

February 2010



Love, Hope, Success, and Good Health

It is February, the month of love! By the time you are reading this we will have clinked our wine glasses in celebration to the fruit of the vine, good friends and family, and of course good food. Thank you so much to the Anthony's for their superb and gracious hospitality in hosting the Wine Tasting event!

Our main event of the year, the Sixth Annual Snow Ball, will be Saturday, February 20, at the prestigious Oakmont Country Club. What a grand occasion to celebrate women and community by raising thousands of dollars to give to others thereby instilling hope and success into the next generation. Please join us for a lovely evening of dinner and dancing.

Providing drinks for our **meeting on Monday, February 1**, will be Amanda Betler, Catherine Hornsby, and Patti Lesnick. Snacks will be provided by Amanda Betler, Ginny Koenig, and Greta Kurzawa. A great big thank you to you ladies for taking the time on a week night to make sure our bellies and spirits are warm and full!

This month's meeting is going to be about love. We, as women, mothers, and grandmothers, whether you are a stay at home mom or working, tend to take lower rank on the rungs of the ladder when it comes to taking care of ourselves. Our focus this meeting is on a facet that has recently brought controversy to the arena of women's health: breast cancer prevention. The American Cancer Society continues to recommend that women at average risk of breast cancer begin mammographic screening at the age of 40. Our featured speaker on this topic is Dr. John Hower. His wife, Erica, wrote his biographical qualifications and intertwined it with her story of breast cancer survival. It is poignant, relevant, and touching (see Page 2).

At the conclusion of Dr. Hower's presentation, Robin Lazor, a certified relexologist and massage therapist specializing in breast massage will show us new techniques to perform a self breast exam. So, B.Y.O.B. aka Bring Your Own Breasts! Have you ever had a relaxing and stress reducing massage? Just the thought of having neck tightness and back pain massaged away is enough to induce a deep breath and smile. Most therapeutic massages do not include the breast area. This is changing. Healthy breast and mastectomy massage are now choices in specialty massage therapy.

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*February Meeting
this Monday.*

*February 1, 2010
St. Thomas Parish Hall
Delaware Avenue,
Oakmont*

*Board Meeting 6:15
General Meeting 7:00*

Love, Hope, Success and Good Health (cont'd)

The Bring Your Own Breasts program will discuss the reasons breast massage is important for all woman. The effectiveness of massage for various types of breast surgeries will also be presented including pre and post mastectomy massage. Most importantly, a short, easy, and fun self massaging routine will be taught to the RWA group so you can help keep "your girls" healthy and happy!

Robin owns Lazor Touch Therapy and has operated her business in Oakmont and the Nuin Center in Highland Park for 14 years.

We look forward to spending the evening together!

With thoughts of the beauty each one of you possess,

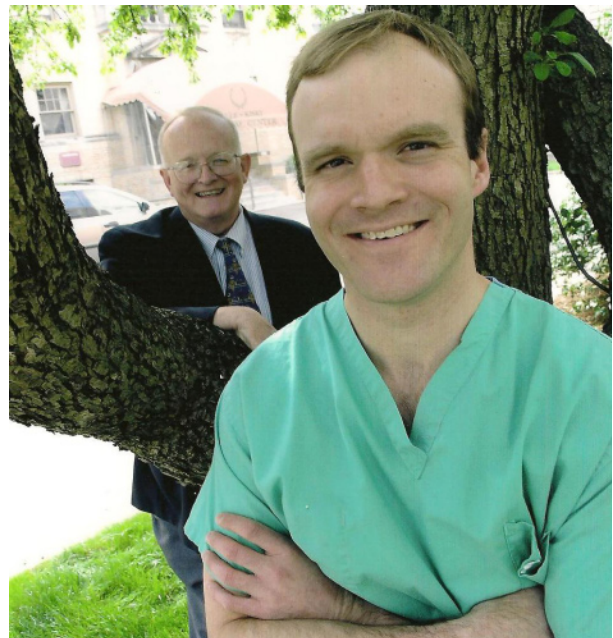
Kimberley and Christine



February Meeting Speaker - Dr. John Hower

by Erica Hower

It's hard to write a bio on my husband when it comes to this topic. I was diagnosed with Breast Cancer in September 2008. It will be a year this March since I finished my chemo. I guess my point is not only is he a highly qualified surgeon when it comes to Breast cancer, but he is also highly qualified when it comes to the emotional, physical, and psychological toll cancer can play in your life. John is truly my hero as he was there every step of the way for me during my difficult journey.



John trained at Mercy Hospital in Pittsburgh. He graduated number one in his class and scored the highest of all the residents in his Absite exams. He was the "super star" of his program. He went to work at 4:30 every morning and returned home around 8:00 p.m. He also took "call" staying up all night at the hospital once or twice a week. It was a grueling schedule for anyone, let alone someone who had to take care of three small children and a wife on chemo.

