



Let Every Woman Know-Alaska

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Spring 2016

2016

Annual Awareness

Weekend Recap

Our 2016 Gynecologic Cancer Awareness & Arts of Healing Weekend was an amazing success. This year, we saw outstanding attendance at all of our events including a full-house First Friday Art Showcase at Blue Hollo-mon, maximum capacity at our free 2-day Foundation for Women's Cancer Course for both survivors and medical community, and a sold out Dance Like Barb Rhythm Heals Concert on Saturday with SHEL and N.E.D. Attendees flew in from all over the state (and even a few from out of state) to be a part of the weekend. Over \$100,000 was raised to contribute to carrying out the mission of gynecologic cancer awareness and support in Alaska. Thank you to all who attended and donated!

Leading a Healthy Lifestyle Campaign

Let Every Woman Know – Alaska developed the Leading a Healthy Lifestyle Campaign to encourage all women to make healthy lifestyle choices to reduce their risk of cancer. Local athletic events are a great place for Let Every Woman Know to reach women and raise awareness of gynecologic cancers. Let's get out and be active this summer! Join us for the Gold Nugget Triathlon on May 15th at Bartlett High School and Run for Women June 11th at Mulcahy Stadium. Please contact us if you are interested in being a part of team Let Every Woman Know at any of these events or volunteering!

2016 KODIAK WOMEN'S SHOW

LET EVERY WOMAN KNOW IS GOING TO KODIAK! THE KODIAK BEST WESTERN INN AND CONVENTION CENTER WILL BE HOSTING THE EVENT ON APRIL 23RD FROM 10AM-4PM. IN ADDITION TO HAVING A GYNECOLOGIC CANCER AWARENESS TABLE AT THE CONFERENCE, LET EVERY WOMAN KNOW WILL BE SCREENING NO EVIDENCE OF DISEASE, SOMEONE YOU LOVE, AND LADY GANGA.

2016 Bike for Women

This year's Bike for Women will be at Chugiak High School on May 1st at 9:30 am. If you didn't get a chance to register for the team, please let us know if you want to volunteer or cheer. All are welcome. Let Every Woman Know is the beneficiary of proceeds from the Bike for Women; they have been generous sponsors of ours for 3 years running. Anything you can do to support this amazing event would be greatly appreciated!

Farewell Sierra

Dearest LEWK Friends,
The past three years have been rewarding, challenging and above all, FUN! I feel so lucky to have met and gotten to know you all. YOU are what has made this job great. I am sad to say goodbye to Let Every Woman Know but hope to keep in touch with you all as I move on to the next chapter of my life! You are all in great hands with Ali, my successor as Program Director for LEWK. I wish each and every one of you the best of luck in all your future endeavors. Thank you for so many great memories and for the boundless privilege of getting to know you all while working for Let Every Woman Know.
Lots of Love!

Sierra Winegarner

Welcome Ali

Hello Everyone!

My name is Ali and I am excited to begin working for Let Every Woman Know as the new Program Director. Sierra has done such a great job and I hope to continue seamlessly with her tireless efforts to promote gynecologic cancer awareness in Alaska. I look forward to meeting all of the great sponsors, volunteers, and patients that make up the fabulous Let Every Woman Know family. Please don't hesitate to call, stop by, or say hello as I make this transition. I appreciate this opportunity and can't wait to see Let Every Woman Know continue to expand and thrive!!



Alicia Tolman

Thank you to the many artists who donated their time, energy, and artwork to our February Arts of Healing Weekend!



Womenade

Let Every Woman know was the honored recipient of a women's potluck fundraising event on March 31st! The concept for the dinner is called Womenade ("If you have lemons, make lemonade. If you have women, make Womenade."). The idea is so simple. Women invite friends to bring a dish and a drink of their choice and to offer a donation for a cause. The recommended donation is \$35 which represents about the cost of going out for dinner, but any amount is great. Over 30 women attended and they raised just over \$1,000.00 to bring awareness, education, and support to gynecologic cancer! A special thanks to our dear friend Judy Murphy for hosting the event.

Third Annual GYN Survivor Retreat



The 2016 Let Every Woman Know Summer Retreat will take place August 9th, 10th & 11th at the Yukon Island Center off the coast of Homer, Alaska. It is designed for women who have any kind of gynecologic cancer diagnosis and are interested in spending time with other GYN cancer survivors in a relaxed setting. There will be time to rest, walk the beach, and enjoy quiet time, kayak, sauna, share experiences with each other and more. This Retreat is being offered free of charge to GYN cancer survivors through Let Every Woman Know-Alaska funding. *Preference is given to first time attendees.* If you are interested in applying, please see the attached Retreat Application Brochure, which are accepted on a first come first serve basis, and should be submitted by July 1st. We hope to see you out there!



2016 Alyeska Climbathon

Save the Date! The 2016 Alyeska Climbathon will take place on Saturday, September 10th. Online registration and pledge pages will open on July 1st. This event has sold out the last 2 years so be sure to register early. We are six months out so let's get out in the mountains and start training to climb for a cause! The Alyeska Climbathon is an official part of the international Globeathon to End Women's Cancer during Gynecologic Cancer Awareness Month this September.



Saturday, June 11th

Sign up to be on the Let Every Woman Know team for this annual walk/run as we spread the message to be "down there" aware. Look for our teal and GYN related costumes and decorated porta-potty! LEWK is the proud recipient of Run for Women funding in the 2015-2016 grant year. The funds enable us to provide scholarships to breast cancer survivors participating in our EXTRA-TOUGHS program.

4th Annual Teal Game

Service High vs. West High

Girls Soccer Teams

LEWK Fundraiser and GYN Cancer Awareness event

Friday, April 8th at 8:20 pm

At the Dome

Please support the girls as they play to raise awareness.