

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 Plans Stomach Cancer Awareness Walk

No Stomach For Cancer is pleased and proud to announce its first walk to raise awareness taking place everywhere in the world on November 3!

According to the National Center for Biotechnology Information, stomach cancer is the second leading cause of cancer death in the world and the fourth most common cancer type. The American Cancer Society estimates that there are over 1 million new cases in the world each year, and more than 800,000 deaths annually.

Despite these staggering statistics, those who have been affected by stomach cancer must

also fight another battle: awareness. NSFC Board of Directors Chair Karen Chelcun Schreiber says, "As an organization with limited resources, we struggled to find a way to [raise awareness]... Then, we realized we have the greatest resource of all: people!"



The No Stomach For Cancer walk is designed to include all of the NSFC community members. As this community is spread internationally, those

who participate will be asked to "walk the course of their day" wearing a NSFC Walk 2012 t-shirt and wristband, all the while engaging people and distributing awareness materials. In this way, NSFC aims to unite the caring power of people worldwide affected by stomach cancer. People around the world will be walking on the same day toward a common goal and united in spirit, knowing that others are focused raising awareness about stomach cancer.

To register for the walk, visit www.nostomachforcancer.org. For more information, email walk@nostomachforcancer.org.

No Stomach For Cancer Community Member to Run Marathon

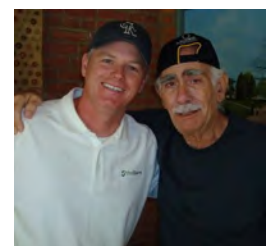
On Saturday, September 22, No Stomach For Cancer community member Matthew Marsh will run the 26.2 mile 2012 Denver Rock n Roll marathon.

Matt will run the marathon in memory of his father-in-law, Farid Elias. Dr. Elias was an accomplished surgeon, a loving father and husband, and a wonderful man. He

was also a victim of stomach cancer—tragically, he passed away in 2011.

All donations for Matt's cause will benefit No Stomach For Cancer. To learn more about Matt's fundraiser, visit <http://www.crowdrise.com/InMemoryofFaridElias/fundraiser/matthewmarsh>.

Thank you for your efforts, Matthew! It is people like you who truly make a difference in the fight against stomach cancer. Good luck!



Marathon runner Matthew Marsh (left) with father-in-law Dr. Farid Elias.



Grafton High School students creating bracelets for the one hundred fundraiser

Grafton High School Recognized as part of “the one hundred” for Stomach Cancer Awareness

The Grafton High School National Honor Society was recognized this past June as part of *the one hundred*—a Massachusetts General Hospital annual fundraiser that honors one hundred individuals and groups who have made an impact in the fight against cancer.

Inspired by their teacher, Beth Lambert, who is a

member of the NSFC Board of Directors, Grafton’s NHS members spent the 2011—2012 school year raising awareness about stomach cancer. For Stomach Cancer Awareness Month in November, the students fundraised by selling wristbands, Grafton High School bells, and No Stomach For Cancer t-shirts.

During *the one hundred* fund-

raiser, the students had the opportunity to give their own handmade bracelets to anyone who made a donation at the event.

Way to go, Grafton High National Honor Society students! NSFC is proud to see young people making such a difference in stomach cancer awareness .

Beads for Bellies

Bracelets: \$7, \$10 (charm)

\$15 (fancy double)

Anklets: \$10, \$13 (charm)

Please contact

Jane & Jessica MacKenzie

Indigestibly@gmail.com



Beads for Bellies Bracelets

Countdown to Stomach Cancer Awareness Month®

The days are flying by as we approach Stomach Cancer Awareness Month®, which begins November 1. What can you do to start getting ready? We have a great idea: participate in our Refrigerator Campaign! It’s as simple as going to www.nostomachforcancer.org and printing out an

awareness flyer.

Here’s how it works:: When you go to a friend’s house for a get-together and you bring a treat for everyone, tape the awareness flyer to the dish. When you arrive, tell them that November is Stomach Cancer Awareness Month®, and ask your friend to display the flyer on their

refrigerator for all to see!

Not only will it be in plain view, it will also serve as a reminder about stomach cancer—the silent killer. Refrigerator magnets and other awareness materials are available on our website.

Share your awareness ideas with us on [Facebook!](https://www.facebook.com/nostomachforcancer)

Beads for Bellies by Jane MacKenzie

This past June, my 19 year old daughter, Jessica, learned the devastating news that she had inherited the CDH1 mutation. As a way of distracting ourselves, Jessica and I decided to take a trip to the craft store and make some periwinkle bracelets to sell as a small fundraiser to donate to No

Stomach For Cancer. NSFC was basically our main resource during [my husband] Bob’s gastrectomy journey. Jessica and I sat in the dining room, making bracelets and listening to Disney songs. As people stopped by to show their support for Jess, they joined in on the beading. Day

after day we had groups of friends and loved ones joining us... the outpouring of love and support was palpable. All proceeds from the bracelets help support NSFC. To date, Beads for Bellies has raised over \$4000. We are spreading awareness , one bracelet at a time.

