



Cierra & Sisters, Inc.

OUR NEWSLETTER

January/February 2010

www.Cierrasisters.org

Editor: Tanya R. Jones

IT'S 2010: AND THE FIGHT AGAINST BREAST CANCER RAGES ON

It is common knowledge that early detection is still one of our greatest weapons against breast cancer. With the release of the 2009 United States Preventive Service Task force report, the age of when the screening should take place has come into question. Although the USPSTF changed their original finds and now recommend women receive their baseline mammogram at age 50, and not perform self breast examinations, Cierra Sisters has not changed its stance.

Cierra Sisters, along with others in the cancer community still recommend having a mammogram done no later than age 40. Cierra Sisters actually recommend age 35 for women of color and others with risk factors or a family history of cancer.

You know your body better than anyone. Self breast examinations and annual or bi-annual mammograms have been and still are two of the main weapons in a women's arsenal in this fight against breast cancer.

According to the 2009 American cancer society report, the number of women dying from breast cancer has decreased; early detection being cited as one of the primary causes in the drop. That same report also stated that the mortality rate of African American woman has not. It is still higher than their Caucasian counterparts; late detection being cited as a factor along with aggressive strains found in African American women younger than 50. With these findings one would come to the logical conclusion that early detection is crucial to African American women's survival rate and overall well being.

Cancer can be a taboo subject even though it is

all around us. And when it touches someone personally, just the thought of it can leave an entire community feeling powerless. But, we can not let our fear of cancer prevent us from being pro-active in developing an early detection plan that supports good health, and improves our physical, mental and spiritual well being. Our silence does not make cancer go away, or reduce its impact if left undetected and/or untreated. However, our voices, actions, continued quest for knowledge, and life affirming experiences can keep the hope of a world without cancer alive and strengthen societies willingness to defeat the stagnating fear and devastation that cancer causes.

Cierra Sisters encourages everyone to develop a wellness plan that incorporates the following five components:

1. **Get an annual physical and establish a base line if you don't already have one**
2. **Do a bi-weekly or monthly self-exam: just check your body for any changes**
3. **Do at least 30 minutes of some type of exercise every day.**
4. **Make a commitment to eating healthier.**
5. **Ask at least one other person to take this journey with you; it's can be fun with a friend along.**

This year the newsletter will increase our efforts to provide pertinent information and resources that support healthy life styles. Although our primary topics will be on breast cancer, we will report on cancer as a whole and any developments within the health-care industry that directly affects our community. Our hope is to provide our readers with stimulating articles that will prompt dialogue and action concerning the eradication of cancer.

We pray we achieve our goal.

Cierra Sisters stands firm on Age 35 as our start date for a base line screening for breast cancer and still recommend performing monthly self breast exams

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Founder's Desk



Greetings my brothers and sista's
Here we are at 2010; those of us who are still here, we are truly blessed that we made it.

During the upcoming year let us look up and expect to rise above any of the challenges that we perceive as "toads in the road"; something to either go around, over, or through.

Strive for success, and don't let negativity hinder your journey.

Wake up with great expectancy for the day: lift up your hands and be ready to receive the many unexpected blessings that are in store for you this year.

Let us not live in our past as though it is happening right now. Holding on to things from your past can have a strong affect on your present and may delay you in being able to move forward. If you are living in your negative past, and it is hindering you from going forward you need to let it go.

This can hinder your success in this life.

YOU NEED TO LET IT GO.

Let's walk in wisdom. As the serenity prayer says, have the strength to accept the things we cannot change, but have the courage to change the things you know you can, so that you can live in joy and peace of mind.

We know that God has more than a thousand ways to provide for you.

Your future is so bright. walk in it.

Celebrate my birthday with me by showing love to those that are hard to love

*Yours In Health,
Bridgette*

Cierra Sisters' Wish list

- In-Kind Services: Legal, Financial, Grant Writers
- Donation for Printing/Mailing : Monthly Newsletter and correspondence
- Volunteer Coordinator
- Volunteers for: Special projects, Fund raisers and office work
- Office equipment: computer, software, printer, copiers

BLACK HISTORY MONTH

This month we celebrate Black History month; a time which serves to not only reminds the world how far we have come as a nation that advocates equality, but it also put into perspective all that we as a race have overcome.

There is still much to do, but we have so much to be proud of. Here's a little African American history that highlights our accomplishment.

