



**Hello Girl Scouts of WISE
from Susan G. Komen WI**



We are looking forward to PARTNERING with you!

**And so excited to invite you to get involved with Komen this year –
on your own or with your girl scout troop!**

Susan G. Komen Wisconsin is a local 'grassroots' organization whose donors, fundraisers, and supporters work very hard to find an end to a disease called breast cancer. Komen WI is dedicated to supporting our Wisconsin neighbors who are going through a breast cancer diagnosis. Breast cancer is a sickness where tiny parts of the body called cells grow too fast in the wrong way. These bad cells are not healthy. They make a person feel sick and need medical care. *

*You will find more information about breast cancer below that will help you understand more about this health issue.

One in 8 women get breast cancer in their lifetime, so it's likely that you or other members of your family might know someone who has or has had breast cancer. Maybe even someone in your family. Some people are ok sharing about their illness and some people are very private about it. That is a personal choice. It is not easy to 'go through' breast cancer, so at Komen WI we think it's important to help people that have this disease

Komen WI runs events like the MORE THAN PINK to raise awareness and funds that help local breast cancer patients find affordable care, support vital research projects, and fight for fair breast cancer laws.

Doctors, researchers, and other therapists directly help people with the medical part of breast cancer. ***Family, friends, and the community can help breast cancer patients by finding out what would be helpful to them and offering our support and kindness.***

TOGETHER, we can raise awareness of the importance of finding an end to breast cancer.

Here are some ways you can help...

Nikki and Robin from Komen WI invite you and your troop to be part of this support. We've highlighted FOUR ideas and welcome you come up ideas of your own!

Each idea below represents one of FOUR pillars of Komen WI :

Community, Care, Research, and Action

IDEA ONE: Uniting the Community

Join the Komen WI More Than Pink Walk Girl Scout Team!

Get Ready... This idea includes a SPECIAL Girl Scout SURPRISE!

Gather your troop, friends, and family to Walk together on September 27th at Henry Maier Festival Park (Northgate entrance.) Your participation makes the MTP Walk a powerful and joyful event.

Event Registration is free, so bring your whole family and spread the word!

EXTRA FUN: All Girl Scouts, their troops, and their families are invited to join a very special team called 'Bernice's Girl Scouts for the Cure' in honor of Bernice Gruber (David Gruber's Mom!) who was not only a breast cancer survivor but also a wonderful girl scout leader when her daughters were children back in the 1960's!

NOTE: You can join this special girl scout team as an individual, as a whole troop, or as a family. (Whatever name you use in the registration first and last name will work (ex. "Katie, Luther" or "The Luther, Family" or "Roosevelt School , Girl Scout Troop #213")

EXTRA GIRL SCOUT FUN – a shirt for YOU!

**Thanks to our Official MTP Walk
Registration Sponsor Gruber Law
(and Bernice Gruber's son David),
Girl Scouts of all ages who
register for the MTP Walk will receive
a free Bernice's Girl Scouts for a Cure
Team shirt at the Komen WI MTP Walk
on September 27th (while supplies last)**



Register today: Scan the QR Code or [CLICK HERE](#) to learn about/register* for the 'Bernice's Girls Scouts for the Cure' Walk Team!

***Anyone under 18 must be registered by a parent/guardian**

Special Note: Registering for Bernice's team is optional and fundraising is not required. If you prefer, you can register for the walk on your own, create a new team or join another team – [CLICK HERE](#).



IDEA TWO: PROVIDING CARE

Help Spread Kindness and Caring

Your Girl Scout help before the Walk will make a BIG difference to some of the most important people at the Walk – our local breast cancer patients and breast cancer survivors.

Spread Kindness & Caring through your creative and friendly thoughts and actions!

Every local Girl Scout and troop is invited to help make *small gifts* that will be given to local breast cancer patients and survivors at the Komen WI More Than Pink Walk on September 27th or to breast cancer patients during October's Breast Cancer Awareness Month.

These small tokens of kindness and support will be added to a special goodie bag in a Walk space called Hope Village. Your special gift will let a local breast cancer patient or survivor know you are thinking about them and sending them good wishes. There will be about 550 survivors and patients at the Walk – you can help make sure every one of them receives a special gift from a Girl Scout!



What can you make?

Possibilities include: Friendship Bracelets, Greeting Cards with positive messages, keychains, special pins, magnets or other small keepsakes, OR??? We can't wait to see what you and/or your troop decide to create!



Many hands make light work! If your girl scout or troop would like more info or detail on creating items for the Hope Village Goodie bag, please reach out to Robin Luther at rluther@komen.org or 414.758.6538. Items made to be given out to survivors and patients at the MTP Walk need to be ready by September 23rd at the latest! But items ready after the Walk will also be gifted to local breast cancer patients! Thanks for helping – your kindness & caring is SO appreciated.

IDEA THREE: Taking Action

Be a Girl Scout Volunteer at the MTP Walk

Perhaps YOUR Girl Scout Troop would like to be official helpers at the Komen WI More Than Pink Walk?! There are LOTS of ways that you can volunteer before, during, and after the Walk itself. Here are six possibilities - what sounds interesting to you?

