



THE CARDINAL MESSENGER

THE CORY J GARWACKI FOUNDATION



LOOKING BACK AT A BUSY JULY

They say that time flies when you're having fun, and after how quickly this month went by, that could not be truer.

July started with a bang, with fireworks, family, and so much excitement at the East Longmeadow Fourth of July parade. We had a wonderful time marching and are so proud of our parade committee for the third-place trophy we received for patriotic theme float! We are already looking forward to next year!

Our Monthly "FUN"raising at the East Longmeadow Friendly's has been a fantastic way to spend a night out with the family while supporting a great cause. Don't forget to print your vouchers, August 15th is right around the corner!

On July 17th we held an event at Iron Duke Brewing in Ludlow with Caitlin at Antilogy Yoga, it was a great class and fun day had by all. We are so grateful for your generosity and support.



We proudly presented the East Longmeadow Police and Fire Departments with a \$7000 donation on July 26th to help continue their community efforts. It is an honor and a privilege to be able to make this donation. We will continue to fund raise all year long and give back to the community, charities, and similar "Live to Give" Philosophy.



If you have been to any of our events over the past year, we thank you. Your support makes it possible for us to give back!

UPCOMING EVENTS

FUNraising at Friendly's East Longmeadow
15th of every month
Printable voucher available online!

National Night Out at East Longmeadow H.S.
August 2nd
6:00 - 8:00 p.m.

Golf Tournament at Chicopee Country Club
Chicopee, MA
September 18-11:30a.m.

Visit our website for more information, registration, and regular updates!

www.cjgfoundation.com



“LIVE TO GIVE” INSPIRING STORY

Carly Ann Runquist

When I was three years old, my mom was diagnosed with MS. Her disease progressed rapidly, and it took a significant toll on me at a very young age. No one knows what it is like to grow up with a sick parent unless you have lived it. It's not easy. BUT, in no way shape or form am I complaining. I would not be the person I am today without it. When being dealt this kind of card, you can either let it break you, or you can let it inspire you to be a person that “lives to give.” Because you're healthy. Because you're able. Because you can.

My name is Carly, and I am soon to be 26 years young. I am here today to share an experience of mine with you. The best day of my life. A day that did not personally, physically or financially benefit me, which many people expect a “best day” to do. I was able to save a life. Now that constitutes as one heck of a best day.

Although majority of my philanthropic life was spent supporting the National MS Society, as a young adult, I knew I had to broaden my impact to other organizations. Even if a specific cause does not affect you or someone you know, it is still important and it can still use your help.

Before going away to college, I put much thought into registering to become a bone marrow donor. During my freshman year, there was a sign up booth in the

student union for Be the Match – National Bone Marrow Donor Program. I knew this was my perfect opportunity, and quite honestly, very simple. They take a significant amount of personal information, but as far as physical contribution, all they do is take a few cotton swabs of the inside of your cheek to obtain a DNA sample. I never knew how easy it was to register, and now that I do, I encourage everyone to do so.

I learned that it is extremely rare to be someone's perfect match. You may come up as someone's “possible match,” but unless you match perfectly, you will not be called upon to go through the transplant procedure. LONG STORY SHORT: after four years of waiting, during my senior year of college, I got a call. I was a possible match for one of the patients in their system. After further testing; blood tests, physical exams, EKG'S, CT scans, etc., I was confirmed as a perfect match for this patient.

At the time, the information that I was able to receive about the patient, was that he is a 9 year old boy suffering from Acute lymphocytic leukemia, and that he is classified as an emergent pediatric patient. I got the call confirming I was a perfect match on December 24, 2012. I underwent surgery on January 9, 2013. My decision to go through with the procedure was a no-brainer. Of course I was going to take the opportunity to save someone's life, especially a child.

My extraction took place at Dana Farber Cancer Institute in Boston. I spent a few days there post-surgery, as I was in a significant amount of pain. (All worth it.) My most memorable moment from this entire experience took place in the recovery room, after it was all done, a group of doctors and nurses flooded my room and started clapping. They each hugged me and said “thank you for saving one of ours.”

Six months later, I received a letter from Be the Match and Dana Farber, reiterating their appreciation and letting me know that the little boy was responding well to treatment. At my 1, 2 and 3 year anniversaries, I continued to receive a letter reassuring me that the patient was doing very well. This will forever be the most cherished experience of my life, and I hope I get the opportunity to meet the recipient, and let him know that I am honored to be his “perfect match.”



THE LOSS OF A LOVED ONE THROUGH A CHILD'S EYES: AIDAN'S MEMOIR

Aidan Lewis is Cory's cousin. This essay was written for a school assignment in May of 2015. Students were asked to write what they remembered most from their school year.

It was a bright and sunny afternoon. I was at my grandparents' house next door to me. I was walking home. I came in my house and my mom was acting weird. She seemed tired and sad. She whispered, “Sit on the couch, please.” I said, “Okay, Mom.” She called my father out of his room. He said, “Do you want to tell him?” “I'll tell him” my mom said. She told me that my cousin died. He died from illness. I was kind of happy, but sad. I was happy because he was in a better place and he wouldn't feel any more pain in life. I was sad because I had lost my favorite cousin.

That week of school was hard. It was hard to think about work and it was hard to focus. My Mom told me I was staying out of school for two days for the wake and funeral.

For the wake, there was a slide show of pictures from when he was a kid and an adult. When it was our turn to go say goodbye to my cousin, Cory, we prayed. My mom and I were relieved that the casket was closed. My grandpa and I each had about 30 Mints. We were so hungry and our mouths were dry. My tongue started to feel numb.

After the wake we went to Max Burger. It was like 9 o'clock. I got a jumbo burger and a PB and J smoothie. Right when I got home I fell asleep on the couch with my doggy.

Three days later we had to go to the funeral. I wore black dress pants, a white shirt with a purple tie. When we got to the church we started singing songs and saying prayers. Everyone was crying in the church.

When we drove to the burial place all the guys and boys lifted the casket. We put it in the ground. My aunt was so upset she said that she would not put the rose with him.

This day I still wish I could see him one more time.

By: Aidan Lewis, Age 10



CORY J GARWACKI FOUNDATION
— LIVE TO GIVE —

P.O. Box 484
East Longmeadow, MA 01028

Online at cjpgfoundation.com
CoryJGarwackiFoundation@gmail.com
Facebook- Cory J Garwacki Foundation * Instagram- @CJGFoundation

Team Cory is a group of volunteers dedicated to representing the Cory J Garwacki Foundation during all phases of our fundraising events. They truly exhibit the “Live to Give” mantra that this foundation is built on. For information on how to become involved with Team Cory please contact us!

Join our online Mailing list for updates