

# UPDATE



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Committed to raising awareness and funds to aid in the eradication of breast cancer

Once again the Holiday Season is upon us! What a year it has been for Expedition Inspiration: a year of change, refocus, new opportunities/partnerships and growth. The Board of Directors of The Expedition Inspiration Fund would like to say "Thank You" to all of our generous donors and volunteers. Your continued support enables us to fund cutting edge breast cancer research.

Expedition Inspiration has received an exciting opportunity from one of our major donors in the form of a "Challenge Grant". This donor hopes to encourage EI to expand its donor base. They are offering to match each "new dollar" raised between September 2005 and June 15, 2006. "New funds" consist of a monetary contribution from a donor who has not previously made a contribution to EI, has not done so for three years, or makes an increase over their highest annual contribution.

We are asking you, our already generous supporters, to help us meet this challenge by reaching out to your family and friends in the name of Expedition Inspiration. Every NEW dollar will bring us closer to meeting this generous challenge, and that much closer to a cure. Thank you for your help!

Expedition Inspiration and Cancer Consultants, Inc. have partnered in producing a quarterly e-newsletter for breast cancer patients, survivors, and caregivers. The SURVIVE Breast Cancer Newsletter includes current breast cancer news, Expedition Inspiration program and event information, supportive care information, FDA updates, nutrition tips, and more. To sign up for the free SURVIVE newsletter, please email ei@expeditioninspiration.org.

The Expedition Inspiration Fund continues to promote healthy outdoor activities, following the vision of Laura Evans and Peter Whittaker. We are climbing mountains and hosting local Take-A-Hike programs, with proceeds going to fund promising new research, as well as sponsoring the world renowned Annual Laura Evans Breast Cancer Symposium (this March will be the 10th Anniversary!). These events celebrate the lives of all the men, women and children that are touched by breast cancer. *This happens because you care.*

Many thanks for your support and Best Wishes for a Healthy Holiday Season!

The Expedition Inspiration Fund for Breast Cancer Research Board of Directors



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**2006 Calendar of Events**

**February 12** – Sun Valley Full Moon Celebration  
 Carol's Dollar Mountain Lodge, Sun Valley, Idaho

**March 1-5** – Tenth Annual Laura Evans Memorial Breast Cancer Symposium, Sun Valley, Idaho  
 "Translating Science Into Clinical Care For Breast Cancer"

**March 2** – Tenth Annual Laura Evans Memorial Breast Cancer Symposium, Sun Valley, Idaho  
 Featured Speakers and Open Forum  
**Public Invited**

**May** – Seattle Take-A-Hike – date TBA

**August 19** – Ryan Peak Climb - Idaho

**October 8** – New Hampshire Take-A-Hike

**October 14** – Los Angeles Take-A-Hike

Please watch for our newsletter, UPDATE, published two times a year and check our website, [www.expeditioninspiration.org](http://www.expeditioninspiration.org) for all our latest scheduled events.

## Board of Directors Elects New Members

Expedition Inspiration is pleased to welcome two new members to the Board.

**Kerry George**, of Ketchum Idaho, comes to EI with experience in the health care industry as a health educator and health promotion specialist. "Of course preventing breast cancer is the best cure of all," says George, whose aunt died of the disease. "And one large part of EI's mission is to raise awareness and money to benefit breast cancer research. But what is special for me is the importance placed on and support given to achieving what were once thought of as unattainable goals."

**Suzanne Mullenos** was elected to the Board in November. As a licensed RN and personal trainer, she specializes in working with oncology clients. Subsequent to her own breast cancer diagnosis and treatment in 1997, Suzanne decided to continue teaching fitness classes, specializing in training oncology patients exclusively, symbiotically blending her nursing degree, personal and occupational experience. Suzanne knew Laura Evans personally, as Laura attended Suzanne's classes during the time she was training to mount her campaign on Aconcagua. "Laura was the first person I called when I was diagnosed. I consulted with Laura prior to talking to my own family about my diagnosis in order to gain insight, knowledge and empowerment in the face of breast cancer."

Expedition Inspiration is honored to have both these individuals affiliated with our organization.

