



NOT TO FEAR!

My name is Carolyn, a survivor with a story you may want to hear.
Let me start by saying that I had been a single mom for nearly nine years.

I was 43 years old with two kids and a cat,
When I finally got married and thought happiness was back!

Then less than one month later, I had my first mammogram,
Just because of the insistence of a few of my friends.

They gave me a gown, that barely covered my rear,
Put me in a small room and told me "Not To Fear".

Not To Fear, Not To Fear, Not To Fear, Oh Dear!

The room was so small and I had no brassiere!

After putting my bosoms in that big metal vise,
They told me they had concerns and I had to do it twice.

After the third time, I thought that my bosoms would break
Not to mention the emotions, it was all difficult to take.

Next, a trip down the hall to the radiology room,
Where he showed me the spots and told me to see a doctor soon!

Hoping for the best, I had a lumpectomy,

But it turned out to be cancer, unfortunately.

Not To Fear, Not To Fear, Not To Fear, Oh Dear!

The words the doctor said were oh so hard to hear!

So I had a mastectomy, where they took both of my breasts,
Then they sent me home with my family to worry about the rest!

We had to have a poster board, to keep track of the meds,
The pain was much more than what the doctors had said.

The years of surgeries seemed like they would never end,
But my new bosoms are perky and I call them my friends!

So I threw out my bras, since there was no need for them now,
My bosoms look awesome; Everyone says WOW!!!

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Things were back to normal; Let's All Have A Cheer!

Then a few years later, while visiting my mom's resting place,
I ran across a frightening sight, which was very hard to face.

It was my high school girlfriend's name, on the tombstone that I saw,
How could that have happened? I had no idea at all.

I had so many questions and was searching for the answers,
And then I found out, she had died of breast cancer.

So I went to bed that night, thinking about her,
And I had a dream, which would change our lives forever.

In the dream were pink candles popping out of a white birthday cake.
After sharing with my friends, we were inspired and a difference we would make!

So we all came together and met in my family room,
Little did we know how our ideas would bloom!

Not To Fear, Not To Fear, Not To Fear, Oh Dear!
Our excitement was contagious, while we made our mission clear!

We knew many large organizations, were helping to find the cure;
But there are some breast cancer patients who can't wait, that's for sure.

Because of my experience, during my breast cancer struggle,
It was overwhelming at times with all the decisions to juggle,

There were things I wish I had as I laid in my bed,
So we wanted to help women who have the same diagnosis ahead.

So we make Bosom Buddy Baskets and call our foundation The 3 B's,
We provide comfort items and resource information for free.

We give our Bosom Buddy Booklet, when the Diagnosis is made,
With Tips for Recovery and other informational aides.

The Bosom Buddy Basket is given the day after surgery,
It always seems to make the breast cancer patient cheery!

The baskets are personally made with tender loving care,
With many items such as blankets, pillows, slippers and even a TIDDY BEAR!!!!

Not To Fear, Not To Fear, Not To Fear, Oh Dear!
No need for a patient to worry, The 3 B's are here!

The 3 B's also represent the three pink birthday candles, in my dream,
To remind women to make breast cancer testing their annual birthday regime!
To encourage early detection, which could save even one life,
Our slogan "Keep The Candle Glowing", is also our website.

Not To Fear, Not To Fear, Not To Fear, Oh Dear!
Light a pink candle on your birthday cake each year!

So for the past 4 years, we have been making baskets in our spare time,
Working out of my basement and on our own dime.

Then Hospitals, Doctors and Individuals too,
Ordered 100s of baskets and we didn't know what to do.

So we gained nonprofit status in March of this year,
We worked harder than ever tackling our new frontier.

Then in August, unexpectedly, my full time company closed down,
I had worked there for 10 years, and had new offers all around town.

But my heart told me to give up my lucrative career,
Take a chance, make a difference, don't worry, Not To Fear!

So I put my faith in my girlfriends and the mission of our hearts,
We've been working harder than ever; they are all awesome sweethearts!

We want to give every breast cancer patient our Bosom Buddy Gifts,
To help them "Not To Fear", and to help their spirits lift!

Not To Fear, Not To Fear, Not To Fear, Oh Dear,

Do You Want To Make A Difference and Help Others "NOT TO FEAR"!

**Do you know someone diagnosed with breast cancer or have you been touched by it?
Visit our website to find out how you can help make a difference for someone facing breast cancer today!**

<http://www.KeepTheCandleGlowing.Org>

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