Chemo is different for different people. John and I always said we felt "cheated" because Doctor after Doctor told us "Chemo is highly tolerated now a days and you will do well." For me, that was not the case at all. We lived at my parent's house after each of my treatments in my Grandma's room for about 12 days until I was able to take care of the kids again. My Mom and Dad did our

Continued on page 3



Dr. Hower (cont'd)

laundry, cooked for us, took Ben to school so that he never missed a day, played with them constantly and tucked them in at night when I just couldn't get off my chair. Their generosity and support has been amazing. But, when we closed Grandma's door at night, it was John whom I took my anger, my sadness, and my worries out on. And in the morning, he opened that door up again and went back to work.

Every night, he'd run back home, take care of the kids and walk back in that room again. Through the stress at work and the stress at home, this man never cracked. He is the strongest man I know. Every night he would also say to me as I sat on my chair, wearing a handkerchief on my bald head, after my seventh trip to the bathroom and waking up from my fifth nap of the day, how beautiful I was. There wasn't a day that went by that he didn't tell me what a strong and beautiful woman I was. He told it to me so much that I actually started to believe him.

Work has always been a struggle for John. He loves what he does. He lights up when he talks about his surgeries, but he is a father first. And for what most surgeons at Mercy see as a weakness, I respect him and love him even more.

He would come home every day during his training to three munchkins that didn't care that he got up at 4:30 a.m. or that he had been on his feet all day. He jumped right in and had the kids the rest of the evening. Although most nights Ben had to wake him up to finish the rest of the bed time story he was reading!!!

It's been an amazing road with this man. John and I met in High School and stayed together throughout college. I remember the day he called me from Westminster College (where he received his Bachelor of Science in Mathematics) and said he wanted to become a doctor, but he just wanted me to show him how to study- mind you this was his 3rd semester in college!!!! From that point on, John went to every Summer School possible to stay on track and get into medical school-let's see there was W&J, Pitt, Grove City, and Duquesne to name a few. Then at Highland Tire- he told me he was accepted into Lake Erie College of Osteopathic Medicine (LECOM). And it was during a phone call from Natrona Heights to Erie, that I had to yell at John to just be a Surgeon. See, John tried so hard to convince himself that he might be happy in another field, maybe one that perhaps made more money, had more time off, or one that had no "call." But, he always came back to surgery. Again, this guy was worried about me- how his career would effect me.

To tell you the truth, no one could have prepared me for the life of a surgeon and no one can understand it unless you live it, but John was born to be a surgeon, and a great one at that. I could tell you back college, I saw it in him. This is what he was meant to do.

We are both so excited for his opportunity at Alle- Kiski Medical Center. John was brought on staff to do traditional, open surgery, but laparoscopy, and endoscopy. Dr. Michelle Zuba joined his practice in November and Alle- Kiski Surgical Associates in growing. We are both so excited about his new practice.

As a proud wife and breast cancer survivor, I am glad that everyone will finally see what I saw in my husband all along...He is a great, strong man who was meant to help others.



Presidents Message

Hello Everyone! We have so many exciting events coming up that it's easy to overlook these cold, grey days!

First, a big thank you to Patti Anthony for hosting the Wine Tasting Event. It was a fabulous evening of fun, friendship and wonderful wines. What a great Friday night!

With our sixth annual Snow Ball less than a month away, chairs Angela Orbin and Molly Donohue along with their committees are hard at work. Whether you are attending or not, please take some time to help with decorating or organizing the silent auction baskets. In the past five years, The Snow Ball has allowed us to distribute over \$50,000 to our scholarship fund and four core charities, The Oakmont Carnegie Library, The Oakmont and Verona Volunteer Fire Departments and Riverview Community Action Corporation. However you decide to participate, you are a part of that huge effort to give back. Thank you.

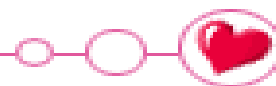
Please mark your calendar for a change of date and venue for our March meeting. Our Activity Chairs, Kimberley Parfitt and Christine Long, have arranged to hold our **March meeting at Ambience Boutique in Oakmont on TUESDAY, MARCH 2ND**. We will hold our regular meeting there beginning at 7 p.m. with members encouraged to stay after for shopping. Proceeds from Ambience go directly to Bethlehem's Haven.

A percentage of The Snow Ball proceeds are available for disbursement to "other charities and causes." Please contact me if you have an organization or individual who would like to be invited to speak briefly at our April meeting to request a donation. Members will vote by closed ballot at the end of the April meeting on where they wish to distribute the remaining funds.

Finally, the nominating form for next year's RWA officers is included in this newsletter. I hope you will read the descriptions and consider nominating yourself for a position. Serving on the board is a wonderful way to feel a part of RWA and get to know others. Forms should be returned to Greta Kurzawa.

Looking forward to seeing everyone soon!

Catherine



RWA Scholarship Application

Applications are now available for the RWA Scholarship. The recipient must be a female living in the Twin Boros or a female sponsored by an active RWA member desiring to continue her post-secondary education. The award is based on overall potential including academic performance, school activities, volunteerism, work history, and financial need. **All applications must be submitted on or before Monday, March 22, 2010.** Applications and details available on the RWA website: www.riversidewomensassociation.org .

