 minutes. Then use a wooden spoon to add the rest of the flour.
4. Turn dough out onto a lightly floured surface. Knead as much of the remaining flour as you can until the dough is stiff, smooth, and elastic. Shape into a ball and place in a lightly greased bowl. Cover; let rise in a warm place until double in size (about 1 hour).
5. Punch down and let rest 10 minutes. Form into a loaf and place in a greased 9x5x3 inch loaf pan. Let rise 30 to 45 more minutes.
6. Bake at 375°F for 30 minutes.

Adapted from:

Better Homes and Gardens. *New Cook Book: Special Edition*. 2006. Meredith Corporation, Des Moines. Pg. A-48

Foundation and Friends News

TAKE A SWING AGAINST CANCER

CBCF HOME-RUN DERBY



The CBCF in conjunction with Big Bend Community College is hosting a Home-run Derby on July 13th, 2010. The event will be held from 3 PM to 8 PM at Big Bend Community College Softball Field. The Home-run Derby is aimed at increasing cancer awareness, promoting healthy living, and raising money for patient services. With this fundraiser we hope to be able to revitalize some of our

discontinued services like hot meals for cancer patients during treatment and Farmer's Market Food Vouchers. These programs are essential to promoting healthy living during cancer treatment.

There will be three divisions of competition:

- Adult (18+) - 6:00 PM to 8:00 PM
- Teens (14-17) - 4:30 PM to 5:30 PM
- Little League (9-13) - 3:00 PM to 4:00 PM

Participants will compete as either teams of 4 batters or as individual batters – each batter gets 15 swings. Those swings will be scored based on a scale from 10 to 100 based on distance from home plate (fair balls only). Teams with highest score and the Individual with the highest score will receive prizes. Teams will be scheduled for a batting time when their registration form and payment have been submitted. Registered batters will receive the following with paid entrance fee:

- Batters T-Shirt
- Program
- Souvenir Photo

And the best part of the event is that all of the money raised stays in Grant and Adams Counties to help cancer patients and their families. So please come out and hit one out of the park for the Columbia Basin Cancer Foundation.

You can register online at cbcfhomerunderby.webs.com or by picking up a registration from our office.

A BIG THANK YOU

The Columbia Basin Cancer Foundation would like to thank Ephrata Raceways for their donation of \$1200. This donation will go a long way in providing services and programs to cancer patients in the area. The money was raised through the fundraiser "Race for a Cure" held in May. Thank you to Rita Witte and everyone at the Ephrata Raceway Park.

Chief Moses Middle School recently conducted a rummage sale under the direction of Joné Montreuil. They were able to raise \$200 for the Columbia Basin Cancer Foundation. The Foundation would like to thank Joné and all of her students.

The Foundation also received \$600.00 from Elegant Pet. The Money was raised by selling puppies that had been donated to the Groomer. Elegant Pet is located below Animal World on Broadway. We would like to thank Elegant Pet for their continuous support of the Columbia Basin Cancer Foundation.

We would also like to thank the Lioness Club for their donation of \$2,500. It is truly amazing to have organizations like the Lioness Club that give so much to this community. They have continuously supported us for many years. So please accept a very big thank you for all of your hard work.

STAFF

Jan DeBeaumont, Patient Services
Sharrie Trachte, Patient Services
(509) 764-4644
cancercareteam@yahoo.com

Kayla Stoker, Marketing Director
(509) 318-4267
Kstoker_cbcf@live.com

Get Active Quiz

Question 1:

What percentage of cancer deaths are due to lifestyle choices?

- a) 10% b) 25% c) 66% d) 50%

Question 2

It is recommended that adult get _____ minutes of exercise 5 days a week and that children get _____ minutes of exercise 5 days a week.?

- a) 60, 60 b) 60, 30 c) 45, 60 d) 30, 60

Question 3

If you weigh 150 pounds how many calories can you burn while playing with children or grandchildren for one hour?

- a) 72 b) 324
c) 150 d) 216

Question 4

Which of the following list includes moderate intensity activities?

- a) Walking, dancing, softball, gardening, golf
b) Jogging, Vacuuming, Jumping rope, Masonry
c) Swimming, Watching TV, Soccer
d) Aerobic dance, basketball, racquetball

Question 5

How many minutes of running would a 160 lb person have to do in order to burn off a large order of fries?

- a) 10 b) 26 c) 28 d) 60

Answers:

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

Source:

American Cancer Society. (2006). *Smart Steps: The American Cancer Society Guide to Being More Physically Active*. American Cancer Society.

Available for free in the Columbia Basin Cancer Foundation's Office.

CONTACT INFORMATION

P.O. Box 1337
1418 S Pioneer Way, Suite D
Moses Lake, WA 98837
(509) 764-4644
Monday – Thursday
10:00 AM – 2:00 PM
info@columbiabasincancerfoundation.org
www.columbiabasincancerfoundation.org
www.facebook.com/cbcfoundation