Cancer Consultants also produces two print publications for cancer patients, caregivers, and advocates: *HOPE* and *Women & Cancer*. Expedition Inspiration will be featured in both publications in 2006 highlighting contributions to breast cancer research and advocacy made by EI. Cancer Consultants is offering free one year subscriptions for both publications. To sign up for your free subscription, please email [subscribe@womenandcancermag.com](mailto:subscribe@womenandcancermag.com) and/or [subscribe@hopemagazineonline.com](mailto:subscribe@hopemagazineonline.com)

## Rock The Cure!



Garry Shandling and Hamish Dodds, President/CEO Hard Rock

Complete with a pink carpet, flashbulbs and plenty of excitement, Gibson Guitars, The Hard Rock Café and Julien's Auctions presented **Rock The Cure Celebrity Guitar Auction**, May 3, 2005 at the Hard Rock's famous Los Angeles Café. Only a collaboration of these giants in the music industry could help to raise over \$100,000 to support Expedition Inspiration's 10th Annual Laura Evans Memorial Breast Cancer Symposium.

**Gibson Guitars** donated Gibson SG special guitars that were decorated and signed by over thirty-five celebrities including Melissa Etheridge, Sheryl Crow, Bette Midler, Kiefer Sutherland, Joe Perry, Lance Armstrong, Edge, Jeff Beck, Billie Morrison, No Doubt, Richie Sambora, Mick Fleetwood, David Carradine, Ellen De Generes and Brian Wilson, to name a few.

**The Hard Rock Café** in Los Angeles hosted the "invitation only" evening. Hard Rock executives, Hamish Dodds, President/CEO, Don Bernstein, VP Acquisitions and Kristine Collins joined the festivities. The crew at the Hard Rock outdid themselves decorating, serving drinks from the **Ketel One** vodka ice bar and passing delicious hors d'oeuvres.

The celebrities who partied into the evening included Auction Chair Téa Leoni, Garry Shandling, Brian Wilson, David Carradine, Kevin Neelan and Scott Hamilton. Shandling's bid on The Edge/U2 guitar was the highlight of the evening. Thanks Garry!

**Henry Juszkiewicz**, Chairman and CEO of Gibson Guitar, said "We were proud to be part of such an exciting and worthwhile event. The musicians who designed these guitars continue to be leaders in the music industry and, much like Gibson Guitar, work to contribute to worthy causes such as this."

What an evening! Thanks to The Hard Rock Café, Gibson Guitars, Julien's Auctions and Téa Leoni for being part of a cure!



Darren Julien of Julien's Auctions and Hard Rock staff



Laurent D. presents a \$25,000 check from Privé to Heidi Mickelson, EI Board Chair and Katie Powell, Special Events Director

## Privé Cut-A-Thon

To help further research and save the lives of women affected, famous celebrity stylist and founder of Privé products, **Laurent Dufourg** organized an unprecedented event to support research and save the lives of women affected by breast cancer.

"Breast cancer has touched everyone's life at some point whether it be a friend or family member who has struggled with the disease. So when my friend and client **Téa Leoni** first mentioned her affiliation with Expedition Inspiration, we created **Privé Styling Brilliance** to help raise money," said Dufourg. "Although a portion of proceeds go to research efforts, I still felt like there was something more that we could do and the Cut-A-Thon was the answer. We have such dedicated and compassionate salons affiliated with the brand, I knew that they would jump at the opportunity to lend a helping hand."

The Cut-A-Thon took place on October 15, 2005 simultaneously with the Expedition Inspiration 10th Anniversary LA Take-A-Hike. Privé donated 1,000 water bottles to the hikers. Following the hike Privé hosted a special "thank you" luncheon for the top 25 Take-A-Hike fundraisers at the exclusive Los Angeles Privé Salon. Guests received gift certificates for a complimentary cut and style, as well as a Privé gift basket.

Several of Laurent's celebrity clients took time out of their busy schedules to attend the luncheon, including Brooke Burke, Kim Raver and Joely Fisher. Téa Leoni, Honorary Chair of the LA Hike came directly from the hike at Paramount Ranch.

If the luncheon and Privé gifts weren't enough, Laurent presented a check for \$25,000 to Expedition Inspiration, which represented the efforts of MANY salons around the country. **BIG HUG** to Laurent, Privé and Téa for a **Brilliant** effort!



