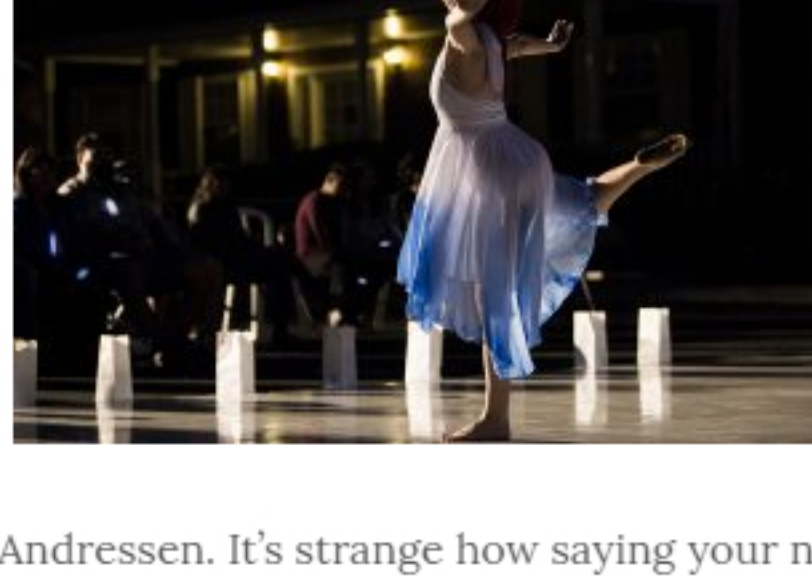


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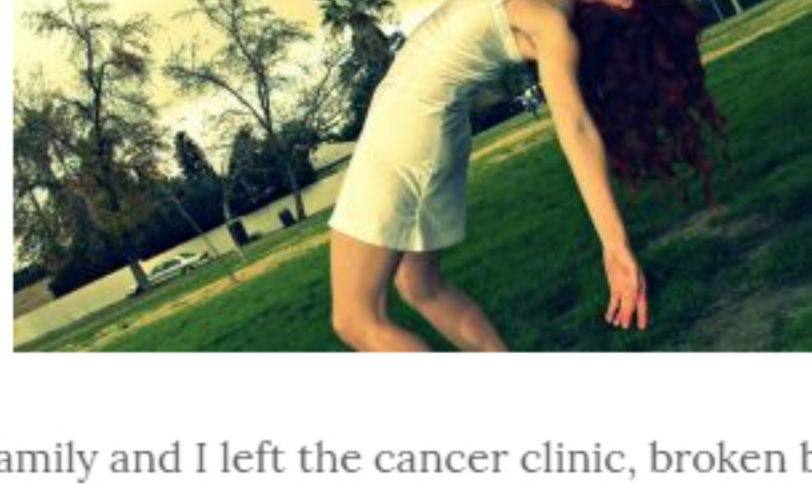
# Noelle Rose Andressen Inspires You To Overcome Tragedy With Triumph- by Noelle Andressen

2 WEEKS AGO by SUPPORT TEAM

**I** vowed that if I survived this cancer war I would use my life, skills, and talents to encourage the masses. I wasn't expected to live but I surprised everyone including myself and thrived!

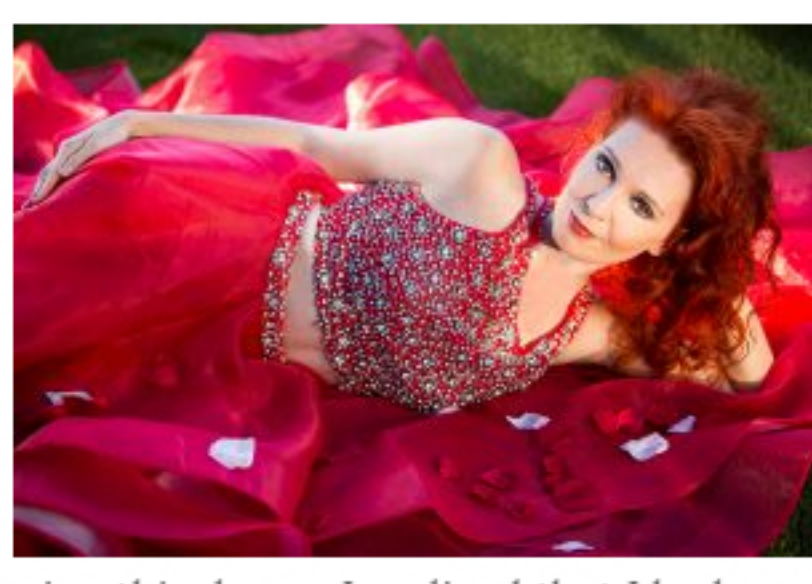


My name is Noelle Rose Andressen. It's strange how saying your name after enduring a tragedy can sound different to you; it's almost as if your name encompasses your character and growth. You see, in 2005 I was at a cancer clinic lying in a bed battling breast cancer. **The disease took away all I had and all I was. I was a dancer and the very instrument that I used to communicate was destroyed by an enemy within me. I vowed that if I survived this cancer war I would use my life, skills, and talents to encourage the masses.** I wasn't expected to live but I surprised everyone including myself and thrived!