WALKING!

Yep, even Walking at the More Than Pink Walk is a way to help! Through the simple act of WALKING TOGETHER, your troop helps raise awareness of the need to support local patients, support researchers who are searching for treatments and cures, and support the whole community by making sure everyone can get the breast cancer services and care they need!



GIRL SCOUT CHEERING SQUADS!



Troops interested in having a special spot on the Walk Route are welcome to form a cheer section of your own or with other troops! Be sure to come with your smiles, signs, streamers, poms, special outfits, noise makers, and any other cheer gear that you'd like.

Be sure to wear some Girl Scout gear to represent GSWISE!

Your cheering and enthusiasm will make every MTP Walker feel special and add joyful energy to this wonderful event. Troops participating as a cheering station will be given a specific area on the Walk Route. You'll head out to your spot about 9:05am and cheer away while Walkers pass by. Your Troop will then follow the walk route to cross the finish line and reenter the event site.

PARADE OF HOPE HELPERS!

We have room for a few troops to help form the pathway for the annual Parade of Hope. Shoulder to shoulder, your troop will cheer and high five the 500 VIP breast cancer patients and survivors as they walk through the pathway you form and make their way to the front of the stage for the start of the MTP Walk Program. *These volunteers will gather at 8:40am for instruction and will then be part of the pathway from about 8:55 to about 9:10am.*





HOPE VILLAGE HELPERS! We are looking for a handful of Girl scouts to help hand out the special girl scout gifts that troops across SEWI have made to send special wishes to Breast Cancer patients and survivors at the Walk. These items will be handed out from the Girl Scout Table directly to breast cancer patients and survivors taking part in the Walk inside 'Hope Village' – a special area just for these VIP Walkers. Volunteers here will serve a single short time shift at time of their choice between 7:30am to 11am

NATIONAL ANTHEM HONOR GUARD – We are looking for a small number of Girl Scouts to be onstage during the singing of the National Anthem. If honor guards are part of your troop practices and you would like to share this at the MTP Walk, please reach out. *These volunteers will be part of the MTP Walk program and need to gather at 8:40 to be ready to go on stage at 9am.*



GIRL SCOUT THANK YOU SQUAD

The More Than Pink Walk is a great success because there are so many people that do their part – big and small! We are looking for Girl Scouts and Troops who would like to help AFTER the Walk by creating thank you cards, notes, drawings, or small gifts for some of these important folks – for example our Top Fundraisers, Team Captains, our Planning Committee

Chairs, Special Donors, or generous sponsors. Every thank-you created will find its way to a special More Than Pink Walk Supporter to let them know how much they are appreciated! (Just like we will let YOU know how much the GSWISE helpers are appreciated.)

Contact us with your questions and volunteer ideas!

To learn more about volunteering and find out how to sign up for these opportunities, please reach out to Development Director Robin at rluther@komen.org or MTPWalk Volunteer Coordinator Madysen Clement at mclement@komen.org

(More volunteer opportunities are available year round – reach out anytime!)

IDEA FOUR: RESEARCH

Be a Girl Scout Breast Cancer Messenger!



By learning age-appropriate information about breast cancer awareness or the importance of breast cancer research, Girls Scouts of all ages can help the people around them learn about important things! Really effective breast cancer awareness programs have been developed to empower children and teens to be the

messengers of good health information for their parents and other family members.

Research has shown that Kid Messengers can make a BIG impact as the motivators that inspire their parents taking actions that lead them towards better health!



Becoming ‘breast cancer messengers’ might be interesting and enjoyable for your Troop. One way to start on a ‘Breast Cancer Messenger’ project with a Girl Scout or your whole troop is to base the types of information your Girl Scouts share on the information found on Komen’s ‘Breast Cancer Awareness Card’ – a simple four-part message on how every person can learn to understand and reduce their risk of breast cancer.

- *‘Know your family history’*
- *‘Talk with your doctor about what screenings are right for you’*
- *‘Know what is normal for your body’*
- *‘Practice healthy lifestyle choices’*

Each of these message can be explained and explored in ways that makes them appropriate and meaningful for Girl Scouts of all ages. The next page provides some ideas that may be helpful. ***If a breast cancer messenger project is interesting to you, Komen WI’s staff can help!*** Contact Robin Luther at rluther@komen.org or 414.7598.6538 for more information and support.

Additional information on Becoming a Breast Cancer Messenger.

Hi Troop Leaders and older Girl Scouts.

Here are some ideas for using Komen's Breast Self-Awareness (BSA) information to help girl scouts of different ages become Breast Cancer messengers.

Find Komen BSA posters and other breast cancer resources [HERE](#)

Older Girl Scouts might choose to learn about and share all four messages:

'Know your family history', 'Talk with your doctor about what screenings are right for you', 'Know what is normal for your body', and 'Practice healthy lifestyle choices'

These messages encourage older girls to learn more about their own body's development and begin to take on responsibility for being their own best advocate of their personal health and wellness. Older Girl Scouts can learn to be a great messenger for delivering proactive breast cancer messages to the adult women in their families and communities -- especially messages around regular breast cancer screenings and the importance of seeking medical advice for any problems.

