

Special Points of Interest

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

Inside this issue:

Community Involvement	2
Countdown to Stomach Cancer Awareness Month	2
Bravelets	2
Get to Know NSFC	3
Cook's Corner	3
We Remember	3

## No Stomach For Cancer Community Holds First Walk to Raise Awareness

No Stomach For Cancer has successfully completed its first Walk to raise awareness for stomach cancer! The Walk took place on Saturday, November 3, in towns, cities, states, and countries all over the world—from the United States, to England, to Australia, to Turkey, and many, many more!

Because the No Stomach For Cancer community has grown so large and spread so far across the globe, it was impossible to gather everyone for a single walk. Instead, members of the NSFC community walked to raise awareness within their own communities and were all united in spirit.

With so many different groups acting as ambassadors for stomach cancer awareness, we truly made a difference!



If you have photos or videos of your walk experience, please feel free to post them to No Stomach For Cancer's Facebook page. If you would like your story featured in our newsletter, send it to Rebecca Quist at [rquist@nostomachforcancer.org](mailto:rquist@nostomachforcancer.org).

If you or someone you know does not have a shirt from the first NSFC walk, or if you would like to get one for a friend or family member (think holidays!), the shirts are available for purchase for \$15 each plus shipping. The shirts can be purchased [here](#), but hurry—they're going fast!

Lastly, we would like to give a huge thank you to those who participated in the Walk! It was a huge success because each and every one of you believe so strongly in the cause. We appreciate all of the effort you have put in. Mark your calendars... next year's Walk will take place November 2, 2013!

## Happy Thanksgiving from NSFC!

Thanksgiving is a time for family, friends, and love. Many of us are only able to connect with our families around this time of year... which means that it is one of the only opportunities we have to really dig deep into our families' health histories.

The Surgeon General generated [this website](#), knowing that while families are to-

gether, they might talk about various medical situations and put together a "Family Health Portrait".

When you see your family this Thanksgiving, give everyone one more thing to be thankful for: the gift of knowledge. As the No Stomach For Cancer community knows so well, knowledge is half the battle in identifying

the "silent killer" that is stomach cancer. Don't waste this opportunity!

Good luck with your history gathering... and have a wonderful Thanksgiving!



## What the Walk Meant to Me by Nicole Rimsza

“There is one thing that will stay with me forever... spreading awareness; whether it be a walk I help create... or sharing my story on the news, I am doing my best to stay strong.”  
-Nicole Rimsza

November now has a new meaning to me since I was diagnosed with stomach cancer at the young age of 32. How could this be? How will I beat this cancer and be there for my family?

Sharing my story has been what's helped me the most, as well as talking to others going through this. This led me to find No Stomach For Cancer. It was declared that on November 3rd we would walk all around the world to raise

awareness. This was a week before a chemo treatment was scheduled and I knew it would be hard, but I was determined to spread awareness! Weeks of planning and organizing all while going through chemo was tough, but it also led me to my new friend Nadine, who lost her father to stomach cancer 5 days after I was diagnosed.

Together we created an amazing walk with about 45 friends and family. We joined together this day and walked around a beauti-

ful lake in Tempe AZ. This day had such a special meaning for both of us. Nadine walked in memory of her father... for me, it was the wish that I could help one person beat this horrible disease. I continue to fight every day in hopes my cancer is gone and that it never returns. There is one thing that will stay with me forever now, and that is spreading awareness; whether it be a walk I help create, a shirt I wear, or sharing my story on the news, I am doing my best to stay strong.



## Stomach Cancer Awareness Month® Has Arrived!

Stomach Cancer Awareness Month has been in full swing for a couple of weeks, and we are anxious to hear how you are spreading awareness in your communities! To fill us in, please visit our [Facebook](#) page.

Meanwhile, we have another great idea for you. To spread stomach cancer

awareness at work, ask your employer to allow you to sponsor a Jeans Day. On one specific day, employees may donate a set dollar amount to No Stomach For Cancer in exchange for permission to dress casually in jeans for the day. This is a great chance for you to pass along information about stomach cancer in a fun

way—plus, it's a great fundraiser!

For more information on how to get started, please visit [our website](#).

Good luck, and thanks for making this the most successful awareness month ever!



