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## SONOMA COUNTY FORUM

Thursday, October 6, 2011

### Expedition Inspiration: Assault on Aconcagua by Claudia Crosetti



It is challenge enough for a woman to receive a breast cancer diagnosis, go through treatment, and survive to tell the story. But to then celebrate the survival by embarking on a grueling mountain climb? Join us on October 6 for the story of how a team of 17 women climbed Mt. Aconcagua, the highest peak (at 22,841 feet) in the Western Hemisphere to raise awareness and financial support to fight breast cancer. Many months of endurance training were necessary. It was only through courage, determination, and will power, complemented by physical training, that the challenge was met. Many of the

women were undergoing cancer treatment at the time, which created additional hardships and made their efforts even more arduous. But they wanted to demonstrate to the world that, even under grave conditions people can successfully meet and embrace major challenges in life. Forum speaker, Claudia Crosetti, was the first woman picked for the expedition. She had no previous climbing experience but her team of physicians in San Francisco recommended her for the expedition, recognizing that she had the courage and attitude that could inspire others. This unprecedented climb was instrumental in calling attention to the breast cancer epidemic and the urgent need to find a cure. A one-hour documentary on the climb has provided education and inspiration for thousands of women and substantial funds were raised for research.

October 20, 2011

### Sonoma County Forum Annual Book Exchange



Be sure to mark your calendars for the annual Book Exchange on October 20, which is always a favorite meeting for our members. Start going through your stacks of books and bring two or three (or more!) that you've read and would like to pass along. They can be fiction, non-fiction, biographies or audio books. This is always a fun event where you get to talk about "good reads" and pick up a few new books for your collection. The board will donate books that are left over to a worthy organization that can make good use of them. Please contact Donna Spilman at [donnaspilman@wildblue.net](mailto:donnaspilman@wildblue.net) if you have questions.



