



MY SYSTAGYRL is excited to announce that our **2026 2K/5K Cancer Ribbon Awareness Walk** is coming soon!

Register Today!
2K/5K Cancer Ribbon Awareness Walk

Saturday, May 16, 2026 at 7:00AM
Walk with Your Groups, Friends, Co-Workers and more for Cancer Awareness

Deadline to Register for The Walk:
Saturday, May 9, 2026

All Are Welcome! - Women, Men, Young, Groups, Walkers, and Champions Welcome!

March is Colon Cancer Awareness Month

My Stage III Story by Tammi Antonia

I was diagnosed with Stage III Colon Cancer at the age of 48, eighteen years ago. Stage III meant the cancer had spread to nearby lymph nodes. It meant surgery. It meant chemotherapy. It meant uncertainty. It meant facing my own mortality in ways I never imagined. I underwent surgery that resulted in a colostomy. Soon after, I began six months of chemotherapy. The treatments were physically exhausting and emotionally overwhelming. There were days of weakness. Days of fear. Days I questioned everything. But in the middle of the storm, community showed up. **My colleagues did something extraordinary.** They opened a credit union account in my name and began donating funds so I would not have to worry about paying for chemotherapy. For six months, every treatment was covered. That act of love removed financial fear during one of the most vulnerable seasons of my life. I stand here today alive, because of God's grace, early detection, medical care, and a community that said: "You will not fight this alone." That is why we advocate. That is why we fundraise. That is why we walk. That is why we speak up. If you have not scheduled your screening — please do. Early detection saves lives.



Thank You an Unforgettable My SystaGyrl Tea

My heart is still overflowing with gratitude after our beautiful **My SystaGyrl Foundation Tea on February 21st.**



What an incredible day it was! The room was filled with warmth, laughter, encouragement, and the powerful spirit of **sisterhood** that makes this community so special. Seeing so many amazing women gathered together—supporting one another, sharing stories, and uplifting each other—was truly unforgettable. Thank you to everyone who attended, volunteered, sponsored, and supported the event. Because of you, the day was not just elegant and inspiring—it was **deeply meaningful.** And we must talk about that moment when our speaker, **Kim Anthony-Morrow**, absolutely **brought the house down.** Her words reminded us of something powerful that continues to echo in my heart: **"We are our My SystaGyrl's Keeper."** Those words are still ringing in my spirit. They perfectly capture what this foundation is about—women showing up for one another with love, strength, and support during life's most challenging transitions. Together, we are building a community where no woman has to walk alone. And we're just getting started.

Upcoming Events

My SystaGyrl Monthly Meeting

📅 Saturday, March 14, 2026
🕒 8:00 AM PST
📺 Join us on Zoom
<https://us06web.zoom.us/j/6091568544?pwd=mRLqr0rtZaVh8PkiDyUj2eo7QbepN6.1&omn=89003987548>
Passcode: 14614
Come connect, encourage one another, and stay engaged with the beautiful work we're doing together.
Speaker: Tammi Antonia Berry, Founder - My Systagyrl Foundation

MySystaGyrl 2K/5K Cancer Ribbon Awareness Walk

📅 Saturday, May 16, 2026
🕒 7:00 AM PST
📍 Central Park – Rancho Cucamonga, CA
This walk is especially close to my heart as we raise awareness, stand in solidarity with survivors, and support women navigating critical health challenges.
Register today:
www.MySystaGyrl.com

Become a My SystaGyrl Member

If you believe in what we're building and want to be part of a growing movement of women supporting women, **I warmly invite you to become a My SystaGyrl member.** Membership helps us expand programs, provide navigation and support services, and ensure that women facing life's toughest moments know that **someone is standing with them.** Because here's the truth: **We are stronger together.** And every woman deserves a SystaGyrl. With love, gratitude, and sisterhood,
Tammy Berry
Founder
My SystaGyrl Foundation
Stay strong. Stay connected. Stay sisterly.
❤️ **Because we are our My SystaGyrl's Keeper.**