Joely Fisher, Laurent, Téa Leoni and Kim Raver

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# 10th Anniversary of Expedition Inspiration Los Angeles Take-A-Hike raises \$100,000

Celebrities **Téa Leoni**, **Farah Fath** ("Days of Our Lives") and **Kathy Smith** (fitness expert) laced up their hiking boots and joined some 400 hikers to celebrate the 10th Annual Expedition Inspiration Take-A-Hike at Paramount Ranch in the scenic Santa Monica Mountains National Recreation Area in Agoura, California on October 15. The celebrity-led hikes were geared to adults and children of all ages and fitness levels with beginning, intermediate and advance hikes. Mother Nature provided a gorgeous day and perfect weather for the cause. Cancer survivors and supporters also enjoyed live musical entertainment, a silent auction and an array of delicious food. **Robb Weller**, host of Fox 11's "Good Day LA Weekend," served as Master of Ceremonies for the opening ceremonies. Honorary Chairs included **Cindy Crawford**, **Richard Roundtree** and **Jeanne Tripplehorn**.

The event raised \$100,000 to benefit the Expedition Inspiration Fund for Breast Cancer Research, and the Revlon/UCLA and USC/Norris Lee breast centers, through UCLA's **Jonsson** and the USC/Norris Comprehensive Cancer Centers.

"Take-A-Hike is one of the most intimate and down-to-earth fundraising events in town," said Co-chair **Brenda Himelfarb**. "It's a family-oriented event where people get to hike shoulder-to-shoulder with celebrities and enjoy great camaraderie. This anniversary celebration marked a special milestone for the hike."

Special thanks to event sponsors **Talia and Tom Block and Family**, **Divine Invention**, **Bob and Riva Fredrick**, **Gayot Publications**, **Guess?**, **Healthwise**, **Privé**, **The North Face**, and **Wood Investments**. In-kind contributors included **Gelson's**, **La Brea Bakery**, **New York Bagel Company**, **RFK**, **Sundia**, **Trader Joe's**, **Whole Foods**, **Wild Oats**, **Izzy** and last but not least **Volvic Natural Spring Water**.

Extra special thanks to our 'retiring' hike co-chairs, **Brenda Himelfarb**, **Sarah Korda**, **Judy Rosenberg**, and **Trudy Adler-Taub**. The Los Angeles Take-A-Hike is the great success it is today because of the many years of dedication from these wonderful ladies. Thank you!



Téa Leoni - Honorary Chair and Brenda Himelfarb - Hike Co-chair, celebrate another successful hike in the Santa Monica Mountains.

## Tenth Annual Laura Evans Breast Cancer Symposium

The Expedition Inspiration Fund for Breast Cancer Research is pleased to announce its Tenth Annual Laura Evans Memorial Breast Cancer Symposium, to be held March 1 - 5, 2006 in Sun Valley, Idaho. Breast cancer research scientists from around the world will attend the symposium, titled "Translating Science Into Clinical Care for Breast Cancer." The well-respected meeting will again be chaired by Expedition Inspiration Scientific Advisor, **Marc Lippman, MD**. Participants will focus on the challenge of incorporating our new understanding of the biology of breast cancer into effective treatment programs.

**MARK YOUR CALENDARS**—A highlight of the Symposium will be the **Open Forum** to be held **Thursday, March 2 at 5 p.m.**, at the Sun Valley Inn Limelight Room. There will be featured speakers who will present information about some of the latest advances made in breast cancer research and treatment. Everyone is encouraged to attend and take advantage of this opportunity to interact with preeminent cancer researchers from around the world.

**LOOKING BACK**—Distinguished researchers from around the world declared the **Ninth Annual Symposium**, February 2005, titled "Breast Cancer: New Biology With Therapeutic Impact," an unqualified success.

### THANK YOU

Dana Dugan of Figgleaf Productions and Heidi Albrecht of Heidiglyphics for your lively summer concert at the Wicked Spud, Hailey, Idaho. Proceeds from this fun night of food, drink and entertainment benefited EL. A good time was had by all!