In January of 2006, my family and I left the cancer clinic, broken body, broken heart, and nothing to our names except a few personal things. We had sold our gorgeous 4 bedroom ranch style home in Vegas to pay for my treatment in hopes to save my life. **It did save my life, but we had nowhere to go. "Now What?!" we wondered. We started over and moved to Los Angeles.** Coincidentally, we found a place near a community college in a valley. With nothing to lose since I'd lost it all, I went back to my beginning: Ballet. I already had my BFA in Fine Arts, I had a career, so it was challenging to swallow my pride and go back to this beginning. There I found a beautiful stranger who helped me heal my body and gave me an opportunity to perform again. I hadn't forgotten my vow I made on my sick bed. **I knew I had to use what I had gone through for good and to help others overcome.**

This beautiful stranger, my ballet teacher, gave me another opportunity to choreograph a new dance: "RED RIBBONS". I was compelled to share the story of what I endured as a child: I was sexually abused by my grandfather. I also had a sense that perhaps my teacher may have suffered something similar; once you suffer something such as this you can see symptoms in others but I couldn't possibly just ask her. That compelling feeling I had then turned into compassion, I knew I had to share with her because I wanted her to break free from it as I had.



After successfully performing this dance, I realized that I had reached many hearts who suffered something similar to me. Several women approached me and thanked me for saying in dance what they couldn't say with words. I realized that I was no longer just dancing for the applause as I had prior to cancer; I was dancing to help others with how I overcame my tragedies and turned them into triumphs.

From there I formed my business and Dance Company: Rubans Rouges Dance. This company performs various real life stories of how I overcame cancer, sexual child abuse, losing everything, being alone, body image issues, and other important and sometimes controversial topics that our world faces. I was empowering women, guiding children through our outreaches, and encouraging the broken hearted, and uplifting the downtrodden. Due to all that I had overcome, I earned my new name: Dance Warrior and now I show others how they can be one too.

***Y Not Take A Moment And Tell Us How This Impacted You: If this story has impacted you in any way, we would love you to leave a comment below. It only takes a second, but leaves a lasting impact on us.***

Thankyou. **YMag Team**

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# I Left My 15-Year, C-Level Career To Make Dulce De Leche- By Josephine Caminos Oría

4 WEEKS AGO by SUPPORT TEAM

**I**t's a curious notion, but there are sometimes things that are so dear to us, so ingrained in our everyday lives that they evolve from being an ordinary "thing" to something extraordinary. For me, this is dulce de leche.



I'm often asked how it is that I began making dulce de leche, the boiled-milk Phenom that Argentine tourists often write home about. Dulce de leche has been a part of my daily life, even before I can remember. No sooner do I taste it, and I'm five years old again, sitting at my grandma Dorita's breakfast table in La Plata, Argentina, enjoying Lincoln biscuits smothered with a fresh batch of her homemade dulce de leche. **It's a curious notion, but there are sometimes things that are so dear to us, so ingrained in our everyday lives that they evolve from being an ordinary "thing" to something extraordinary.** For me, this is dulce de leche. But I had forgotten this, until, in the wee hours of one fateful night, when I was reminded that I needed to come back to it if I wanted to find "me" again.

I was 33, Chief Financial Officer for a tri-state medical company, had a loving husband and four young boys at home, yet I would find myself awake most nights, aimlessly wandering the halls desperately fearing that tomorrow would be the same as today. This was in no way a reflection of my previous workplace or colleagues, but an indication that my life was off course.



This had become my nighttime ritual, until, one day I awoke with an innate determination to make dulce de leche—the real dulce de leche that my Grandma Dorita made me as a child. At the time, it made no sense to me, but yet the desire to do so was so strong, it was as if I'd been craving to learn this delicate craft for years.

**After months of stirring late into the night (not to mention the pots of scalded milk I threw away),** I had perfected my Grandma's recipe. Soon after, I founded La Dorita. My grandma turned 90 in September of 2009, the same month I received our first order from our local market.

Since then, my culinary journey has continued to organically evolve. In 2012, my husband, Gastón, and I founded La Dorita Cooks, Pittsburgh's first shared commercial kitchen incubator for local start-up and early-stage food makers. **Today, we aim to help other startups avoid the very mistakes we made.** I am also the author of the recently published, "Dulce de Leche: Recipes, Stories & Sweet Traditions," (Burgess Lea Press, February 2017). I wrote this cookbook as a result of talking to dozens of persons at food shows or during demos, and realizing that dulce de leche was still very misunderstood in the United States. The book introduces "real" dulce de leche to consumers by shedding light on the Argentine traditions behind the spread and offering recipes that help root dulce de leche in the reader's sense of familiarity.



Most recently, it was during the arduous process of making medialunas (Argentina's signature crescent roll) that I finally found the courage to leave my full-time career in healthcare in order to dedicate myself to my dream of working with food. **I had to trust in myself, and know that once I finally took a leap of faith, the rest would take care of itself. Where it takes me, I don't yet know, but I'm looking forward to continuing on this journey.**

***Y Not Take A Moment And Tell Us How This Impacted You: If this story has impacted you in any way, we would love you to leave a comment below. It only takes a second, but leaves a lasting impact on us.***

Thankyou. **YMag Team.**

TAGS: DULCE DE LECHE, RECIPES, EMPOWERING WOMEN, INSPIRE, JOSEPHINE CAMINOS ORÍA, LIFESTYLE MAGAZINE, MAGAZINE, SHAR MOORE, STORIES & SWEET TRADITIONS, YBUSINESS, YMAG

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