RAA Fundraiser

Riverview Athletic Association (RAA) will host their winter fundraising event, featuring the music of Oakmont's Bill Deasy, on Saturday evening, March 6 at the Oakmont Elks. Cost is \$25 per person and includes music, food and beer. Tickets are available from RAA board members or by contacting Dinnin & Parkins at 412-828-5122. All proceeds from this event benefit children participating in RAA sports. For additional information, visit www.raasports.org

Nominations Needed for 2010-2011 Board

It's time to think ahead to next year and nominate the new board. You'll find the nominating ballot on the last page. Please fill it out and bring it to the **February** meeting, or email it to Greta Kurzawa (gkurzawa@tda-architects.com), or mail it directly to Greta at 1416 Eaton Ave., Oakmont, PA 15139.

Following are descriptions of the positions and committees to help with your selections. Members are encouraged to nominate themselves, as well as other members. **If self-nominating, please write "self-nominating" next to your name in the desired position on the ballot so the nominating committee knows this.**

Office of the Vice President: To perform the duties of the President in her absence or temporary inability to serve. The Vice President shall keep a file of all the committee reports, a complete history of treasurer's reports, Executive Board and General Meeting minutes, and shall serve as Nominating Chairwoman (for the Nominating Committee). She shall also be active in assimilating new members in conjunction with the Membership Director(s). She shall succeed to the Presidency the following year.

Office of the Recording Secretary: To keep a record of all general meetings and Executive Board meetings.

Office of the Corresponding Secretary: To conduct such correspondence of the Association and of the Executive Board as they from time to time direct.

Office of the Treasurer: To receive, collect, and deposit all funds, and to keep records of all such receipts and disbursements. The Treasurer shall be responsible for any tax

Upcoming Dates to Remember

Monday, February 1 - RWA Meeting

St. Thomas Memorial Church
6:15 p.m. Board Meeting in St. Anne's Room
7 p.m. Social Time with General Meeting following

Friday, February 10 - Snow Ball RSVPs Due

Send your RSVPs in before this date!

Saturday, February 20 - Snow Ball

Oakmont Country Club
6:00 p.m. Cash Bar and Silent Auction
7 p.m. Dinner and dancing

Tuesday, March 2 - Meeting

Ambiance Boutique
Allegheny River Blvd, Oakmont
7 p.m. General Meeting

Monday, April 5 - Meeting

St. Thomas Memorial Church
6:15 p.m. Board Meeting in St. Anne's Room
7 p.m. Social Time with General Meeting following

May - End of Year Banquet

Date, Time and Location TBA.



forms. She shall aid the incoming President and incoming Fundraising Chair(s) in setting up a proposed budget.

Fundraising Committee: Responsible for organizing a fundraiser which supports our charitable endeavors. (There can be more than one fundraiser; the General RWA Membership will vote on what they wish to do.) The Fundraising Chair(s) shall work with the president and the Treasurer in setting up a proposed budget.

Communications Committee: Responsible for producing and distributing the monthly newsletter, compiling and distributing the directory, coordinating/disseminating information to the

Nominations (cont'd)

public, i.e. via press releases, and implementing the phone chain (if necessary).

Membership Committee: Responsible for recruiting new members and receiving new members and guests at meetings. Membership keeps the attendance records for each meeting and collects dues payments. The committee also plans the meet-and greet activity for our September meeting, the Holiday Party, and the May Banquet.

Activities Committee: Responsible for organizing educational programs and activities, as well as social outings for the year, and various community functions, as the committee chair sees fit. Also responsible for organizing snacks, drinks, and paper supplies for each meeting.

Scholarship Committee: Responsible for defining application award criteria and for the solicitation and review of applications for the RWA scholarship award. (This generally occurs in April.)

Vision Screening Committee: Organizes the pre-school Vision Screening program by arranging dates and times for training volunteers, as well as for screening dates at pre-schools.

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Nomination Ballot for 2010-2011 Board Positions

Please submit **two names** for each position. Self-nominating is accepted and encouraged! Please write "self-nominating" next to your name. Also, as you make your nominations, you may wish to refer to the directory to see what positions members have previously held.

Vice President:

Activities*:

Recording Secretary:

Scholarship:

Corresponding Secretary:

***These committees usually have both a Chair and a Co-Chair**

Treasurer:

Please fill it out and bring it to the **February** meeting, or email it to Greta Kurzawa (gkurzawa@tda-architects.com), or mail it directly to Greta at 1416 Eaton Ave., Oakmont, PA 15139.

Communications:

Fundraising*:

Membership*:

 **Got News?**
Newsletter Submissions can be made by the 25th of the month for inclusion in the following month's issue. Articles may be submitted in .doc format, Arial font. Please submit photographs in .jpg format. E-mail all submissions to Catherine Hornsby at dhornsby01@earthlink.net.