



Columbia Basin Cancer Foundation Newsletter

Local Support For Our Neighbors With Cancer

March 2010

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Colorectal Cancer Edition

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SUPPORT GROUP INFORMATION

In March the support group will be hearing from Annie Andersen, ARNP from the Moses Lake Clinic Cancer Care Center. 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

"Cancer is a word, not a sentence."
~John Diamond

Imbibe Wine and Art Event to Benefit the Columbia Basin Cancer Foundation

Every month Imbibe owner Cynthia Dano combines two of her passions to create an exquisite one of a kind experience in Moses Lake. On the third Thursday of every month Cynthia holds a wine and art event that features a different artist and wine. Wine and paintings are sold at the event. Each month a different charity is chosen to receive the proceeds from the event. The event corresponds with the Moses Lake Business Association's Third Thursday in LakeTown Landing, in which many downtown businesses extend their hours and hold special events much like Imbibe.



In the month of March, thanks to Mary Frederick, Imbibe will be donating the proceeds to the Columbia Basin Cancer Foundation. Imbibe will be featuring Wines from Maryhill Winery, which was voted 2009 Washington Winery of the Year. Artwork from Desert Artists, a local artist group, will be on display. The Desert Artists have been painting together weekly for the past 20 years. There will also be a pianist providing entertainment for the evening. This is a wonderful opportunity to experience fine wines, excellent music, and exquisite art.

The event will be held at Imbibe located at 216 W Third Avenue in downtown Moses Lake. The tasting fee is \$10. The event runs from 6 to 9 PM on March 18th. For more information you can contact Imbibe at (509) 765-1119.

UPCOMING AND CURRENT EVENTS

Mar. 15 - 5:30 PM Cancer Support Group at the Moses Lake Senior Center

Mar. 17 - St. Patrick's Day

Mar. 18 - Fundraiser at Imbibe

Mar. 22 - 5:30 PM CBCF Board Meeting

HEALTHY LIVING RECIPE:

Everyday Succotash Salad

Serves 6-8

Ingredients:

- 1 - 10oz package of frozen lima beans
- 1 - 10oz package of whole kernel corn
- 2 - small tomatoes chopped
- 2 - green onions sliced
- 1 tsp fresh parsley
- ¼ cup red wine vinegar
- 2 tsp Italian dressing
- ¼ tsp dry mustard

Directions:

1. Cook lima beans and corn according to directions on package. Drain.
2. In large bowl combine lima beans, corn, tomatoes, green onions, and parsley.
3. In another bowl whisk together vinegar, Italian dressing, and mustard.
4. Pour over lima bean mixture and toss to coat.

Adapted from:

Better Homes and Gardens New Cookbook 12th Edition
Special Edition, pg. A-82.

Foundation and Friends News

A NEW FILM TO FOLLOW A YOUNG FAMILY CONFRONTING A DIAGNOSIS OF BREAST CANCER

Mike Moroz, an independent film maker, is in the process of producing a feature film called, "Face the Sun". It follows a young family confronting a diagnosis of breast cancer. The film's hero is a photographer that gets diagnosed with cancer. This film was written to inspire courage and hope. It also strives to encourage people to live life to the fullest. According to the film's website "Perhaps most importantly, this story highlights the struggles of those that have been waiting too long to tell their story."

After talking to Moroz on the phone it is very clear that this film's message and possible benefits it may bring to many cancer organizations around the world are very important to him. As he mentioned in his e-mail and during our conversation on the phone, this project is very close to his heart. He started the project after losing a close friend of his wife's to breast cancer. She passed away at age 34. After her death he decided that the best way to give back to her would be to use his talent for film-making. He has created a video that gives more information on why this project is very important to him
(<http://www.youtube.com/watch?v=ERzuj84E7Mw>).

According to Moroz, "It is my intention to have a significant portion of the net revenue from the film flow through to cancer organizations like yours as a tribute to her, and the many women who have bravely fought this devastating illness." To find out more about his film and Mike Moroz you can visit the movie's Facebook page or the film's website at <http://www.facethesunmovie.com>.

The purpose of Mike's initial contact with the Foundation was to make us aware of the project, and to give us an opportunity to take a look at the clip, and the webpage.

VOLUNTEERS NEEDED

Volunteers are needed to help with many of the upcoming fundraisers. If you are interested in giving back your time to the Columbia Basin Cancer Foundation please send an e-mail with your name and number to Kayla Stoker at kstoker_cbcf@live.com.

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Colorectal Cancer Quiz

Question 1:

According to the Center for Disease Control, which of the following may increase your risk of colorectal cancer?

- a) Overweight/Obesity
- b) Low-fiber & High-fat diet
- c) Not enough fruits and vegetables
- d) Lack of regular physical activity
- e) All the above

Question 2

According to the Center for Disease Control, what percentage of cases of colorectal cancer occurs in people over the age of 50?

- a) 45%
- b) 60%
- c) 75%
- d) 90%

Question 3

The Center for Disease Control estimates about how many colorectal cancer related deaths could have been prevented if all men and women over 50 were screened regularly?

- a) 20-30%
- b) 30-40%
- c) 40-50%
- d) 50-60%

Question 4

Who does colorectal cancer affect?

- a) Majority female
- b) Majority male
- c) Both men and women equally

Question 5

According to the Center for Disease Control, the majority of colorectal cancers begin as polyps in the colon or rectum that may become cancers over a long period of time?

- a) True
- b) False

Answers:

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

Sources:

The Center for Disease Control. Retrieved February 25, 2010 from <http://www.cdc.gov/cancer/colorectal/>