

FEEL TEAL CLUB

MAGAZINE

July 2011



***Raising awareness to ovarian
cancer
7 days a week
52 weeks a year***

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About This Magazine

Welcome to our
Magazine-

The **Feel Teal Club** is working hard to entertain and inform you about news and events in the community.

Each month we plan to bring you "updates" from our awareness supporters while highlighting their personal contribution to this cause.

Our commitment to raise awareness to ovarian cancer continues 7 days a week, 52 weeks a year. We ask that you help us continue this tradition by telling us about your own events and experiences.



2011 Awareness
Campaign



Graphic courtesy www.karlyns.com

Tales of a Titan

Our friends from **Ion's Odyssey** are concentrating on the launching of their sloop, a dream that had been put "on hold" due to other work commitments, but recent discussions with the skipper/owner, Lance Toohey, included word on another idea which will see a song for the Feel Teal Club's campaign! Lance W Toohey (lyricist) and Bryan Retter (music writer) have now been collaborating over the last eight months and have completed one demo CD and are currently 7 songs into their second CD.

At the moment Lance and Bryan are putting all their efforts into producing a "Campaign Song" for FEEL TEAL. The song entitled "**We'll Find A Way**" expresses the need for worldwide recognition of ovarian cancer, protecting and safeguarding women everywhere.

Stay tuned for more on this...

Our Contributors

The Feel Teal Club has worked closely with many supporters over the years, building strong relationships while cross-promoting one another. When the topic of the magazine came up, it was a unanimous decision that we join forces and I am thrilled to share their contribution.

From the world of music and entertainment, to lifestyle & health, the Feel Teal Club hopes you'll stick around for all the latest....

Enjoy the ride!

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In the beginning

Seems so long ago that I began this whole idea of raising awareness, never imagining how far it would lead-



Shelly's on the road again!

From Events to Magazines and of course, the world wide web-

Through every door opened, another opportunity and challenge, and more new offers of help. With help from my fantastic support network, I've been able to take greater steps in bringing awareness to the forefront! The Feel Teal Club Magazine presented an opportunity for me to acknowledge each individual...those extremely special folk, who helped to make all this possible.

On the Road Again with Shelly

I first hooked-up with Shelly Ryan when working as the editor for Global Music Star. Thanks to a mutual friend, I soon saw what many others had long known...this lady was hilarious!

Our time together at the magazine allowed us to become better acquainted while sharing her amazing humour.

Shelly has a gift to make others laugh, while still being able to laugh at herself....the latter

often the basis for some of her side-splitting stories which I continue to enjoy!

Even though GMS (Global Music Star)"closed shop", both Shelly and I continued to follow our passions which ultimately brought us back together again.

We shared another commonality in (the late)comedian, Gilda Radner....her death to ovarian cancer was the catapult which sparked more ideas for further awareness, that included Shelly's sense of humour. Shelly continues to delight her audiences with her added enthusiasm for spreading the "awareness" on her travels, and the Feel Teal Club is no exception. Shelly is a regular to the Feel Teal Club where she adds some humorous spark while revisiting her *Moments with Gilda*..... See www.feeltealclub.com and follow the links to our Forum!

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Fun with FSM!

Step inside the world of music as we share fun articles, interviews and much more with Flip Side To Music.

Editor/Publisher, Tracy Lewis has been a part of the Feel Teal campaign since its launch back in September,, 2009-

Now the editor for FSM, Tracy finds her greatest joy comes from supporting others....

*At **Flip Side Music**, the musician/artist will find many opportunities to showcase their work, without the worry of added pressure. This service is a means to assist those new to the market, along with the Indie artist.*

As we join forces once more, Tracy and the Feel Teal Club look forward to putting the reader in touch with music updates and much more!

You may also visit them at
www.flipsidetomusic.com

Sacha's Foundation

He's young, (only 21), has already published his first book (age 17), launched his fashion line,appeared on television and held almost 30 motivational speaking engagements...he is quite a phenomenal entrepreneur!

Meet Sacha, the founder/creator of Sacha's Foundation, the first Australian-based business of its kind where 50% of their profits go back to help others, this is what Sachas 50/50 Business Model is all about.

