

BREAST CANCER RECOVERY

Providing environments for women breast cancer survivors to heal emotionally

Infinite Boundaries Alumni E-News

Volume 1 Issue 2 – February 2012

Breast Cancer Recovery is 15! Let's Go Viral



Breast Cancer Recovery was founded in 1997 by Ann Haney. As an administrator for the Wisconsin Division of Health, Ann coordinated breast and cervical cancer screening programs throughout the state. Through conversations with many of the women she met, Ann recognized that for many women, medical treatments do not provide healing of the heart and mind. Shortly after leaving her position as a state official, Ann was diagnosed with breast cancer in 1996.

As BCR's President, Ann was the inspiration behind the Infinite Boundaries retreat program which provides environments for women to find healing the medical community cannot always provide - healing of the heart, mind and soul.

Since its inception, over 1,000 women breast cancer survivors have attended Infinite Boundaries retreats in locations around Wisconsin and a few out-of-state venues.

During the Alumni Breakfast, a concept of "paying it forward" was discussed. Is there a way that IB Alumni can celebrate BCR's 15th Birthday? How about sending a woman to Infinite Boundaries? Perhaps having a party, a garage or bake sale is something you are interested in? We challenge you to think about ways to help us send 15 women to Infinite Boundaries. Any and all ideas are welcome and no idea is too small or large. It's often more fun to work with a group so let us know if you have any ideas. For more information, please see 3rd party fundraising article in this issue.

In keeping with the 15 theme, we would like to go viral and need your help! Please "like" us on Facebook. What will that do? For one, you will get notifications about IB retreats and other events. In addition, we would like to promote a campaign on Facebook" Donate \$15 on the 15th of the month & invite 15 of your friends to "like" us. Stay tuned to see where this will lead! Check it out at www.facebook.com

Infinite Boundaries Alumni First Annual Breakfast Reunion

"Ask me how I got my GROOVE back?"

Over seventy women mingling around the room laughing, talking and hugging - and they all shared a common experience. This was the scene on Saturday, November 12 at the annual "Sharing The Knowledge" conference presented by Breast Cancer Recovery. All of the women were breast cancer survivors and attended an Infinite Boundaries Retreat. They share a life changing experience of breast cancer and the hope and healing of An Infinite Boundaries Retreat. The breakfast was an opportunity to meet up with fellow reunion sisters and re-ignite the camaraderie they have shared with each other.





Alumni received a pin saying, “Ask me how I got my GROOVE back!” Did you find your groove after attending Infinite Boundaries? If so, we’d love to hear about it!



IB alumni reuniting at breakfast.



Can you find anyone you know from your retreat?

Mark your calendars for “Sharing The Knowledge” and the 2nd Annual IB Alumni Breakfast:

Saturday, November 10, 2012

American Family Training Center ** New Location

6000 American Parkway

Madison, WI 53783

IB Alumni Feature

By Michele Juehring, 2011 Door County Retreatant and Training for Iron(WO)man



Michele Juehring

I am a visual learner. So to best describe my experience at last fall’s Egg Harbor Infinite Boundaries Retreat, is to ask you to imagine an ice cream cone. This sweet cake cone is filled with soft-served vanilla ice cream, dipped in the kind of chocolate sauce that turns into a shiny hard shell, so firm you could tap it with your finger nail and it wouldn’t crack.

That was me at day one; all packaged up nice, neat and unbreakable, such that on the outside was proof I was handling my stage III breast cancer journey with grace and ease. Ah yes, just another day in the life of a working mother, wife, daughter and friend, that’s me, nothings going to rock my boat.

Now imagine that ice cream with the shell cracked off. The ice cream is all shiny and new;

you almost don't want to eat it for fear you will spoil the beauty. That was me after the letting go ceremony, the ice cream with the shell off, feeling exposed and liberated at the same time. If my 44-year-old legs were in tune with my reborn soul, I would have been jumping ten feet high that last day as a way to express my liberation and joy.

Attending an Infinite Boundaries Retreat is the best gift you can allow yourself to receive. You hear that all you Type-A control freaks?!! Sorry, that was a little harsh, but I wish someone would have talked to me in that voice years ago.

Sharing a short but life-lasting journey with other breast cancer warriors was just what my soul needed. Talk about filling up my cup so that it overflows – wow! I am a better, stronger, nicer, confident and yes taller human being. (Amazing what confidence can do!) All of this after letting go of my worries, anxieties, regrets and anger. And I have the wonderful BCR staff and volunteers to thank for creating the opportunity for it to happen.

