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December 2011

## News from FitSTEPS for Life!

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Memorials  
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We're Published!



#### **East Texas area:**

**Tyler** - Admin. Office  
**Tyler** - First Baptist Church  
**Tyler** - First Christian Church, Mon. & Thurs.  
**Lindale** - Wed. & Fri.  
**Jacksonville** - Mon. & Wed.

Call Haley at  
**(903) 561-0149**  
if you would like more information about these volunteer opportunities!

#### **Dallas area:**

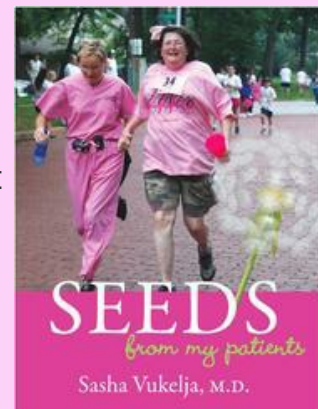
**Duncanville** - Mon. & Fri.  
**Plano** - Mon-Wed. & Fri.  
**Garland** - Wed. & Fri.  
**Mequite** - Mon, Wed, Fri.

Call Lindsay at  
**(972) 664-0098**  
if you would like more information about these

### **New Book by Dr. Sasha Vukelja**

#### ***Seeds From My Patients***

Shares the priceless seeds of faith, hope, courage that cancer patients have planted in a doctor's life.



These true stories about the power of hope, the importance of laughter and the triumph of the human spirit over difficulty will inspire and encourage you.

#### ***Seeds From My Patients***

is available for purchase at every FSFL center.

All proceeds from in-center sales go to benefit CFFL and FSFL.

**Cost: \$20.00**

**Click here** to order your copy online from the CFFL office!

Also available at the Barnes & Noble in Tyler and by order through any Barnes & Noble store. Or, get the e-book from any of these providers!



## THANK YOU!

We at CFFL were incredibly blessed to receive so many gifts and donations this year. Our heartfelt thanks goes out to everyone that contributed. These listings are the gifts that were made in honor or in memory of a specific individual.

### In Memory Of

**Mrs. Anne Bardshar**

Gloria Wood

**Col. William Brand, Jr.**

Mary Kay and Bill Lust

**Mrs. Ruby Carlson**

Carolyn and Vince  
Richbourg

**Mrs. Pat Chadsey**

Dianna Kerr

**Mrs. Tommye Cowen**

JoAnn and Avery Womble

**Mrs. Ruthy Lou Cox**

Dr. Joyce O'Shaughnessy

**Mr. Steven Ebert**

Cassie and Matt Ebert

**Mr. William Doyle Funk**

Jean and Randy Tolar

**Mrs. Fran Goolsby**

Brenda Herrin

**Mrs. Sara Graham**

Sue Yarbrough  
Judy Rawls

**Mr. Le Grosdidier**

Jean and Randy Tolar

**Mrs. Velma Heath**

JoAnn and Avery Womble

## Fall Fundraising Event

During this 10th Anniversary year, Cancer Foundation for Life was pleased to honor Cathy and Paul Powell at this year's fall event, *An Autumn Affair* held on November 8, 2011 at the lovely home of Lee Ann and Les Loggins.



Cathy and Paul have been constant and vocal supporters of CFFL since its inception. Paul was the first person to step forward facilitating an early gift which gave CFFL the stability and support it needed to develop a structured, long-term exercise program to improve the quality of life for cancer patients. Cathy and Paul know first-hand the importance of exercise. Both are cancer survivors and credit CFFL's program with their successful outcomes.

Cancer Foundation for Life is honored to recognize Cathy and Paul Powell for their philanthropic leadership and vision, and for their untiring commitment to CFFL.

### Sponsors

**Legacy Providers (\$10,000)**

Drs. S.J. Vukelja & Lawrence Anderson - Dermatology Associates of Tyler, Phyllis and Gary T. Kimmel, M.D.

**Noble Cause (\$5,000)**

R.W. Fair Foundation, Keith and Sherry Ingram, Louise Ornelas

**Inspiring Individuals (\$2,500)**

Shirley and David Lake, Robyn Rogers and Bob Rice

**Dedicated Donors (\$1,000)**

Sissy and Jeff Austin, Jr., Vicki and Lindsey Bradley, Sunni and Britt Brookshire, Herb and Melvina Buie, Pam and Roger Chesley, Kris and Bobby Curtis, Dr. and Mrs. C.R. DeHaven, Cathy Fieseler, M.D., Charles and Barbara Haas, Sandra and Ed King, Joe and Jan Norton, Cathy and Paul Powell, Carolyn and Vince Richbourg, Peggy and Preston Smith, Marilyn and Ray Thompson

**Heartfelt Gifts (\$500)**

Jud Adams, Bess and Jim Arnold, Sherry Clyde, Marjorie Ream and Dr. Steven Cohen, Dr. Guy O. Danielson, III, Sam and Kay Dawson, Pierre De Wet, Twinkle and Ed Duncan, Marta and Steve Fitzpatrick, Susan and Lee Gibson, Marilyn and John Glass, Bill and Billie Hartley, Judy and Tom Hayes, Risa and Bill Hebb, Randy and Jill Hendrix, Mary and Robert Irwin, Rick and Michele Jett - Henry & Peters, P.C., Jennifer and Greg Kimmel, Bobbie and Melvin Lovelady, Pat Mallory, Ruby and William Milawski, John H. and Martha Minton, Fred and Emily Nichols,