Thanks to Teens Big Dreams, the Foundation has already funded innovative programs as the Teens Initiative, became a sponsor for organisations such as TEDx, Best Catch Foundation, Project Australia, World Youth International, Think Global School, IMCOLOURBLIND Incorporated, and the Fire

Relief Concert in Perth.



He is also one of the Feel Teal Club's proud affiliates lending his support to our campaigns.

When I first spoke with Sacha, I was immediately immersed in his conversation, a beautiful and honest sincerity, truly interested in what "I" had to say. We talked for quite awhile, and by the time I ended the call, felt as though I had known him for most of my life...a reaction Sacha appears to get each time he shares his inspiration! The same feeling came from reading Teens Big Dreams, this wonderfully clever book teaches about understanding and reaching your goals...a must read for every age, already being accepted for School's Year 10 curriculum while receiving recommendation from a Lord Mayor.

Sacha's dream is quite simple,to live in a world where absolute poverty does not exist, and where everyone has the opportunities and resources to be self sustainable. He leads by example, living proof that anything is possible if you try!

www.sachas.com.au

Lee's "hope and inspiration"

Sarah Schlichter Weighknecht is another of our "Titans of Teal", and for very good reasons.

In 2005, her sister Lee, was diagnosed with ovarian cancer during which time she had been designing & creating jewelry. Three years later, the cancer returned, and in July of 2009, sadly Lee lost her battle. Ever since, Sarah has continued the work her sister started, with a great deal of love going into every design. For every purchase made, 15% of sales will benefit the Ovarian Cancer Research Fund.
<http://www.ocrf.org/index.php>



Beautiful Genuine Turquoise and hand sculpted teal stars - \$75.00

This gorgeous piece has original sculpted stars by local artist Janet M. Bishop with genuine turquoise and fine silver plated accents!

Please visit the official Lee's Hope website
www.leeshopejewelry.com

Around Town with FSM



Artist: Angela Leo

A singer/songwriter from Los Angeles
Genres: Alternative / Acoustic

A talented artist was brought to my attention recently, who songs are inspired from within and also from her many life adventures (walked across fire, parachuted from airplanes and made camp in the heart of the Costa Rican rain forest). Her lyrics touch the heart, thoughts and memories so we can all relate to them with our own life experiences on some level-Tracy Lewis



Angela Leo's most courageous act to date is writing songs. Within the tightly crafted lyrics and emotional agility that defines her debut CD, Cognitive Dissonance, the Hollywood-based Leo neatly grafts the evolved sensibility of a poet to the economy of a songwriter. Angela Leo's album "Cognitive Dissonance" available August 1.

Verses from Vicki

Two friends,
similar interests,
different stories,
winding paths,
rough & smooth,
seasons of life
coolness & warmth
funny sayings,
chats, laughter,
sharing, reflecting
colours, teal & lilac,
the scent of freesias & roses
fill the air,
stories to write,
chapters to complete
two friends, two mums,
forever etched into
the eternal book of life...

<http://lostinlilac.blogspot.com>

© Vicki Thornton

Upcoming Awareness Events

5K RUN/WALKS

Sunday, August 28, 2011 9am, Kid's 8:30am

Run, walk or stroll in Austin's 4th Annual NOCC Balance 5K presented by Texas Oncology. This chip-timed 5K features a great course for runners, walkers and joggers. Break the silence on ovarian cancer by supporting NOCC at the 2011 NOCC Balance 5K!

National Ovarian Cancer Coalition Austin works to improve the survival rate and quality of life for women living with ovarian cancer. Funds raised through the NOCC Balance 5K support speaking circuits, educational seminars, literature distribution, billboard campaigns and other awareness efforts

Contact us at AustinTX@ovarian.org or by calling (512) 695-5016

5K RUN/WALK & FUN RUN

Please plan to join us August 20, 2011 for our 8th Annual 5K Run/Walk and One Mile Family Fun Run

Registration is Now Open!
You Can Help Make a Difference!
<http://www.oroc.org/runinfo.asp>

LISA'S ARMY

In 2008, Lisa Loonstyn was diagnosed with ovarian cancer at the age of 20. Lisa immediately became involved with the Sandy Rollman Ovarian Cancer Foundation in an effort to save other women. Lisa recurred in 2010 and is valiantly fighting this disease again. It is now our turn to give back to someone who has already given so much. The funds raised will help cover Lisa's medical costs. "Lisa's Army" is made up of family, friends and even strangers- we are all warriors fighting right along side her and we want to help Lisa, her fiance Mikey and her one year old son Michael.

