

## Special Points of Interest

- Recognizing outstanding community involvement
- Providing means to raise awareness
- Familiarizing community with Board of Directors
- Remembering those we have lost

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## No Stomach For Cancer Creates Unity Wall

No Stomach For Cancer has created a Facebook Unity Wall for the 2012 Walk to Raise Awareness on November 3. The Wall is an Event page through No Stomach For Cancer's Facebook page.

Because the 2012 Walk to raise awareness will take place worldwide instead of one specific location, the Unity Wall allows members of the NSFC community to come together and share stories of hope and inspiration. Many community members have also taken the opportunity to post pictures of their loved ones who have lost their battles with stomach can-

cer, along with brief messages telling NSFC why they have chosen to walk.

In the days leading up to November 3 and Stomach Cancer Awareness Month®, the Unity Wall is a wonderful way to connect with others who are planning walks. Share your ideas for raising awareness! We are a community, and we want you to feel a sense of belonging and pride in our organization and, more importantly, our cause.

On November 3, the No Stomach For Cancer team encourages you to post pictures of yourself and others walking to

raise awareness, as well as updates about your Walk experience. Tell us what the Walk means to you! In this way, although we are miles apart, we will still be together in spirit, walking towards the same common goal: stomach cancer awareness.

Those interested in contributing to the Unity Wall may go to No Stomach For Cancer's Facebook page ([www.facebook.com/nostomachforcancer](http://www.facebook.com/nostomachforcancer)) and click on the events tab.

"See you" on November 3!

## No Stomach For Cancer Community Member Organizes Fundraiser

When Simone Busija's father and three of his siblings were diagnosed with stomach cancer, her family knew it could not have been just an unlucky coincidence... sure enough, Simone and many other members of her family tested positive for CDH1, a gene mutation that causes hereditary diffuse gastric cancer.

Simone was left with two choices: Run the risk (and anxiety) of frequent tests and

scans to detect stomach cancer... or eliminate the risk completely by having her stomach removed.

Simone chose the latter option, noting "the surgery was the only decision worth taking, albeit a life changing one".

This November marks the one year anniversary of Simone's total gastrectomy. To celebrate her milestone, and to pay tribute to her loved ones, she is

participating in No Stomach For Cancer's 2012 Walk and has organized a fundraiser benefiting NSFC.

To learn more about Simone's cause, or to donate to her fundraiser, please visit

<http://www.crowdrise.com/simonebusijasstomach/fundraiser/simonebusija>

Thank you for your hard work, Simone!



Currently, No Stomach For Cancer's 2012 Walk has registrants in 6 countries, 30 states, and the District of Columbia. The largest areas of registrants are Minneapolis and Boston.

# Where in the World is NSFC?

No Stomach For Cancer is a global community—where will you be walking on November 3?



## Countdown to Stomach Cancer Awareness Month®

With Stomach Cancer Awareness Month® just weeks away, we thought we'd give you another tool to put in your stomach cancer awareness toolkits: Be Bold, Be Bald! This organization is dedicated to raising awareness about cancer.

On November 2, thousands of people across the world will don "bald caps" in support of

those suffering from cancer. Those who wish to participate may select No Stomach For Cancer as their beneficiary, and all proceeds will go towards NSFC and stomach cancer research.

Be Bold, Be Bald is a wonderful way to make a difference. Tangible evidence of the devastating effects of cancer can put

things into perspective for people, and the bald caps are a poignant way to show support for those currently battling cancer. What a great way to amp up for our Walk the next day!

To get involved, visit [www.beboldbebald.com](http://www.beboldbebald.com) and select No Stomach For Cancer as your beneficiary. Thank you!

## A Brief Note from No Stomach For Cancer...

No Stomach For Cancer would like to take this opportunity to send our sincere thanks and gratitude to those members of our community who have taken time and energy out of their busy lives to fundraise for No Stomach For Cancer.

dollar raised on behalf of No Stomach For Cancer, and we are even more thankful that we belong to a community filled with energetic, motivated, and inspiring people.

Thank you for all you do.



## Get to Know NSFC: Beth Lambert

Beth Lambert is a member of the Board of Directors of No Stomach For Cancer.