Stomach Cancer Bravelet  
Image from [www.bravelets.com](http://www.bravelets.com)

### Bravelets

We all have that one friend or family member who is so difficult to buy a gift for. Make it a little easier on yourself this holiday season and purchase a Bravelet!

Bravelets are bracelets that remind the wearer to be brave during difficult times. “Wearing my... Bravelets

bracelet helped remind me to be brave—for myself, for my mom, and for all the other men and women out there fighting a similar fight,” the company creator wrote on the Bravelets website.

The company produces Bravelet bracelets for many different

kinds of cancer... including stomach cancer!

With every purchase of a stomach cancer Bravelet, \$10 is donated to No Stomach For Cancer. What a great idea that supports a great cause! For more information, visit [www.bravelets.com](http://www.bravelets.com).

## Get to Know NSFC: Roger Byers

Roger Byers serves as the treasurer on the Board of Directors for No Stomach For Cancer.

While Roger and his family have not personally been affected by stomach cancer, Roger became involved after he and his wife became friends with Karen Chelcun Schreiber, NSFC Board Chair. Roger was moved by Karen's involvement, and offered to help in any way he could.

This past April, Roger joined the



Board of Directors. Roger is the keeper of the NSFC merchandise and fills orders for items sold through the website.

He considers it an honor to have been involved in the first annual No Stomach For Cancer world-wide walk, and it was a moving experience for him to see the pictures of people wearing the t-shirts that he helped to ship out.

In addition to helping out with No Stomach For Cancer, Roger is also a retired state of Wisconsin employee. He is currently a part time instructor in Adult Education, and also works as a retirement consultant for a retired teachers organization in Wisconsin.

Roger has seen firsthand the dedication of those who make the organization successful, "mainly from the perspective of providing a source of support and encouragement".

## Cook's Corner: Whipped Sweet Potatoes with Apples

### Ingredients

- 3 1/2 pounds sweet potatoes (about 6 medium sized potatoes)
- 1 tbsp canola oil
- 2 tbsp. pure, dark maple syrup (or to taste)
- Salt and freshly ground pepper
- Nonstick cooking spray
- 2 tsp. unsalted butter
- 1 Golden Delicious apple
- Nutmeg for garnish

### Directions

Peel and cut the sweet potatoes into 2-inch cubes. Steam them in a steamer basket, or in a pot with 1/4 cup of water, cover, and steam for 10-15 minutes or until the cubes are tender.

Place sweet potatoes in a large bowl. Add canola oil and maple syrup and mash until smooth. Season to taste with salt and pepper. Spray a 9-inch square baking pan with cooking spray. Spread sweet potatoes evenly into dish.

Melt the 2 tsp. of butter; peel, halve and core the apple. Place each half, core down, on a cutting board and cut it crosswise into thin slices. Arrange the slices in overlapping rows to cover the sweet potatoes. Brush the apples

lightly with melted butter.

Bake uncovered at 400 degrees until the sweet potatoes are heated through and the apple slices have softened—about 25-30 minutes.

Serve warm or at room temperature with nutmeg sprinkled on top.

Yields 12 servings, 1/2 cup per serving.

### Nutrition

Calories: 110

Fat: 2g

Recipe from American Institute for Cancer Research



Image from [www.marthastewart.com](http://www.marthastewart.com)

## We Remember. We Celebrate. We Appreciate. We Fight.

This month, in acknowledgement of Stomach Cancer Awareness Month®, we have chosen not to feature one specific story. Instead, we are using this space as a tribute to those we have lost to stomach cancer, as a celebration for those who have fought and

beat the disease, a statement of gratitude to the caregivers who have selflessly devoted their lives to caring for a loved one with stomach cancer, and as a statement of support to those who are currently battling the disease.

Each and every member of the No Stomach For Cancer community contributes in a huge way to this organization. We are a community—we stand together, and we will fight together against stomach cancer. The sincerest "thank you" to each and every one of you!





Supporting Research. Empowering Families.

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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).

## Get Involved: Contribute to the Newsletter

Would you like your story to be shared with the No Stomach For Cancer community?

Do you know someone who deserves to be recognized for the hard work they are doing to promote stomach cancer awareness?

Did you have an incredible Walk experience that you would like to share?

If you are interested in sharing your story in No Stomach For Cancer's monthly newsletter, please contact Rebeccah Quist ([rquist@nostomachforcancer.org](mailto:rquist@nostomachforcancer.org)) with your story.