To Make a Donation visit website and follow links!

Text Teal to 20222 at any time to make a \$10 donation. The donation will appear on your cell phone bill. Data & Messaging rates may apply
<http://www.sandyovarian.org/upcomingevents.html>

Turn The Towns Teal

Turn The Towns Teal is a campaign to promote awareness of ovarian cancer and its silent symptoms. Volunteers tie ribbons throughout town centers and hand out symptom cards during the month of September which is National Ovarian Cancer Awareness Month.

Contact for more information
info@turnthetownsteal.org

CONFERENCE

Ovarian Cancer Screening 2011 is an international meeting uniquely focused on screening and early detection of ovarian cancer. Spearheaded by a renowned faculty and top international speakers, this two day meeting will include sessions on:

- * Defining Risk
- * Biomarkers and Screening
- * Natural History of Ovarian Cancer

This innovative meeting will include an interactive workshop of researchers from academia and industry, where the goal will be to address limitations of current discovery strategies for ovarian cancer biomarkers and explore possible solutions.

See Programme for further details...

<http://www2.kenes.com/ocs2011/Pages/Home.aspx>

Ovarian Cancer Symptoms

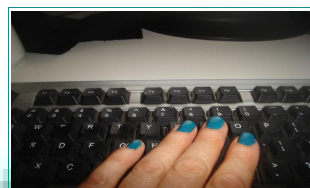
Historically ovarian cancer was called the “silent killer” because symptoms were not thought to develop until the chance of cure was poor. However, recent studies have shown this term is untrue and that the following symptoms are much more likely to occur in women with ovarian cancer than women in the general population. These symptoms include:

- * Bloating
- * Pelvic or abdominal pain
- * Difficulty eating or feeling full quickly
- * Urinary symptoms (urgency or frequency)

Several studies show that even early stage ovarian cancer can produce these symptoms. Women who have these symptoms almost daily for more than a few weeks should see their doctor, preferably a gynecologist. Prompt medical evaluation may lead to detection at the earliest possible stage of the disease. Early stage diagnosis is associated with an improved prognosis.

courtesy: <http://www.sandyovarian.org/symptoms.html>

Teal Tips.....



Here are just a few of our handy tips for everyday use in your lives....sometimes the good old remedies are best!

IN THE KITCHEN:

- Tear off a sheet of aluminum foil big enough to fit your grill. Lay it shiny-side down and turn the grill on for 10-15 minutes. When you take the foil off, the greasy mess will be gone.
- Cloudy drinking glasses will be sparkling clean again if you soak them in warm white vinegar for about an hour. Then rub gently with a dishcloth to remove the film.
- If your chopping board smells, wipe with water and then rub in dry mustard. Leave it for a few minutes, then rinse and dry.

IN THE BATHROOM:

- Get rid of toilet bowl blockages and odors by pouring in one cup of baking soda once a week.
- Clean your shower-head by filling a plastic sandwich bag with vinegar, and tying it to the head. Leave overnight and in the morning, scrub with a brush.
- Remove watermarks and white rings by massaging mayonnaise into them and leave in overnight.

IN THE LIVING ROOM:

- Slight scratches on furniture can be removed by rubbing them with a freshly cut Brazil nut or walnut.
- Use a chunk of white bread to remove finger marks from wallpapers.

(continued)

- Use peanut butter to remove chewing gum from carpet.
- Remove hardened candle wax from furniture using hairdryer to melt, then simply wipe up with tissue or cloth.
- Stop that build-up of dust on TV/VCR/DVD/STEREO ...using cotton cloth and fabric softener to gently wipe, the anti-static prevents dust from clinging. Leaves a lovely fresh fragrance.

If you have a handy tip to share, please drop it into an email to debbie@feeltealclub.com

2011 Feel Teal Campaign

This year, our club has been delivering a new approach with a clearer emphasis on "survivors" and "supporters"....giving the public a "behind the scenes" look into our various projects, & the ongoing struggle we face in order to receive the same level of recognition as the "think pink" campaigns!! Our mission is to ensure the public recognizes & understands the symptoms of ovarian cancer-

This campaign will introduce others to those who are constantly working to raise funds & awareness.... our **Titans of Teal!**

See www.titansofteal.yolasite.com for more



Since the launch of the FEEL TEAL campaign back in September 2009, there have been many who have taken part in the cause, lending their voices and their valuable time.