For Younger Girl Scouts - From curious Daisy's, helpful Brownies, and community-minded Juniors - individual sections of the Breast Cancer Awareness messages can be explored, practiced, and shared with others! An easy place to start is the concept of **'making healthy lifestyle choices'** as a way to reduce your risk of disease – in other words, making choices that help you stay as strong and healthy as you can be! Exercise, nutrition, relaxation, sleep, avoiding drugs and alcohol, and reducing stress or anxiety are all topics that can be explored and shared in ways that resonate with girl scouts of different ages.

For Girl Scouts of All Ages – Try working with the Self Awareness message 'Knowing what is normal for you'. This concept can be used as a beginning practice of understanding and being proud of your own body - as well as recognizing and internalizing that when something feels wrong (physically or emotionally) it is definitely ok to ask questions or to ask for help from a parent or girl scout leader or other trusted adult. Whether the issue is a sore arm (pretty easy), an uncomfortable feeling (kind of vulnerable), or an itchy rash on your bottom (embarrassing) – the message is clear... if it doesn't feel normal it's ok to say something! This practice can start to build the wonderful skills of Self- Awareness and Self-Empowerment. A skill that will someday help a future young woman ask her doctor about that funny feeling spot in her breast or that unusual discharge from her nipple and potentially save her own life.

Research = good messenger programs AND Breast Cancer Research = new treatments!

Susan G. Komen is proud to have invested over \$1.2 billion in research over the past 4+ decades. That is more Breast cancer research than any other non-government organization!

Some Basic Information about Breast Cancer

Presenting Information to Girls at Different Ages

Hello Troop Leaders! The following is a fairly simple explanation of breast cancer, but is likely still too much information in its entirety to share with younger girls. The concept of breast cancer as something that makes people feel sick may be enough insight into the disease for younger girl scouts. Even the youngest troops can have a meaningful experience addressing this disease in terms of how to be helpful to those who are sick, how healthy lifestyle choices can help our body's reduce the risk of being sick, how the community can come together around important issues like finding an end to breast cancer, and how you can be a messenger to help spread awareness of breast cancer and ways to help to our friends and family. Visit [Komen.org/](https://www.komen.org/) for additional info that might be helpful and interesting.

Understanding Breast Cancer

Breast cancer is a sickness where tiny parts of the body called cells grow the wrong way and make a small lump, or bump, in the breast. Mainly women get breast cancer because they have more breast tissue and more of the types hormones that can help breast cancer grow. But men can be diagnosed with breast cancer as well. Breast Cancer is not contagious, and it is not an illness that affects children.

Breast cancer means that some of the cells or building blocks that make up the tissue inside a person's breast become unhealthy and grow in the wrong way. Someone with breast cancer needs to have help from doctors to shrink and remove these bad cells with medicine, surgery, and other treatments.

Because there has been lots of excellent breast cancer research taking place over the past many years, there are medicines and treatments that can make breast cancer go away for many people. This is possible because Komen and other organizations have raised the money needed for researchers to discover breakthrough medicines and treatments that shrink cancer and fight the disease in ways that take it out of a person's body. There are several different kinds or types of breast cancer. Researchers have discovered a variety of medicines and treatments that make different kinds of breast cancer go away. This research saves lives!

Understanding Breast Cancer (continued)

However, some people with breast cancer have a more aggressive or advanced form of breast cancer called metastatic cancer. These bad cancer cells can sometimes travel to other parts of the body and make a person feel very sick.

Metastatic breast cancer patients can still receive medicines and other treatments that help their cancers shrink or stop growing for as long as possible, but researchers have not yet found a way to make these cancers go away and stay away. It is important for researchers to keep looking for new treatments to help metastatic patients so we can be sure that there are treatment options available if the treatment they are using stops working. Some people still get sick enough from breast cancer to die from the disease and that is not acceptable. This is why Susan G. Komen and other organizations work very hard to support local breast cancer patients and make sure laws are passed that make it possible for everyone to get the care they need. And while people are receiving help, Doctors and Researchers continue to work every day to find new treatments and, ultimately, a way to cure or prevent breast cancer. **A world without breast cancer is a vision we can all share and help make possible.**

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Thank you, Girl Scout Leaders, for creating an Individual or Troop partnership with Susan G. Komen Wisconsin.

We greatly admire the time and effort you put into helping your girl scouts become strong, capable, and self-sufficient young women and are so grateful that you are including participation with Komen WI to be part of that growth experience!

Please feel free to reach out anytime with your questions or ideas. We would be honored to help you create meaningful experiences for your troops related to the effort to put an end to breast cancer. From volunteer opportunities to resources to in-person presentations - let us know how we can help you serve your Girl Scouts. We look forward to partnering with you any time of the year that is most convenient!

With great hope,

Nikki and Robin

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