



December 2009

### It's Better To Give Than To Receive!

Now more than ever, it's important to acknowledge how much it means to help the organizations that give back, support, and strengthen our community. Your continued support of us allows us to do just that! We are hopeful that helping these groups carry out their good work will encourage all of us to become more involved. Thank you for your worthy nominations.

**Cycle for Survival Memorial Sloan-Kettering Cancer Center** - Cycle for Survival, a relay-style bike ride that takes place in the US and around the world, has raised millions of dollars to fund cancer research at Sloan-Kettering and began as one woman's act of gratitude to MSKCC caregivers. (<http://mskcc.convio.net>)

**PFLAG** – PFLAG is a national support and educational organization for gay, lesbian, bisexual, and transgendered persons, their families, friends and allies. ([www.pflag.org](http://www.pflag.org))

**Montgomery College** - For 60 years, Montgomery College has remained steadfastly committed to its open door mission, providing economic opportunity and educational value to 60,000 students annually. This year we are proud to support the Montgomery College Scholarship Fund. ([www.montgomerycollege.edu](http://www.montgomerycollege.edu))

**Washington Animal Rescue League** - A full-service shelter & medical center that has recently been enlarged and renovated, the League provides affordable veterinary care for shelter animals and the pets of low-income guardians. ([www.warl.org](http://www.warl.org))

**Capital Area Food Bank**– Founded in 1980, the Food Bank is the largest non-profit hunger and educational resource in the DC Metro area, providing food to charities in DC, MD, and VA that they then distribute to their client families. ([www.capitalareafoodbank.org](http://www.capitalareafoodbank.org))

We're thrilled to be able to make these donations in your names! We wish you and your loved ones a healthy, happy and hopeful holiday season and a FIVE STAR NEW YEAR!

*Phyllis Gordon Rochelle Bob Elyse*



Phyllis Alexander



Gordon Harrison



Rochelle Ruffin



Bob Jennings



Elyse Wander