

# Women using quilting project to raise breast cancer awareness

BY LAYLA FARMER  
THE CHRONICLE

Local breast cancer survivors can pay homage to their triumphs over the disease next month, by signing a handmade quilt designed with them in mind.

Clayton resident Audretta Hall is bringing her message of breast cancer awareness and healthy living to the masses through her *Wrapped in Love Breast Cancer Awareness Quilt*, which was designed by Artist Winnie Burch of New York City, and stitched together by Hall's mother, Henrietta Caldwell, also of Clayton.

Hall, a store manager at Buy Buy Baby in Durham, says her personal journey to health awareness began eight years ago, when she reached a turning point in her life.

"I was 38 years old and I could see 300 in the scale window," related the Michigan native. "I hadn't crossed over, but I could see it on the horizon, and I did not like the idea of that."

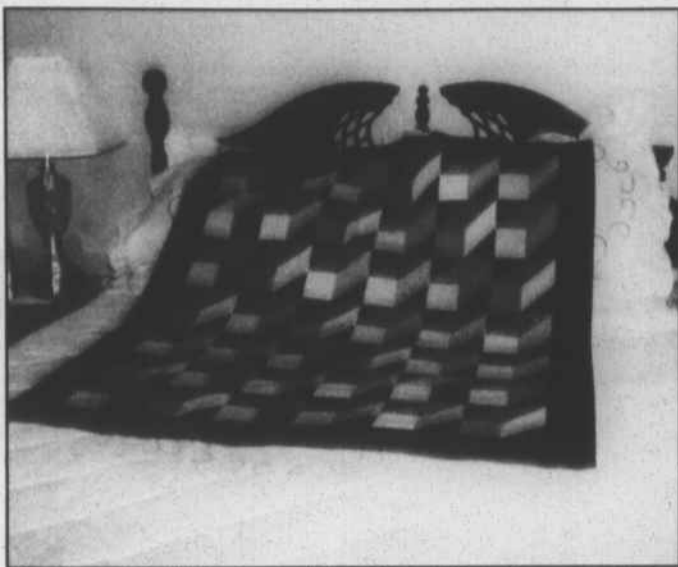
Determined to win her body back from the clutches of obesity, Hall took on one diet after another. The weight began to come off, but it was a slow process. She researched food and the way different ingredients impact the body. Once she began to make more informed choices about what she ate, Hall, now 46, says the pounds started melting away.

"I started losing weight so fast people thought I was on crack," she quipped. "I lost 50 pounds in like a month and a half or two months - it was so easy."

Eager to share the knowledge she had learned and how good healthy food can taste, Hall hosted a brunch for friends and acquaintances.

Since the event was staged in October, National Breast Cancer Awareness Month, Hall adopted a breast cancer awareness theme, using beet juice to give her pancakes a festive pink hue. The brunch was such a success that Hall hosted a second Pink Pancake Brunch in 2010.

This year, she is hoping to make an even bigger impression on Triad women, through the *Wrapped in Love* quilt. She designed the quilt by hand, incorporating the



Audretta Hall is an avid quilter. Here is one of her creations.

colors of healthy foods she hopes to encourage women to eat, and enlisted the help of Burch, a Manhattan native, who painted 12 squares with the unique *Spirit of the Women* designs she populates her greeting card line, *Moetleh Cards and Messages*, with. A mother of three, Burch, 52, says she began painting in earnest to ease the pain of losing two infant grandchildren. Her designs are meant to be uplifting and empowering, Burch explained. Despite being unemployed except for the greeting card company, Burch donated her work to the effort.

"Their mission was so amazing, the idea that it would travel around, and I really wanted to be a part of it," she commented. "...I am not working, but sometimes it's not about the money. It's about what you can do for the planet, what you can do to help people, because you never know when you might be in that boat."

Sections of the quilt will be on hand in four Greensboro locations next month. Hall hopes to gather as many as 300 signatures from area survivors and their supporters before the quilt is officially unveiled during the *Think Pink* Affair in Greensboro on Oct. 30. Hall plans to then take the quilt on tour to reach an even broader audience with her message of health and hope.

"My hope is literally to bring the message of health to people and encourage people to get out and exercise and be proactive about their health," she declared.

An avid quilter who belongs to two separate quilting guilds in her community, Caldwell, a Pittsburgh native, has also dropped an enormous amount of weight by adopting a healthier diet. The *Wrapped in Love* quilt is the third quilt Caldwell, a lung cancer survivor, has created to promote cancer awareness.

"I know a lot of women who are breast cancer survivors, I can relate to that," said the 72 year-old mother of five. "This is my message to them: cancer is not the last word. God's got the last word. It's life after cancer - I'm a witness."

Caldwell said she was happy to help Hall spread the word about the importance of breast cancer awareness and healthy living.

"I am just so happy to know that something that I love so dearly that people get excited about it," said Caldwell, a widow who fell in love with quilting after learning of its rich history in the African American community and adopted the craft after her retirement from her job as a city bus driver in



Audretta Hall



Henrietta Caldwell



Winnie Burch

Detroit. "If this quilt gets one woman to realize that she's important enough to take time to see about herself, then it's worth it."

For more information, including quilt tour stop locations, visit [www.support4yourdreams.com](http://www.support4yourdreams.com) and click on the *Featured Events* section or contact Hall at 336-471-7672.

### FREE Prostate Cancer Screening

**Thursday, September 22**  
6-8 pm  
By appointment only—call 336-716-2255

**Saturday, September 24**  
7-10 am  
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1200 Martin Luther King Jr. Drive, Winston-Salem

A baseline screening is recommended at age 40, with regular follow-ups.

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## Cleveland Ave. Homecoming

*File Photo*

The Cleveland Avenue Homes Reunion will be held on Saturday, Sept. 17 from 1 - 8 p.m. in the community, which is located near the intersection of 14th Street and Cleveland Avenue. There will be free food, entertainment and school supplies will be given to young people. For more information, contact S. Wayne Patterson at 336-714-8858 or Carmen McKinney at 336-602-2966.

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# Galilee 4th Pastoral Anniversary Celebration

Reverend Dr. Nathan E. Scovens

<p>Wednesday, October 5 10:00 AM Pastor Nathan E. Scovens New Light Missionary Baptist Church Winston-Salem, NC</p>	<p>Sunday, October 16 8:00 AM Pastor Nathan E. Scovens New Light Missionary Baptist Church Winston-Salem, NC</p>	<p>Sunday, October 16 10:00 AM Dr. Charles H. Thomas II New Light Missionary Baptist Church Winston-Salem, NC</p>	<p>Wednesday, October 19 &amp; Thursday, October 20 Mid Day Revival 12:00 PM Dr. William C. Gantt Mt. Zion Baptist Church Dorchester, VA</p>
<p>Saturday, October 22 8:00 AM Pastor Nathan E. Scovens New Light Missionary Baptist Church Winston-Salem, NC</p>	<p>Sunday, October 23 8:00 AM &amp; 10:00 AM Pastor Nathan E. Scovens New Light Missionary Baptist Church Winston-Salem, NC</p>	<p>Sunday, October 30 8:00 AM &amp; 10:00 AM Worship Services Dr. Charles H. Thomas II The Historic Tabernacle Baptist Church Augusta, GA</p>	<p>Monday, October 31st Fall Festival with Nathan E. Scovens 10:00 PM</p>

Calendar of Events • October 5 - 31

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Reverend Dr. Nathan E. Scovens, Pastor