- ◆ **1791 Benjamin Banneker Mathematician, astronomer, made the first clock in the new world,**
- ◆ **1847 William Alexander Leidsdorff launched the first steamboat in San Francisco**
- ◆ **T.J. Marshall is awarded the patent for the fire extinguisher in 1872.**
- ◆ **1881 Booker T. Washington founded the Tuskegee normal school in Alabama.**
- ◆ **1936 Jesse Owens won four gold medals at the Olympic games in Berlin.**
- ◆ **Jackie Robinson is inducted into the baseball hall of fame in 1962.**
- ◆ **Martin Luther King Jr. is awarded the Nobel Peace Prize in 1964.**
- ◆ **1967 Thurgood Marshall is appointed to the U.S. Supreme Court.**
- ◆ **Duke Ellington received a presidential award for his contributions to African American Art and Music in 1969.**
- ◆ **In 1973 Barbara Jordan is elected to the U.S. House of representatives.**
- ◆ **In 1978 Muhammad Ali becomes the first to win the World Heavy weight title three times .**
- ◆ **In 1983 Alice Walker's novel- the Color Purple is awarded the Pulitzer Prize for literature.**
- ◆ **Jackie Joyner-Kersey set the Olympic record in the heptathlon in the Seoul, Korea Olympic Games in 1988.**
- ◆ **Author Toni Morrison is awarded the Nobel Prize for literature in 1993.**
- ◆ **Bridgette Hempstead Founding Cierra Sisters February 21, 1996**
- ◆ **2008 Barack H. Obama, first African American to become President of the United States.**

As we look at our Black heroes we should be reminded how important we are, and take pride in being a part of a very strong, proud and creative race of people.

Cierra & Sisters, Inc.

Prayer Breakfast

Psalms 66:10-12

February 27, 2010 (10:00 a.m.-12:00 p.m.)

Location Salvation Army Conference Center

720 S. Tobin Renton WA. 98057

Cierra Sisters #206-505-9194

Remember to always pray God
is in control be blessed

Guest Speaker: T.B.A.

Renew your spirit

Know that your healing is for you
Come ready to receive your blessings



CIERRA SISTERS PRAYER LIST

Francine Martin

Fran Hopper

Mary Agare

Diane Beaty

Norma Crews

Kenny Ray

Bunny Depoe

Bonnie Carmen

Dee Turner

Tanya Jones

Dee Dee Shirkey

Dolores Morrissey

Tisha Martin (M.Z.T.)

Bridgett Scott (recently diagnosed)

ALL THE PEOPLE OF HAITI

SENDING HEALING THOUGHTS AND WELL WISHES TO
ALL OUR LOVED ONES, BOTH NEAR AND FAR.
WISHING THEM PEACE OF MIND, GOOD HEALTH AND
SPIRITUAL WEALTH .

PLEASE SUBMIT ANY REQUEST BY CALLING THE OFFICE
@ 206-505-9194

OR VIA EMAIL

CIERRA_SISTERS@HOTMAIL.COM

Steps Along Our Journey



Hello, my name is Bimla Brembry and this is the story of my journey with breast cancer.

It began one Sunday morning, mid October 2005 while I was hesitating in getting out of bed to go to church. My dog, Star kept jumping on me. Then she pressed her nose in my breast and I felt a lump. It was not painful on touch but it has some consistency. It was one of those moments when the world seems to stop and reality hit me. Could this be cancer?

Without wasting any time I scheduled a visit with my PCP (primary care physician) . Whatever my surgeon had to say was lost in the cloud that had taken over my mind. "I'm afraid that the biopsy results show that I have "ductile carcinoma" in my left breast.

I was not prepared for such news or the emotions that followed. Getting educated regarding this deadly disease was crucial. And so I studied. I learned about "staging", "estrogen receptors" and being diagnose as

HER2 positive with the high probability of involving chemotherapy and radiation.

Fortunately, the cancer did not spread to my lymph nodes. I went through surgery, aggressive chemotherapy and radiation treatment.

My attitude in this whole process was calm. There was nothing that I could do or be miserable and I choose to be strong. I am divorced mother of two teenage daughters who adore me, family and church family who love me. My colleagues, my directors, my manager, supervisor they were all there for me every step of the way. I felt truly blessed. Then I came to know of Cierra Sisters, Bridgette was my mentor, she and the Cierra Sisters' were at my beck and call. Attending the meetings helped me a lot.