Beth considers herself to have been blessed with a second chance at life, thanks to her brother Steve, who died from stomach cancer, and her mom, who died from colon cancer. Their cancer diagnoses were the pieces of the puzzle needed to uncover the awful truth that Beth's family carries the CDH1 gene mutation, which causes



stomach cancer. When Beth and NSFC Founder and Board Chair Karen Chelcun Schreiber connected through a support group that deals with Hereditary Diffuse Gastric Cancer, Beth saw a wonderful opportunity to raise much-needed awareness for stomach cancer. Karen contacted Beth about becoming involved on

NSFC's Board of Directors, and Beth was honored – "...it allowed me to educate others about stomach cancer, but also about the CDH1 gene mutation my family carries. Getting involved saves lives now".

Beth's mom and brother saved her life – she had a total gastrectomy and is now living life to the fullest without any risk of developing stomach cancer.

She points out, "When you go through any kind of health

crisis...you realize how quickly life can change... you learn to appreciate the simplest things. I have a wonderful husband and two beautiful sons that I love... I know my mom and brother are proud of the work we are doing. I know they are with me every day as I do the best I can to help others."

## Cook's Corner: Roasted Red Pepper Hummus

### Ingredients

- 1 (15 oz) can garbanzo beans, drained
- 1 (4 oz) jar roasted red peppers
- 3 tablespoons lemon juice
- 1 1/2 tablespoons tahini (sesame seed paste)
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper (optional)
- 1/4 tablespoon salt
- 1 tablespoon chopped fresh parsley

### Directions

Place all ingredients into electric processor or blender. Pulse until mixture is fairly smooth and slightly fluffy. Make sure to scrape the mixture off the sides of the food processor or blender in between pulses.

Transfer to serving bowl and refrigerate for at least one hour. (May be made up to 3 days in advance and refrigerated before serving). Return to room temperature and sprinkle with chopped parsley before serving.

### Nutrition

Serving size: 1/8 recipe  
 Calories: 64  
 Carbohydrates: 9.6 grams  
 Protein: 2.5 grams  
 Fat: 2.2 grams  
 Sodium: 370 mg  
 Cholesterol: 0 mg



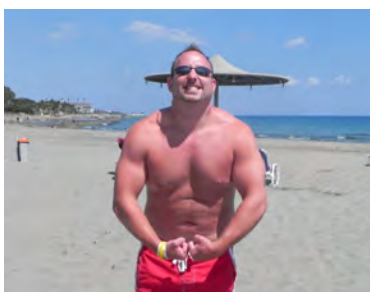
Image credit:  
www.allrecipes.com

## We Remember: Steven Lewis

Steven Lewis was a philanthropist, a model son, and a young man who genuinely embraced life. His mother, Jackie, describes him as an "inspirational person" who refused to let his circumstances bring him down.

Steven's stomach cancer diagnosis in October 2011 came as

a shock to his family, as he had



Steven Lewis

been treated for a stomach ulcer for over a year. Despite the tragic news, Steven was still determined to live life to the fullest, despite being on oxygen and confined to a wheelchair—this is how his family chooses to remember him.

Thank you for sharing your son's story, Jackie—  
We Remember.



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Your support will help us achieve our mission.

Make a donation [here](#).

Thank you!

Founded in 2009, No Stomach For Cancer is a 501(c)(3) nonprofit organization dedicated to raising awareness about stomach cancer. The organization's mission is to support research and unite the caring power of people worldwide affected by stomach cancer. Headquartered in Wisconsin and serving families in countries around the globe, No Stomach For Cancer is a worldwide leader in raising awareness and advancing education. For more information, please visit [www.nostomachforcancer.org](http://www.nostomachforcancer.org).

## We Remember. We Appreciate. We Celebrate.

Our Facebook-savvy friends may be familiar with our We Remember campaign, where every week we feature a story on our Facebook page to commemorate a life lost to stomach cancer.

However, we all know so well that stomach cancer does not just affect the person with the disease, nor does every story end in a tragedy. As a result, we are excited to announce that we have expanded our Facebook campaign to recognize two more groups of people.

Stomach cancer caretakers work tirelessly and selflessly to take care of their loved ones. They often sacrifice more than anyone could imagine out of devotion and love—We Appreciate them.

By the same token, not every stomach cancer story ends in a tragedy—there are survivors. We want to celebrate survivors' stories of hope. We Celebrate them.

If you have lost a loved one and would like to share their story, if you know a devoted caregiver whom you would like to thank, or if you know (or if you are) a survivor of stomach cancer, please take a moment to email a photo and a story to Rebecca Quist: [rquist@nostomachforcancer.org](mailto:rquist@nostomachforcancer.org).

Your stories will be featured on No Stomach For Cancer's Facebook page as tribute to those We Remember, a "thank you" to those unsung heroes that We Appreciate, and an acknowledgement to those survivors that We Celebrate.