**Mrs. Gladys Hill**

Delores and Larry  
Schmiege  
Pat White

**Mrs. Dorothy Kimble**

Jean and Randy Tolar

**Mrs. Michelle Marz**

Brian Dalton

**Mr. Danny McCoy**

Carolyn and Vince  
Richbourg

**Mrs. Dell Neubecker**

Gloria Rognlie

**Mrs. Shirley Perkins**

TOPS 1629 Tyler

**Mrs. Billie Ready**

Wilda and Richard Willms

**Mr. Robert "Bob"**

**Ritchey**

Carolyn and Vince  
Richbourg

**Mrs. Janie Rittenberry**

JoAnn and Avery Womble

**Mr. Eric "Nick" Rognlie**

Joe Jones and Synphia  
Adams  
Gloria Rognlie  
Tyler Audubon Society

**Mr. James E. Smith**

**"Papa"**

Carol Smith

**Mr. Daryl Lynn Walton**

Kim and Joseph Yelas

**Mrs. Vanita Wells**

TOPS 1629 Tyler

**Mrs. Melba Wilbanks**

Brenda Herrin

**Mr. Joseph Yelas**

Jeanne and Herbert Chun  
Susan and Ben Clark

Joan and Larry Price, Mr. and Mrs. Wade C. Ridley, Southside Bank, Suzanne and David Teegarden, Don and Pam Theford, Mr. and Mrs. Lonny Uzzell.

**Donors**

Margo Adams, Brenda and C.C. Baker, Barbara and Billy Bass, Ann and Brad Brookshire, Jeff Buford, Sharon and James Clark, Sharon and Windol Cook, Martha and Gerry Dunlap, Grace and John English, Express Employment Professionals, Laura Ferguson, Maxine and Doug Flatt, Carye and James Gillen, Betty and C.R. Hurst, Ann and Peyton Lake, Pamela and Tracy Lisner, Nancy and Allen Locklin, Louise and Tom Lyles, Sheryl Palmer, Shawnte and Scott Shaver, Mr. and Mrs. Bill Sheehy, Debbie and Joe Smith, Marie and Bill Starling, Sandy and Andy Tindel, Chesley and Ted Walters, Beth and Clayton Whitney, Judy and Jim Wright.

**Thank you again to all of those that contributed to  
CFFL on this wonderful evening!**

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***Friends for Life Campaign***

Wow! What a success! In 2011, CFFL introduced the first Annual *Friends for Life* Campaign. This campaign gives FSFL participants an opportunity to help FitSTEPS for Life® remain free of charge to cancer patients, survivors, and their caregivers. It is a volunteer-driven program, where participants and non-participants alike call on their friends and neighbors to help support FSFL participants in their quest to enhance their quality of life and survival.

Altogether, FSFL participants raised over \$45,000 in 2011! The CFFL Board of Directors raised \$80,000 at the annual fall fundraising event; bringing the 2011 *Friends for Life* Campaign Total to **\$125,000!** An



astounding number for the first year! We would like to offer a special THANK YOU to all of the campaigners who worked so hard and diligently at raising those funds! Over \$.85 cents of each dollar goes directly to hands-on patient care. Overall, the 2011 *Friends for Life* Campaign was a huge success!

Now, let us get ready for the 2<sup>nd</sup> Annual 2012 *Friends for Life* Campaign starting up at the beginning of the year. All participants, volunteers, and Friends of FSFL are invited to join. This year brings a new twist! **We have added an option where you can ask your friends and family to sponsor you and pledge support for every minute you walk.** We will conclude the campaign with a "Victory-Lap" celebration party where those friends and family who pledged support can join as you achieve your final minutes. Watch for more details to come to your centers and in your email -- and get those walking shoes ready!

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**CFFL was PUBLISHED!!**

The July 2011 issue of the *Journal*

Mr. and Mr. Les Crandall  
Paula and Bill Edwards  
Mr. and Mrs. Dan Feldhaus  
Dr. Cathy Fieseler  
Donna and Darrell Flatt  
Mr. and Mrs. Roy Idemoto  
Iolani Senior Masters  
Gail and Robert Kashare  
Mr. and Mrs. Dick Rankin  
Kenneth Roggensack  
Patty and Gerald Schmitz  
Super Superior Plus Team  
Malia and Larry Teske

## **In Honor Of**

**Mrs. Haley Campbell**  
Susan and David Smith

**Dr. Paul Powell**  
Sherry and Tim Simpson

**Mrs. Susan Smith**  
Gloria and Glen West  
Dianna Kerr

**Mrs. Shelley Strawn**  
Susan and Mark Strawn

**Dr. Sasha Vukelja**  
Donna and Karl PanKratz

**Mrs. Gloria West**  
Dianna Kerr

## **Quick Links**



**Donate**



The July 2011 issue of the *Journal of Oncology Practice* published an article written by our own Dr. Gary Kimmel and Dr. Barbara Haas, University of Texas at Tyler, chronicling CFFL's development of the FSFL program - its growth and potential.



[Click here](#) to be taken to a PDF version of the article.

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Have something you want featured in the next CFFL & FSFL newsletter? We might be able to accomodate you!

Please email Wendy at [wlowry@fitstepsforlife.org](mailto:wlowry@fitstepsforlife.org)

**Again, thank you for your support of CFFL and have a safe and happy new year!**

**Sincerely,  
FSFL Staff**

East Texas Office: (903) 561-0149  
Dallas Office: (972) 664-0523  
Fax: (903) 561-7975  
Website: [www.fitstepsforlife.org](http://www.fitstepsforlife.org)

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US

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