Get to Know NSFC: Karen Chelcun Schreiber

Karen Chelcun Schreiber is the Founder and Board Chair of No Stomach For Cancer.

Karen’s mother, Elaine, was diagnosed with stomach cancer in 1982 at the age of 52. Tragically, there was little the doctors could do and Elaine died just months later.

It was not until Karen’s brother, Greg, was diagnosed with stomach cancer in 2007 that Karen began to consider just how random cases of stomach cancer



are—do genetics play a role in the appearance of gastric cancer? Upon learning of a hereditary form of gastric cancer, Karen and other family members insisted on genetic testing, despite assurances from doctors that it was too rare. The results were in: yes, the Chelcuns tested positive for a genetic cancer syndrome:

Hereditary Diffuse Gastric Cancer (HDGC). Karen made the decision to follow the recommended treatment—to have her stomach removed to eliminate her high risk of developing the disease.

The discovery came too late to save her brother. Ever since, Karen has been passionate and committed to raising awareness and generating resources to put stomach cancer on the map. Her goal is to provide information and support for

others, and to help advance stomach cancer research.

Karen is dedicated to a cause that will someday provide better options for her children and grandchildren—and for families like yours.

Cook’s Corner: Super Protein Power Smoothie

Ingredients

- 1/2 cup any liquid (water, soy milk, Ensure, skim milk, etc.)
- 1/4 cup low-fat plain or soy yogurt
- 1 tablespoon protein powder (any kind)
- 2 teaspoons peanut butter or almond butter
- 1 teaspoon finely ground flaxseeds
- 1 1/4 teaspoon canola, olive, or almond oil
- 1/2 banana
- Crushed ice (optional)

Directions

Measure and prepare solid ingredients; place these in blender and then add liquid ingredients to blender.

Blend all ingredients to desired consistency. Add additional liquid to the blender as needed to thin out consistency for better blending.

Do not store any unused portion of the smoothie in the refrigerator for more than one day.

Nutrition

- Calories: 435
- Carbohydrates: 46 grams
- Protein: 20 grams
- Fat: 19 grams (lower if not made with Ensure Plus or Boost Plus)
- Fiber: 3 grams
- Sodium: 265 milligrams
- Potassium: 765 milligrams

Recipe from www.caring4cancer.com

The physical effects of a gastrectomy vary greatly. For this reason, it is a good idea to keep a journal of what you eat for several weeks along with side effects to tailor your individual diet.

We Remember: Jim Chambers

Jim Chambers was a wonderful man and an incredible father. His daughter, Bobbi Martinez, shared his story with No Stomach for Cancer.

“I lost my father on December 31, 2010. My father was sick for at least 9 months before he was diagnosed. By the time he

was diagnosed in September 2010 with stage 3, he had lost 80 pounds. He thought the weight loss was due to his lack of appetite and not eating. He was just 63 years old.

This is a horrible disease that I knew nothing about until my dad was sick. I tell everyone I

know about his illness and passing. If he would have been diagnosed sooner, maybe he would still be with us.”

Thank you for sharing your dad’s story, Bobbi. We Remember.



Jim Chambers



No Stomach For Cancer, Inc.

Supporting Research. Empowering Families.

No Stomach For Cancer, Inc.

9202 Waterside Street, #203

Middleton, WI 53562

Phone: 608-335-0241

E-mail: info@nostomachforcancer.org

Supporting research and uniting the caring power of people worldwide affected by stomach cancer.

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

WANTED: Passionate, Dedicated Volunteers!

No Stomach For Cancer is looking for passionate, dedicated volunteers who are looking to make a difference in the fight against stomach cancer.

Here are some easy ways to get involved:

- Raise awareness in your community
- Peer to peer support
- Share your personal story
- Guest writers (for blog posts, newsletter topics, or feature stories)
- Social Media Development
- Third Party Fundraisers
- Website Development
- Database Development

If none of those ideas suit you, consider becoming involved in our 2012 Walk! We need volunteers who are willing to serve as contacts within a specific geographic area. In this way, those who are willing to connect in person on November 3 may do so. Our current contacts are:

- Marva Simpson—Washington DC
- Nikki Phillips—Ottawa/Province of Ontario
- Simone Busija—Melbourne, Australia
- Darlene Pomroy-Halifax—Nova Scotia
- Gabrielle Espinosa-Ortega—Southern California
- Terri Maxwell—Belleville, Ontario

To become involved, volunteer as a contact, or to get in touch with the contact person in your geographic area, please email Beth Lambert: blambert@nostomachforcancer.org.

Remember: we have the best resource of all: people! Together we can accomplish so much more than we could on our own. For more information about getting involved, visit <http://www.nostomachforcancer.org/support-us/volunteer>.