I've had many trials since the cancer saga. Our first home went into foreclosure, and I had to file for bankruptcy so that I could breathe above water. I'm still dealing with the side effects of chemo and radiation. Now I live free from cancer in my rental and I am happy, Gods miracles has sustained me. It is obvious God was ever present during my trial and carried me when I couldn't carry myself.

Love to you all Bimla

Cierra Sisters' 2010 Calendar

Meetings Every Fourth Thursday
Rainier Community Center
4600 38th Ave. S.
Seattle, WA 98178
Time: 6:15-8:15
Phone: #206-505-9194

The 2010 Calendar of events is still being finalized. Guest speakers, times and places of certain events are still pending. Thank you for your patients and understanding.

January 28: Discussion on current screening recommendations-Where do we fit in?

February 25 : Access to Health care/affordable insurance

February 27: Prayer Breakfast-Renew your Spirit.

March 25: What's new in breast health: Metastasis Disease

April 22: Men's Health striving for positive health changes

May 27: Healthy Life Style Changes: Dietary and physical exercise is the key.

June 19: Brunch and Fashion Show-TBD

June 24: Emotional Housekeeping: Get a jump on Managing the Holiday madness.

July Annual Block walk date T.B.D

July 22: Lymphadema, After Cancer Care.

August sat. 28: Cierra Sisters annual appreciation Bar-B-Q friends family and supporters are welcome (no meeting)

September 23: Ovarian Cancer

October 28: Breast Cancer Awareness-Cierra Sisters' Celebration of Life.

*November 26: Annual Chartered Bus Shopping Spree to Portland (No Meeting)

*December 11, 2010 : Annual Christmas party (No Meeting)

Nurses Corner



1619: Slavery comes to North America

To satisfy the labor needs of the rapidly growing North American colonies, white European settlers turned in the early 17th century from indentured servants (mostly poorer Europeans) to a cheaper, more plentiful labor source: African slaves. Beginning around 1619, when a Dutch ship brought 20 Africans ashore at the British colony of Jamestown, Virginia, slavery spread quickly through the American colonies. Though it is impossible to give accurate figures, some historians have estimated that 6 to 7 million slaves were imported to the New World during the 18th century alone, depriving the African continent of its most valuable resource—its healthiest and ablest men and women.

Congress outlawed the import of new slaves in 1808, but the slave population in the U.S. nearly tripled over the next 50 years, and by 1860 it had reached nearly 4 million, with more than half living in the cotton-producing states of the South.

From this time also came great healers.

Mary Eliza Mahoney was the first black professional nurse in America, and an active organizer among African American nurses. She was born in Boston, on May 7, 1845, the oldest of three children. At the age of 18, she decided to pursue a career in nursing, working at the progressive New England Hospital for Women and Children. In 1878, at age 33, she was accepted in that hospital's nursing school, the first professional nursing program in the country. Of the 42 students who started that year, Mahoney was one of just four who graduated the next year. The training required 12 months in the hospital's medical, surgical, and maternity wards, lectures and instruction by doctors on the ward, as well as four months of work as a private-duty nurse.



In 1949 the Mary Mahoney Professional Nurses was founded in Seattle Washington. The primary mission of the Mary Mahoney Professional Nurses Organization is to provide financial aid and scholarships to students of African heritage who pursue studies leading to careers in professional nursing. Its goals is: Promote recruitment, retention and graduation of African heritage students in nursing programs Foster personal and professional career development of MMPNO members. Enhance physical and psychosocial well-being of under-served people. Encourage non-partisan political activity that is designed to positively impact the above goals.

Let us remember so that we don't forget. We've come a long way. Let's keep moving forward.

Donation Form

I WOULD LIKE TO DONATE: \$5 \$10 \$20 \$50 \$Other

I Would Like to Volunteer my time to Cierra Sisters. Please contact me to discuss how I can assist CS in their fight against Breast Cancer.

NAME: _____

ADDRESS: _____

PHONE : _____

EMAIL : _____

Make checks payable to: Cierra Sisters, Inc.

Mail Check or Money Orders: to P.O. Box 1634, Renton, WA 98057 .

Cierra Sisters is a 501(c) 3, non-profit organization.

All donation are tax deductible. Tax information sent with receipt. Thank you for your generous support of our Life saving mission.