



NEWSLETTER

Friendship Luncheon

Wow! The luncheon was a huge success. We were so delighted to see the support from all of our friends and the community. Of special significance were the familiar faces from the 06' and '07 calendar participants who continue to support our cause.



We are also most appreciative of the many donations we received for our silent auction, and to our sponsors. Thank you. We hope to see you next September for our 2nd Annual Friendship Luncheon.

Pink Tie Bangle Bracelet

This beautiful bangle bracelet was created by Jewelry Design Studios for Pink Tie Friends. It's available in white gold too. We are selling raffle tickets for a drawing to be held in November. Tickets are \$50 a piece, and can be purchased from our board members, BloomingDeals Consignment and Jewelry Design Studios. You don't want to miss the chance to win one of these bracelets. Email www.pinktiefriends.org for more information.



Last Weeks Events

We started off the Breast Cancer Awareness month of activities with the "Celebration of Life" breakfast at Crystal Lake Elementary. Initiating this event was Pat Harrison's daughter Denise, who teaches 5th grade at CLE. The staff raised over \$400. for Pink Tie Friends-WOW! We thank you for your generous contributions to our cause.

On Tuesday, the Martin County Board of Commissioners declared October, Breast Cancer Awareness Month and presented Pink Tie Friends President Pat Harrison with an official Proclamation Certificate. With the help of Aileen Pruitt, St Lucie County Commissioners might follow Martin County's footsteps- *we'll let you know what happens.*

The Pink Tie Luncheon volunteers met Wednesday evening at Monica's Cafe in Jensen Beach for a "Thank You" dinner. Anne Schafer organized the dinner party. We had a delicious vegetable lasagna, salad and garlic bread. Monica baked a scrumptious carrot cake in the shape of the Pink Ribbon. It was a beautiful

celebration and a wonderful dinner. Thank you Anne and Monica's Cafe!

Thursday was the Debut of the Bra Art Exhibit at Waterways Gallery. They had a full house and more are expected this week for the Bra Art Fashion Show!

Ending the week, was the Wine and Cheese party at Sofia's Boutique in Harbour Bay Shoppes, Sewall's Point. We received some donations, sold a few calendars and gift cards. But, if you haven't been to Sofia's, this is the week to do it. She is extending her contribution of 10% of all purchases to Pink Tie Friends, until Wednesday of this week. Be sure to mention us when making purchases.

Breast Cancer 101

Previously, we discussed the types of breast cancer. This issue's topic is detection. There are tests and examinations that can be done to increase the chances of finding breast cancer early in the disease. The principal tests include mammograms, clinical breast exams and breast self-exams.

Mammogram

Leading experts, the National Cancer Institute, the American Cancer Society and the American College of Radiology all recommend annual mammograms for women over 40. If you are a high risk for breast cancer, with a strong family history of breast or ovarian cancer, or have had radiation treatment to the chest in the past, it's recommended that you start having annual mammograms at a younger age (often beginning around age 30). This, of course, is something you should discuss with your health care provider.

Breast Self Exams (BSE).

A breast self-exam is an exam that you perform yourself. According to the American Cancer Society, women 20 years and older should do a monthly BSE. By doing so, you will become familiar with how your breasts feel, making it easier to detect any changes. It's suggested to do a BSE when the breasts aren't swollen or tender. You should tell your doctor right away if you find any changes in your breasts. You will most likely need a clinical breast exam and additional testing, such as a mammogram.

Clinical Breast Exam (CBE)

A CBE is a physical exam done by a health care professional, such as a physician, nurse care practitioner, or a physician's assistant. Just as you should, they will look at the breasts for any changes in size, shape, color or smoothness. He or she will then closely feel each breast and underarm for any lumps or abnormalities. Again, if there are any unusual findings, additional testing will be recommended.

Should a man get an annual CBE? The American Cancer Society's statement is "it's unlikely to be any benefit in screening the general public, unless there is a strong family history of breast cancer and/or with BRCA mutations found with genetic testing". But just as what happened to our own Pink Tie Friends Volunteer **Robb Kunkle** (Mr. October 2008), he didn't know about his family history of male breast cancer until he was diagnosed. Why, because it's not talked about, and it's rarer for men. Since it is uncommon, and unlikely that men will have CBE added to their regular medical routines; the common sense approach of being in tune with their bodies, and recognition that male breast cancer can occur is necessary for our male counterparts.

To be continued...



This Week's Activities

Monday, October 8th - 10am - 6pm

BloomingDeals Consignment will be serving pink cookies on pink napkins, with pink lemonade in pink cups. Owner Carolyn Wilsey will have a donation bucket and anyone who makes a donation to Pink Tie Friends will pull from a discount bowl for a 10% - 50% discount on their entire BloomingDeals purchases. The 2008 Pink Tie Calendars will be for sale, and they will be selling tickets for the drawing of the bracelets designed and donated by Jewelry Design Studio. The drawing will take place in November.

Tuesday, October 9th - 7pm

Pink Plaza Night at Stracuzzi Plaza, East Ocean Avenue, Stuart.

If you missed this past weeks Bra Art exhibit at Waterways Gallery, you won't want to miss the "*Bra Art Fashion Show*". Join Waterways Gallery, Carson's Tavern, Brickwall Grille, Ohana Surf Shop and Koi for special pink promotions to benefit Pink Tie Friends. This is sure to be a hit!

Wednesday, October 10

Dollar Stuff - Bravo Plaza, Port St. Lucie.

Pink Tie Calendars, note cards, tee shirts will be for sale. Owner Lisa Rodriguez is offering breast cancer gift items to anyone who makes a purchase.

Pink Tie Friends Committee Meeting - 5:30 - 7:00pm

Martin Memorial

Thursday, October 11

CCKey Art Studio - Jensen Beach 6pm - Calendars, and other Pink Tie items will be for sale.



Friday, October 12

Heathcote Gardens, Ft. Pierce - 10am - 3pm

It's free garden day and Pink Tie Friends will have a table set up with our calendars, tee shirts, gift cards and more.

Jensen Beach Chamber "Sea Grapes Soiree, Wines from Around the World"

Indian Riverside Park - 6pm - 9:30pm. Tickets are \$40, which includes live music, great food and wines from around the world. A percentage of the proceeds will benefit Pink Tie Friends.

Saturday, October 13

Macy's Charity Day. Pink Tie Friends will have a table set up at the north side entry. We will sell the \$5. Macy discount tickets. We keep the money, and you get the discount in Macy's. We will also have available the calendars, tee shirts, gift cards and raffle tickets for the bracelets.

Mark your calendars for the "Passions for Life" Pink Tie Gala at the Lyric Theatre, November 17, 2007 at 8pm. This original musical stage production will be directed by **Diane Furchess**, produced by **Hope Morgan** and musical orchestrator is **Paul Morgan**. We will introduce the 2008 Calendar Guy and Girls, with guest emcees Kristin Hoke and Geoff Oldfather. Tickets are \$50 per person and are on sale now at the Lyric Box Office.

Playbill ad space is still available, but the deadline is Friday, October 12. The price for the ads are as follows:

full page - \$300

half page - \$175

quarter page - \$75

For more information Contact Connie Karol ckarol_4@msn.com