### LA STEERING COMMITTEE

Talia Block	Brenda Himelfarb*	Jan Austin-Peterson
Theresa Capri	Elisa Hunziker	Katie Powell
Diane Citron	Virginia Hyatt	Judy Rosenberg*
Rebecca Cohen	Laura Klein	Wendy Sheinkopf
Randy Didio	Sarah Korda, MD*	Trudy Adler Taub*
Lani Feldbaum	Paul McCabe	Annette Wright
Bob and Riva Fredrick	Barbara Mink	
Brittany Gac	Elisabeth Ostrom	*Co-Chair

## SECOND ANNUAL New Hampshire Take-A-Hike

Torrential rains could not keep a hardy team of men, women and children of all ages away from Expedition Inspiration's Second Annual New Hampshire Take-A-Hike at Mt Major, near Alton Bay on Sunday, October 9, 2005. Tents were pitched, raingear donned, pledges donated, prizes awarded, and most importantly, dedications made to those affected by the disease. The abbreviated hike route, changed due to trail flooding, took hikers a good way up scenic Mt Major. Participants warmed up under the leadership of yoga instructor and Take-A-Hike committee member, **Lynn Hamilton**.

The event raised nearly \$20,000 for the Expedition Inspiration Fund for Breast Cancer Research and for research, under the direction of Dr. Peter A. Kaufman, at the Norris Cotton Cancer Center/Dartmouth Hitchcock Medical Center.

Take-A-Hike also featured a raffle, with fabulous packages. Information tables provided materials about breast cancer prevention, exercise, nutrition, and patient advocacy. Refreshments were provided.

Special thanks to sponsors: Roche Pharmaceuticals, Severn Trent Pipeline Services Inc., E's T-s, Nalgene, Poland Spring Water, Abraxis, Genentech, Sanofi Aventis, AstraZeneca, Stretch Island Fruit, Iowa, Leki and Timberland. **Peter Kaufman, MD**

## Sunny Northwest Day Greets Hikers, Bikers and Skaters

Event Raises over \$30,000 for Breast Cancer Research at UW Medical Center Breast Care & Cancer Research Center

Men, women and children of all ages and fitness levels hit the trails in Woodinville, WA for the Eighth Annual Expedition Inspiration Seattle Take-A-Hike held at the Redhook Ale Brewery on Sunday, September 18, 2005. The morning event included hiking, biking, and skating opportunities for participants.

The event raised over \$30,000 for the Expedition Inspiration Fund for Breast Cancer Research and for research, under the direction of **Dr. Julie Gralow**, at the Seattle Cancer Care Alliance.

Special thanks to Laura's Team sponsors (\$10,000) **ABRAXIS Oncology** and **The Walking Company of Bellevue**. Additional thanks to participating sponsors: Amgen, Athena Water, Genentech BioOncology, GSK - GlaxoSmithKline, Novartis Oncology, MGI Pharma, Pfizer, Theresa Colgan, Eye Candy Bracelets, Gretchen's Shoebox Express, The Copy Company,



Hearty New Hampshire hikers brave record rainfall to raise money for the Norris Cotton Cancer Center in affiliation with Dartmouth-Hitchcock Medical Center.

and **Caroline Moore** of Norris Cotton Cancer Center, were instrumental in the success of this wonderful event. Thank you to the New Hampshire City Year members who helped with all aspects of hike logistics.

Congratulations to **Jenn Moynihan** and her committee, for their amazing efforts to pull the Hike off under adverse conditions. As one person said, "the expedition was really an inspiration". Special thanks to **Melissa Waterhouse** for putting together a great raffle and to **Annette** and **Jim Mayo** for providing and setting up the tent. Thank you to the Hike committee and volunteers and to those hikers who joined Expedition Inspiration on that wet day! You made this a very heartwarming event for all involved.



Seattle Take-A-Hike participants and volunteers dedicate their tribute flags

RedHook Ale Brewery, Iowa Boots, Gregg's Cycle, Woodinville Fire, Stretch Island Fruit Leather and Karen Carriker for the fabulous warm-up.

An amazing group of volunteers made this Take-A-Hike fun and successful. **Susan Yaszay** was once again our top fundraiser and a key volunteer! **Maggie Miller** did a fabulous job organizing the raffle, **Jennifer Specht, MD** spoke on behalf of the SCCA and **Nancy Knoble** represented the EL Board of Directors.

