

# Sport for Charity - Support Needed

## Bosom Buddies - A Walk for Breast Cancer Awareness

Dear All,

This year one of the new challenges for me was to get involved in a Breast Cancer Awareness Event which I would like to share with you.

On 6th and 7th October, I will be walking, along with four other friends and a several hundred others, in the Sister's Hope 60KM, two-day walk in the Netherlands.

This is the first time such an event has been held in the Netherlands, and the first time I have attempted a physical marathon of this kind. However, our aim is very clear: to raise a large amount of money to fund cancer research.

Did you know that breast cancer is the number one leading cause of death among women between 35 and 55 years of age? Statistically speaking, if one in nine women worldwide experience breast cancer in their lives, then we all know someone who is going to get it.

Yet, what do we do about it, apart from hope that it will not affect our loved ones or us?

Well, I have decided to get involved in a fundraiser and am really hoping you would like to too by helping me to raise money!

To be allowed to take part in this fantastic event, each participant has to raise a minimum of €1500,00 Of course we all want to try to raise more than that! The collected money will be donated to the foundation A Sister's Hope. The money will then be divided over several carefully selected beneficiaries within the Netherlands all with the same aim: research into breast cancer. If you would like to be involved and support this endeavour, there are several ways to do



so. Donations can be made by one of the following methods: Cash to a bank account in The Netherlands

number 2947137 t.n.v.

Stichting A Sister's Hope (Ref -Participant 1076 Karen Harmsen)

OR

Paypal (credit card) via [www.asistershope.org](http://www.asistershope.org)

(Enter in Object section at top of page 1076 Karen Harmsen)

Please send me a quick e-mail to

[kharmsen@estee-lauder.co.uk](mailto:kharmsen@estee-lauder.co.uk) to let me know that you have supported this great cause, so that I can thank you personally for your support

If you are a savvy fund raiser and /or an enthusiastic walker who loves a challenge, why not join our team or sign up your own team to take part in what will certainly be an extraordinary adventure? All the info you need about how to sign up is available on A Sister's hope website or contact me directly on the above email address.

Finally, if you or your company would like to be involved in another way, like volunteering to assist the walkers on the day, or providing lunch packs to the volunteers, or any other way you can think of to support this event, Martje Hoekmeijer ( 06-479 417 30 ) at the A Sisters Hope team would love to hear from you.

Thanks in advance for your interest and support.

Karen Harmsen

Further information about the organisation and its aims can be found on the website: [www.asistershope.org](http://www.asistershope.org)

## Sponsors needed for our ex-President!

Dear all,

I may have gone from Amsterdam but you are never far from my thoughts on a regular basis. Unfortunately on this occasion it is a slightly more selfish reason for thinking of you all.

I am doing a sponsored bike ride from London to Windsor (37 miles - approx 60 Km) along with the rest of the family on Sunday 2nd September. I am looking for sponsorship and if you can help



that would be great. Please access the website via the link:

<https://secure.justgiving.com/bgarside>

Any help from anyone will be very much appreciated - it is going to a very good cause.

Love to you all  
Bernhard Garside