

920-498-2285  
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[www.bcff.org](http://www.bcff.org)



Spring 2011

## Breast Cancer Family Foundation®

### Meet the new President of our Board of Directors



**Susan Van Asten**

Hello. It is a real privilege for me to be joining the BCFF. I believe strongly in our mission and look forward to working with everyone involved in helping the Breast Cancer Family Foundation educate the Northeast Wisconsin community on all cancer awareness, early detection & prevention strategies for breast cancer and the importance of healthy lifestyle behaviors.

Joining me on the Board is a dedicated group of individuals including the following people:

<b>Neal Maccoux, Vice President</b>		
<b>Sherrill Revolinski, Secretary/Treasurer</b>		
<b>Jo Beno</b>	<b>Mary Gagan</b>	<b>Janet Mashl</b>
<b>Diane Bluel</b>	<b>Kelly Luberda</b>	<b>Penny Paque</b>
<b>Cheri Feser</b>		

I'd also like to welcome **Sue Thomas** to the BCFF staff. She'll be working closely with Laurie to support the needs of BCFF.

In addition, we count on many others who support us and volunteer their time to serve on one of our various event committees or helping on the day of the event. Thanks to one and all.

### Let's Hear it for the Girls

BCFF would like to extend a special thank-you to the Girls Volleyball and/or Basketball Teams at the following Green Bay High Schools for making BCFF the recipient of the proceeds from their Pink Zone events:

**Preble High School Hornets, January 18, 2011- \$4,300**

**Bay Port High School Pirates, February 11, 2011 - \$1,800**

**East High School Red Devils, February 11, 2011 - \$300**

Besides the generous donations, we really enjoyed being a part of the event.

### A Note from the Director



The school year is winding down and soon students will be enjoying the long overdue summer break. It's always so much fun for me to go into the classroom and interact with the students. Whether it is middle school, high school or college students, I'm finding that more than ever our youth are being touched and affected by cancer in some way.

While my presentation is pretty well scripted, the student's reactions and questions are not. I truly enjoy their unpredictability and candidness. We learn from each other!

In partnership with other local organizations in our area, I am introducing the students to the "kids count" healthy zip code. Collaboratively, we are promoting healthy lifestyle awareness – a daily reminder on how to lead a healthy lifestyle and reduce the odds of getting cancer. The zip code is **54218: 5** servings of fruits and vegetables, **4** eight ounce glasses of water, **2** hours (or less) of technology, **1** hour of exercise and **8** hours of sleep. 54218 – ask a local student if they have heard of their new zip code. Hopefully, they will be able to tell you exactly what it means. Over time, the goal is for all students to live by it!

This past year school year I had the opportunity to present to approximately 5000 students across Northeastern Wisconsin, including the Green Bay and surrounding area schools. What a rewarding and pleasant experience it has been for me. Thank you to the schools, teachers, survivor speakers and students. I hope you have learned something and enjoyed it as much as I have.

Enjoy the summer and we'll see you next school year.

*Laurie Cooney*

### More Good News....

BCFF has been named as a recipient of a grant from the following organizations:

- Green Bay Packers
- Lisa A. Cudahy Community Health Grants
- Proctor & Gamble



**Sunday, July 17<sup>th</sup>, 2011**

**Howard YMCA – 601 Cardinal Lane**

**6:30 am.....100K**

**7:00 am.....80K**

**7:30 am.....55K**

**8:00 am.....35K**

**8:30 am.....15K**

The big day is less than two months away – time to dust off the bike, check the tires, and choose your distance. Register early at the BCFF website: [www.bcff.org](http://www.bcff.org) and receive a free BCFF cooler bag. You can also register at the event.

Remember, rain or shine, we ride on July 17<sup>th</sup>. Of course, we're hoping for good weather. No matter what, it's a good time. Just like last year, there will be good food, great raffle prizes, and activities for younger participants including the Climbing Wall and Bounce Room.

Call 920-498-2285 for a brochure.

**See You There...remember to bring your helmet.**



**Saturday, October 1<sup>st</sup>, 2011 – 8:00 am**

**St. John's Lutheran Church, De Pere, WI**

We're busy planning the 4<sup>th</sup> annual Pink Pumpkin Walk/Fun Run. Go to the new BCFF website for current details:

[www.bcff.org](http://www.bcff.org)

## Volunteers Needed

Would you like to volunteer at one of our events? Sign up or get more info by emailing [info@bcff.org](mailto:info@bcff.org).

Are you a **cancer survivor**? We would welcome your participation at one of our community presentations – share your story and make a difference.

Email [info@bcff.org](mailto:info@bcff.org).

## Healthy Tip Corner

### Vitamin D: Anticancer Powerhouse!

Vitamin D can help prevent up to 70% of cancers – yet up to 58% of Americans have low vitamin D levels. One of the best and easiest sources of this nutrient is exposure to sunlight.

So, why are so many of us vitamin D deficient and more susceptible to at least 17 forms of cancer? Living in the North, spending more time inside than out, wearing sunscreen, being overweight, and aging all interfere with the body's spontaneous production of vitamin D.

High levels of vitamin D can reduce risk of colon cancer by 40% and breast cancer by 75%. Encouraging laboratory results have found that vitamin D is able to enter breast cancer cells and trigger cell death. Other cancers for which vitamin D has shown a protective effect include ovarian, prostate, stomach, bladder, kidney, and lung cancer.

As mentioned earlier, we all have easy access to increasing our body's production of vitamin D by getting 25 minutes a day of sun before applying sunscreen (always avoid cancer-causing sunburns). Supplements are another easy solution.

Unless otherwise directed by your doctor, most integrative practitioners recommend between 1000 and 2000 IU of vitamin D per day as a supplement. Vitamin D3 form is better utilized than the vitamin D2 form.

**Cheryl Myers**

*Cheryl Myers is an integrative health nurse, author, and expert on natural medicine. She is a nationally-recognized speaker who has been interviewed by the New York Times, Wall Street Journal and Prevention Magazine. Her research on botanicals has been presented at the American College of Obstetrics and Gynecology and the North American Menopause Society.*

## New Website...Coming Soon

Thank-you **Baer Performance Marketing** for our new and greatly improved website. It's just what we needed – a better representation of who we are, what we do, and what's going on in our organization. See for yourself at [www.bcff.org](http://www.bcff.org)

## New Mailing Address

We no longer have a post office box. Please use this address for all U.S. mail correspondence:

**Breast Cancer Family Foundation**  
926 Willard Drive, Suite 111  
Green Bay, WI 54304

**Go Green – This newsletter is available via email.**  
Just send your email address to [info@bcff.org](mailto:info@bcff.org)