The Feel Teal Club would like to take a moment to acknowledge all their support, past & present.

- Our spokesman Richard Finch, legendary co-founder/bassist/song arranger/writer/producer and engineer of the mega-group "KC & the Sunshine Band".
- Loni Reeder, writer/publicist
- Australian rock/pop star, Anthony Snape.
- US rock band, Electric Sandbox
- Lance & Michelle Toohey of ION'S ODYESSY
- FSM-Flip Side To Music
- Comedian Shelly Ryan
- Graphic designer, Karlyn

Judy's Girls

My mother gave in silence
Too proud to admit her kindness went beyond
the walls of home
Never telling us of all those she had touched
outside
Those in need of a friend-
She would be there
Assurance that someone cared-
She would deliver
Reassurance and support-
She had an abundance
Encouraged to achieve
Inspired to believe
All these gifts were free-
And she gave them freely
How blessed we all were to have known her-

How blessed we were as her children.

Debbie Stevens ©

Bottled Memories

Sweet sweet perfume
Recognize it anywhere
That older lady shopper, strolls by passing a
familiar smile
A shadowy whiff surrounds us-
'Red Door'
A bottle of sweet memories
Catching my breath as she vanishes into the
crowd
Somebody's mother-
Oh how I miss mine

Debbie Stevens ©

*In loving memory of Judy
27th April 1937 – July 3rd 2000*



A Gilda Moment...by Michele Ryan

"Comedian joins the support network, for the fight to find an early detection test to Ovarian cancer!" - Debbie Stevens, *Feel Teal Blog* (Nov 06, 2009)

My response to this amazing opportunity? "It is an honor to share my humor for such a fantastic cause! I was immensely influenced by the comedic genius of Gilda Radner, whose life was taken too early by this disease. She touched the lives of millions, and in a way her spirit lives on in me."

It was no coincidence that my bio contains this personal glimpse into my life: "By high school Shelly realized a sense of humor was more than entertaining; it was therapeutic! This marching band nerd (who stayed home cleaning the fireplace waiting for Prince Charming to show up) spent her weekends laughing with Saturday Night Live, especially Gilda Radner."

After listening to my audio tribute in which I make the connection of identifying with all of Gilda's comical characters, Deb wrote: Comedian/Writer, Shelly Ryan shares her contribution to the FEEL TEAL awareness campaign, in what's best described as "witty", "cute" and extremely heartfelt! Her passion and enthusiasm for comedy is the foundation of "who she is".

The spirit continues to live on with our 2011 campaign. A Titan of Teal is many things: "a comedian who honours a "fallen" comrade..." And not only the notable ones. I've been asked numerous times if I or someone in my family has been affected by Ovarian cancer. Not directly, but since I consider every woman I encounter as a "sister", then yes!

I encourage you to join the Forum I moderate at The Feel Teal Club and share YOUR Gilda moments. The spirit of laughter dwells within every one of us, so let's come together and share it!



"I base most of my fashion taste on what doesn't itch."

Gilda Radner

What makes a "Titan of Teal"?

She is many things.....

A survivor, supporter, friend, sister, daughter, nanna, mother, wife.....she is a nurse or a poet, an actress....a comedian who honours a "fallen" comrade, a daughter remembering her mother, a musician sharing a tune...a child.

She is passionate & resourceful and a positive force!

She LOVES the colour "teal" and will walk, run or paint her toenails to proudly show it!

She is gentle and kind but can be strong and loud! She thrives on creative ideas, no task too big or **too hard!**

She is tenacious and determined....her convictions are unwavering.....she inspires & offers hope to everyone... her passion is contagious! She always sees a bigger picture with an enthusiasm to share her vision....her commitment is admirable, she won't take "no" for an answer!

She owns a Website or Blog, and most likely a Facebook page or Group....

With wings to fly she carries her message.....always about "awareness".....always to feel the teal!



Nominate a TITAN!

If you would like to nominate someone please send an email to titansofteal@mail.com

In the "**subject**" line, include Titan Nominee

In the "**body**", include their details.



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