

## Participant of the Month June 2008



In 2000, two weeks after her marriage, Cathy Sejansky was struck with one word that would change her life forever, “Cancer”. She was diagnosed with Endometrial Cancer, a cancer of the lining of the uterus. After months of intense treatment involving surgery, radiation, and many follow up visits, Cathy is now a “Survivor”.

However, within months of these treatments she then began to feel old – her joints were stiff and achy. She had difficulty getting out of a chair. At night she had difficulty sleeping due to pains in her back and side. She was subsequently diagnosed with Lupus. After

starting medication, and refusing to give in, Cathy has survived yet another disease.

Cathy grew up in Coral Gables, Florida. At 17 years old and fresh out of high school, she decided to join the Air Force, to see the world. She became a computer technician and her desire to see the world took her to Biloxi Mississippi and March Air Force Base. After being stationed at March Air Force Base outside of Riverside she determined that California was where she wanted to stay.

Cathy entered the aerospace industry through McDonnell Douglas, and began working in telecom. She soon thereafter earned a Bachelor of Science in Computer Information Systems from Cal Poly Pomona, and moved into the mainframe as a VTAM System Programmer. Through outsourcing, she transitioned to IBM and then to Boeing. After 26 years of bridged employment with Boeing, Cathy is now working as a Network Designer, in the Metropolitan Area Network (MAN). In 1996 Cathy obtained a second degree in Hotel Restaurant Management from her Alma Mater.

Aside from her well rounded educational background and work experience, Cathy has many hobbies such as tennis, running, biking, swimming, baking, scrap booking, and traveling. Golf is the most recently adopted sport for Cathy. She also appreciates art, and has taken a few courses in ceramics and oil and water color painting.

Cathy started playing tennis as a child, and played competitively in high school and junior college. Her current tennis schedule allows her to play four days per week, including using the Seal Beach and Huntington Beach tennis courts. Cathy has been the president of the Boeing Tennis club the past two years, and a board member for over 20 years.

Cathy fell in love with running in 2004 when her daughter participated in Leukemia and Lymphoma Society’s “Team in Training”. Since then she has completed 4 marathons and 6 half marathons. Her best marathon time was at four hours and forty-five minutes. By running five times per week, she hopes to increase her run speed and decrease her 5K

time by one minute. Every second Monday of the month Cathy joins her fellow Boeing employees participating in the Nelson 5K hosted by the Fitness center.

Her first job was at a bakery, and she still enjoys baking and decorating food. She pursued her second degree because she one day hopes to start up her own bakery or coffee shop.

With family members living in Florida, Missouri, Maryland, Canada, Belgium and Argentina, Cathy has a welcome home all over the globe. Aside from the countries listed she has also visited several other European countries, St. Lucia, Antigua, Colombia, Uruguay and Brazil.

Since Cathy loves to cook and eat, Cathy's goals are to maintain her weight by constantly moving and working out at the fitness center, and attending the highly intense Cross Fit class. "Having such a wonderful gym right here at work that is always open is an amazing asset."

Congratulations to Cathy Sejansky for being a cancer survivor and fitness center's June Participant of the Month. Cathy would like to leave you with this quote from W M Lewis, "*The tragedy of life is not that it ends so soon, but that we wait too long to begin it.*"