



## NEWS RELEASE

Thursday, October 25, 2007

### **Elementary school girls launch book; proceeds to support breast cancer research**

**SASKATOON, October 25, 2007** – It's a book written *for* young girls, *by* young girls, and it's hitting bookstands this week.

*Celebrate Changes: Girls' Voices Matter* is the culmination of more than a year of writing, editing, planning and fund-raising by a dedicated group of students from St. Luke School, all members of the the "Ya Ya Sisterhood," a group for Grade 7 and 8 female students at the school.

The 205-page book contains their stories, poems, reflections and artwork, along with guest submissions from other women in the community, including breast cancer survivors, since a portion from the proceeds of each book will be donated to the Saskatchewan Cancer Agency through the C95 Radio Marathon for Breast Cancer Research.

"We started this project to give the girls a voice and a purpose. We can see how they've been changed by investing themselves in this experience," says Patricia King, who supervises the Ya Ya Sisterhood, an initiative of St. Luke's Safe School Health Improvement Project (Safe SHIP). Safe SHIP is a partnership between the school division and the College of Nursing at the University of Saskatchewan. Third- and fourth-year student nurses complete a senior clinical practicum at St. Luke under the supervision of King, a clinical instructor at the College of Nursing.

*Celebrate Changes* looks at many issues that confront girls moving from childhood to adulthood. Friendships, self-esteem, media and self-image, peer pressure, boys and families are candidly explored. Young readers learn they are not alone as they change, grow and experience life. But this message is not for them alone: the book's mission is to empower every woman, young or old, to be comfortable and confident with her body, mind, and spirit.

Details for the official launch of *Celebrate Changes* are as follows:

***Celebrate Changes* Book Launch  
Saturday, October 27  
3 p.m. to 5 p.m.  
McNally Robinson Booksellers  
3130 Eighth Street East**

The book, which sells for \$25, is available during the C95 Radio Marathon today and Friday. It can also be purchased at The Giggle Factory (410 Second Avenue North) and Jammeez Pajamas Etc. (112-3501 Eighth Street East).

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The project has been supported by Greater Saskatoon Catholic Schools, the University of Saskatchewan College of Nursing, the Greater Saskatoon Catholic Schools Foundation, Saskatoon Fastprint, C95 radio station, corporate donations and the Busting With Energy dragon boat racing team of breast cancer survivors. Ya Ya Sisterhood members also organized numerous fund-raisers to cover production costs of the book.

**For more information please contact:**

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**Quotes from Celebrate Changes: Girls' Voices Matter**

"I am beautiful because I choose my own path, instead of following in another's freshly made footprints. Sure I may stumble from time to time but by the end of my walk, I will be independent and individual, I will be beautiful."

*Alexa Jones, Age 13*

"Simply, Breast cancer is one of those topics that boggles the brain. . . . In my opinion, the way to live is like you're dying, for then you can experience the joys of the universe."

*Rylee Lukey, Age 14*

"Many hands, countless hours, phenomenal dedication, one Youthful spirit . . . we are blessed as survivors for the YaYa Sisterhood's inspiration and the initiative of their leader. What terrific role models to emulate!"

*Kathy Stein,  
 Member, Busting With Energy  
 St. Luke School office coordinator*