Six years ago in February I was a few months out from finishing nursing our nine-month old daughter, taking our son to 2's preschool, training for my 10th marathon, working full time and loving my life with my best friend and husband of seven years. By the end of the month, I would hear words that would stop me in my tracks – you have breast cancer.

If you're reading this article, chances are you've either heard those words yourself or know someone who has, so I won't give you the play-by-play as you've walked the same if not similar path. Bilateral mastectomy, breast reconstruction, four months chemo, six weeks radiation, aromatase inhibitor therapy and a fabulous team of doctors were the tools used to tackle my stage III breast cancer at age 38.

Faith, love, hope and the best family and friends a girl could ask for are what I used to help keep my breast

cancer just a paragraph in my life story and not a whole chapter. For while life altering, it was not nor is, my life.

I am a *LIVESTRONG*-wearing bracelet gal. I know pink is our color ladies, but yellow was my warrior paint long before the doctors cut into my skin. I am a triathlete and wore that bracelet in support of Lance Armstrong and his courageous fight

against cancer. And now as a cancer survivor, I wear the bracelet for me. Every day I try to "live strong"; a positive attitude, healthy lifestyle and throwing good vibes out in the universe. It's not always easy, especially around doctor check-ups and anniversary dates when staying in bed under the covers feels like my best option, but thank God I have a family who lets me have a pity party for about a minute and then turn-that-frown-upside-down- here we go!

This year I will celebrate six years post treatment. I had a 60% chance to make it this far, so I think that is something to hang my hat on. Swim cap, actually. Because this September, I will participate in a long time goal of doing an Ironman Triathlon in my birth state of Wisconsin. I am equal parts excited and nervous because I have never before completed this distance in one day; 2.4 mile swim, 112 mile bike and 26.2 mile run. Oh, and I have just 17 hours to do it. But I am also bursting with excitement at the opportunity to take this amazing journey over the next eight months in preparation for this amazing fete. A journey that WILL be a chapter in my life's story; one of commitment, transformation, challenge, and a dream come true: A journey to Live Strong each day.



“Celebrating our 15th year providing environments to help women with breast cancer heal.”

Nina's Nook

A Message from the Managing Director

Greetings! As we head into 2012 and a new retreat season I am excited to preview this, our 15th anniversary year for you, our alumni.

It is with great anticipation that we head into our 2012 retreat season. We have a small but expert group of Site Directors who are ready to lead us into our 2012 season.

We have wonderful retreat volunteers whom without we could not exist. We are very excited about a new retreat site in Oconomowoc, WI. The campus facilities are beautiful and can accommodate creative arts, yoga, ropes course, and many other activities.

We are redesigning Infinite Boundaries retreat t-shirts and a new program brochure for 2012. Our retreat registration process and program evaluation processes

are being refreshed. Our intern, Kayla is working on a project that will enable us to collect information that will help us improve our programming and show that attendance at Infinite Boundaries retreats really does make a difference!

Our 2012 retreat schedule is up at www.bcrecovery.org so please share it with your friends and loved ones.

Thank you for being our greatest ambassadors and don't be surprised if you are recruited to become a more active participant in Breast Cancer Recovery.

How did you get your GROOVE back? Infinite Boundaries!

Nina

BCR Office News and Highlights

Please keep us informed of any changes in your contact info, including address, e-mail and preferred phone number. Send any changes to: info@bcrecovery.org

Seeking Third Party Events Committee Volunteers

Breast Cancer Recovery is looking for local individuals dedicated to raising funds for Breast Cancer Recovery. The goal of this committee is to identify opportunities in and around the community to support independent projects undertaken by an individual, affiliated group or organization, for the purpose of raising funds for, or on behalf of, Breast Cancer Recovery.

This will be a volunteer-driven initiative that can take on a variety of forms (e.g. a golf tournaments, October Breast Cancer Awareness events, bake or rummage sale ... the list is endless). Basically, a concerned individual or group does the work for your charity, collects the money and passes the earnings freely to our

organization.

It is crucial to keep in mind that this particular committee's main function is to identify these events – not run them. The work should be limited on the part of the committee – but rather provide guidance, support and materials – the event logistics however – falls on the shoulders of the host.

We're looking for a committee filled with diverse interests, including experience levels, positions, age, race etc. to create a strong committee with relevant and practical guidance.

Meetings will be held every other month. Sub-committees may need additional meetings. In-person meetings are preferred; however, teleconferencing is an option.