Thanks again to all who participated. We are looking forward to seeing you this Spring for the 9th Annual Seattle Take-A-Hike!

## Record Numbers Conquer Hyndman Peak

A perfect summer day greeted Expedition Inspiration's team of thirty-one climbers on our Hyndman Peak Climb, as part of our Five Peaks in Five Years Series. Twenty one hardy adventurers successfully summited Hyndman Peak, at 12,009 feet, the highest in Idaho's Pioneer Mountain Range on Saturday, August 20th. Another ten hikers supported the summit team and hiked to various elevations on Hyndman's flank, including the 10,800-foot saddle between Hyndman and Old Hyndman Peaks. The entire staff of Expedition Inspiration was part of the fun too: **Carol O'Loughlin**, **Katie Powell**, **Laurita Crabtree** and canine hikers, **Allie** and **Riley**! Also, three Board of Directors climbed and hit the summit, **Heidi Mickelson**, **Russ Merrill** and **Nancy Knoble**. This is the largest number of climbers in Expedition Inspiration's ten-year history.

Expedition Inspiration sponsored this fundraising climb to empower and promote the health and well-being of all who participated. The team included breast cancer survivors, friends and family of those who are fighting the battle. **Nancy Knoble** of Bend, OR summited in honor of EL's founder, **Laura Evans**, and her fellow climbers from Expedition Inspiration's first fundraising climb of Argentina's 22,841' Mt Aconcagua. "I climb to celebrate my good health and to say to those diagnosed with breast cancer, there is hope and you can do something about it. Raising funds for Expedition Inspiration's Annual Medical Symposium is the best way I know to support the kind of research that will defeat this disease." The Hyndman Peak team raised nearly \$30,000 to help support cutting-edge breast cancer research projects.

Special thanks to **Courtney Kapp**, Expedition Inspiration Advisory Board member, who once again made this climb a huge success. We are grateful to her family and friends for their continued support of Expedition Inspiration.



Hyndman Peak Summit Team • Saturday, August 20, 2005

# 2006 PASSPORT TO ADVENTURE

CLIMBING FOR A CURE FOR BREAST CANCER

## Five Peaks in Five Years!

This is your chance to make a long term commitment to the breast cancer cause.



## Ryan Peak, August 19

Expedition Inspiration is pleased to offer the third climb of our Five Peaks in Five Years Series. **Ryan Peak**, at 11,714', is the highest summit in the Boulder Mountain Range. **Ryan** and its southeastern neighbor **Kent Peak**, stand at the head of the North Fork of the Big Wood River and figure prominently in the picturesque skyline as viewed from the Ketchum/Sun Valley area and from many locations along scenic Highway 75.

Our team will follow the standard climbing route, which begins at the end of the road out the North Fork of the Big Wood River. The trail climbs about 4,800 feet from the trailhead to the summit. Climbers will hike along the North Fork of the Big Wood River and gain elevation on a steep trail through the stunning, avalanche blasted basin en route to West Pass, which divides the Big Wood drainage from the East Fork of the Salmon. From West Pass, at 10,040', the route is steep and rocky along faint climbers' trails. Some easy and exposed scrambling along the summit ridge leads to the highpoint. Our team will be rewarded with stunning 360 degree views of **Castle Peak** to the north, **Kent Peak** to the south, the **Pioneer Mountains** to the southeast beyond **Kent**, and the distant **Lost River Range**.

LEADERSHIP: Sawtooth Mountain Guides TRIP COST: \$200

MINIMUM FUNDRAISING: \$1000  
(all contributions are tax deductible)

## Five Peaks in Five Years



February 2 to 4, 2007

I Am More Than My Cancer  
An Adirondack Winter  
Weekend Celebration!

Save  
The  
Date

Mark your calendars for a full weekend adventure in the beautiful Adirondack State Park of upstate New York. This celebration will feature snowshoeing, a high ropes challenge course, fine food and pampering at the world famous five star Sagamore Resort on scenic Lake George. More details to come.

Generously sponsored by The Lake George Kayak Co. and The Sagamore Resort