

May 16, 2021

### **Bowl for the Cure Month**

Thank you to everyone who participated in Bowl for the Cure Month in February. We had a good turnout thanks to your fundraising efforts!

We had some great submissions to the photo and video contest with our community showcasing their Bowl for the Cure spirit. We are excited to announce the winners were Vickie Hess from Iowa, John Rainey from Massachusetts and Jim Simkins from Illinois.

Thanks again to all participants! For more information regarding the contest, click [here](#).



### **Bowl for the Cure Week at the Women's Championships**



The 2021 Women's Championships are underway! This year, we will host the first Bowl for the Cure Week at the tournament. We are excited to celebrate and honor all those who have fought breast cancer from June 21-27 in Reno, Nevada! For information regarding 2021 Bowl for the Cure Week, click [here](#).

Registration for the 2022 Women's Championships has begun, which means you can sign up for the 2022 Bowl for the Cure Week! This event will take place June 20-26 in the Chicagoland area. You can learn more and sign up for the tournament [here](#). Join us in honoring breast cancer fighters, celebrating survivors and increasing breast cancer awareness.

### **Convention – Bowl for the Cure Event**

The 2021 USBC Virtual Convention has concluded. Thank you to all the delegates and guests who attended and donated to Bowl for the Cure. During the Bowl for the Cure event at Convention, delegates got to hear from Susan G. Komen's Senior Director of Corporate Partnerships Sabrina Watkins, listen to one of our community's breast cancer advocates Mandy Cirigliano, and celebrate our achievements over the past 21 years. If

you would like to watch the 2021 Convention and the Bowl for the Cure event, go to [BowlTV.com/convention](https://www.bowlfortheCure.com/convention) to watch now!

Bowl for the Cure ran an Enter to Win giveaway, giving delegates the opportunity to win a Bowl for the Cure bowling pin or ball, or an Apple watch. The winners of the giveaway were Shannan McHugh from Creston USBC, Kyle Butler from Greater Portland USBC and Natalie Cianciola from Metro Phoenix USBC.

Congratulations to all our winners and thank you to all those who participated and donated!

### **Stay Connected**

We want to stay connected with you! Join the Bowl for the Cure Facebook page or follow us on Instagram (@bowlfortheCure) and Twitter (@BowlfortheCure). Stay informed about breast cancer information, giveaways/contests and upcoming events!

Also, if you will be hosting an event or fundraising this year, please fill out our event [form](#). We will advertise your event on our Facebook page as well as the Bowl for the Cure website.



### **Pink Facts**

According to the American Cancer Society, over 284,000 people are estimated to be diagnosed with breast cancer and there will be over 44,000 deaths this year alone. Getting diagnosed with breast cancer can be scary, and it's important to know all your feelings are valid. There are many ways to process and cope with your diagnosis such as:

- Talking with close friends and relatives
- Becoming educated on breast cancer and your treatment options
- Receiving help with daily activities and chores
- Attending a support groups and/or speaking to a therapist

Susan G. Komen has many resources for support, including their Breast Care Helpline 1-877 GO KOMEN ([learn more](#)). You can also receive support through the American Cancer Society and CancerCare. Click [here](#) for more information.

### **Pink Highlight – Donna Angstead**

"I am thankful to be one of the survivors and among the Fabulous Four, who were chosen to come and share with our bowling friends the experience of breast cancer and

the battle for life and happiness! It was a wonderful experience, and I appreciate the memories and opportunity to share with others.

I am still bowling and very active in helping with the preparations for our end-of-year bowling season at our center.

This truly upside-down year has been a test of strength and hope for us all! May we continue on with our bowling fun and friendship sport! We are back enjoying our time and enjoying our friends and rollin' on!

May God bless you as you keep up the good work and kind spirit you share with us bowling friends, as friends of hope! Good luck and keep the expressions of love and kindness to all."

Sincerely, Donna Angstead, Longmont, Colo., and Centennial Lanes Bowling Center



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Missed the last BFTC newsletter? Go to [BOWL.com/bftc](http://BOWL.com/bftc) to check out the past newsletters.

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If you have stories, memories or words of encouragement you want to share with the community, we want to hear from you. If we choose your story for the newsletter, you will receive a **Bowl for the Cure bowling pin!** Please email [bftc@bowl.com](mailto:bftc@bowl.com) with the subject line "BFTC Highlight" or you can mail a letter to:

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Bowl for the Cure  
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