If you are interested in participating in this committee please contact Ann De Tienne at ann@bcrecovery.org or 608-661-4178

ANOTHER WAY TO PAY IT FORWARD

Blind Wine Pull-Party on the Lake - June 2012

You can help BCR by donating money or bottles of wine to our Party on the Lake fundraiser for our Wine Pull. The Wine Pull is a grab-bag style fundraiser wherein participants donate \$20 to BCR for a bottle of wine but may be surprised by receiving a wine of much higher value. We ask that donated bottles have a retail value of at least \$20. Leanne Widen reports that she solicited money from a group of wine enthusiast friends last year (just \$5-10) a piece and purchased a very nice bottle of wine for the event. Perhaps you know someone in the wine and spirits business who might help with a donation?

The Wine Pull was an extremely popular and lucrative event at the 2011 Party on the Lake fundraiser; we sold over 100 bottles in one hour!

In addition to making a tax deductible donation, wine donor names will be displayed on the Wine Pull signage. We hope you will consider donating to our event! For more information, please contact ann@bcrecovery.org or 608-661-4178.

Website Highlights:

FUNDRAISING EVENTS

For more information: <http://www.bcrecovery.org/pages/Calendar.php>

• 4/19/2012: MIMOSAS AND BOOBS – IT’S WHAT’S FOR LUNCH!

11:00 a.m. - 3:00 p.m.

Hosts: Craig and Karen Christianson
234 Lathrop St., Madison, Wis.

Come and shop while sipping Mimosas!

This is a great opportunity to get out and see all the new styles, trends and tastes - all in one place!

Vendors will be selling their merchandise and treats and BCR will benefit from the proceeds. Don't like to shop? There is a raffle with fun prizes.

• 4/19/2012: LUNAFEST

6:00 p.m. at U.W. Arboretum Visitor Center

LUNAFEST is a national film festival that features short films by, for and about women. LUNAFEST was established in 2000 by LUNA®, makers of the whole nutrition bar for women to simultaneously promote women filmmakers raise awareness for women's issues and support worthy women's nonprofit organizations.

• 06/04/2012: PARTY ON THE LAKE

Bishop's Bay Country Club - 3500 Bishops Bay Drive, Middleton, Wis.

The annual Party on the Lake will offer a premier, silent auction, delicious appetizers and live music with exquisite detail. Guests will have the opportunity to meet women who have attended retreat, view prayer flags and face masks created at Infinite Boundaries, walk a labyrinth, or light a candle at dusk, to honor those affected by breast cancer.

• 06/07/2012: SUNDARA GOLF OUTING

We are thrilled to be selected as a recipient of a fall golf outing held by Sundara Inn and Spa! Join us at Wild Rock Golf Club on June 7 and golf at one of the state's finest courses, enjoy fun hole contests, raffle prizes and discounted spa treatments!

Spots are available for solo golfers, foursomes and company sponsors! Please visit www.sundaraspa.com for more information.

BREAST CANCER
RECOVERY

www.bcrecovery.org



Check us out!



- www.bcrecovery.org : please place in your "favorites"
- We have a YouTube Channel: <http://www.youtube.com/breastcancerrecovery>
- Follow us on Facebook – Have you checked us out on Facebook?
- Please "like" us as BCR turns 15!!!!



2012 Infinite Boundaries Retreat Schedule

As an Infinite Boundaries' alumni you are our greatest ambassador. You have experienced what this retreat can do for your breast cancer recovery. If you know of a friend, family or acquaintance who could benefit from an Infinite Boundaries Retreat, please share your experience and this year's retreat schedule.

March 5-8, 2012 Infinite Boundaries Retreat for Women with Metastatic Breast Cancer in Wisconsin Dells, Wis.

May 14-17, 2012 Infinite Boundaries Retreat for Women with Metastatic Breast Cancer in Wisconsin Dells, Wis.

June 7-10, 2012 Infinite Boundaries Retreat in Door County, Wis.

July 19-22, 2012 Infinite Boundaries Retreat on Madeline Island, Wis.

July 26-29, 2012 Infinite Boundaries Retreat on Madeline Island, Wis.

Sept. 13-16, 2012 Infinite Boundaries Retreat in Oconomowoc, Wis.

Sept. 24-27, 2012 Infinite Boundaries Retreat for Women with Metastatic Breast Cancer in Wisconsin Dells, Wis.

Oct. 11-14, 2012 Infinite Boundaries Retreat in Door County, Wis.

Nov. 5-8, 2012 Infinite Boundaries Retreat for Women with Metastatic Breast Cancer in Wisconsin Dells, Wis.



Flying high on the ropes course in Door County.



Kayaking on the lagoon on Madeline Island.



"Letting Go" ceremony on Madeline Island.



Listening quietly on Madeline Island.

We welcome ideas or stories you would like to see in the IBA E-Newsletter.
Please e-mail us at ann@bcrecovery.org

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