It was August 2009 and the media was reporting fiery debates, arguments and clashes between lawmakers and their constituents regarding the proposed health care reform policy moving through the Senate and the House.

Not so at the Breast Cancer Coalition of Rochester’s Sixth Annual Terri Schmitt Legislative Reception organized by the Advocacy Committee at BCCR. Attended by breast cancer survivors, their families, medical care givers, and lawmakers from all levels of government, it was a pleasant, sociable gathering. The mood was relaxed, and the atmosphere friendly, as survivors met new survivors, became reacquainted with survivors they’d not seen in a long time, and chatted with family members, doctors, and politicians, while enjoying an impressive spread of sweet and savory hors d’oeuvres.

This event also allowed the Advocacy Committee an opportunity to reinforce that we must work with all of our elected officials, regardless of political party affiliation, to be certain that we continue to strive for improved laws and policies concerning comprehensive health coverage for breast cancer patients, advocate for those in need, and provide safer

continued on page 5
Volume 10 Number 3  
Autumn 2009

VOICES of the Ribbon  
The Newsletter of the  
Breast Cancer Coalition of Rochester

Our Mission is to provide support to those touched by a diagnosis of breast cancer, to make access to information and care a priority through education and advocacy, and to empower women and men to participate fully in decisions relating to breast cancer.

Board of Directors:
Chair Anne-Marie Strasenburgh
Past Chair Joyce Wichie
Vice Chair Melisande Bianchi
Vice Chair Debra Kusse
Treasurer Rhonda St. Amant
Secretary Mary Carafos
Advocacy Marianne Sargent
Major Funds Patricia Cataldi
Chair Emeriti Phyllis Connelly and Sylvia Cappellino
President, Holly Anderson
Ex Officio
Staff:
Executive Director, Holly Anderson
Office Manager, Janet Wolf
Program Coordinator, Tracey Knapton
Outreach Coordinator, Niki MacIntyre
Communications, Susan Meynadasy
Special Events, Kim Kircher
Special Events-Development, Amy Connell
Newsletter Editor: Susan Meynadasy
Newsletter Coordinator: Pat Battaglia
Technical Support: Alex Cheek

BCCR extends a hearty thank you to our regular office volunteer Nancy Weinmann! Also, welcome to our SUNY Brockport intern, Kirsten Southard.

Breast Cancer Coalition of Rochester  
840 University Avenue  
Rochester, NY 14607  
Office: 585-473-8177  
Fax: 585-473-7689  
Online at www.bccr.org

Here it comes, folks… hold on to your hats! October’s “Breast Cancer Awareness Month” is just around the corner. Breast cancer is the poster child of corporate cause-marketing campaigns, as companies try to boost their image and their profits by connecting themselves to a good cause, especially during the month of October.

Community-based independent breast cancer organizations across the country brace themselves for the onslaught of awareness campaigns and fundraising opportunities bombarding us and those we serve. We are alerted, informed, and passed-along information and notifications about all sorts of fundraising opportunities featuring the “cause” of breast cancer. It takes a delicate approach in responding, as these notifications are often sent along to us by well-meaning friends, acquaintances, business colleagues, etc. Questions abound. Which pink thing wants our green? What exactly is being marketed? How does purchasing the featured product actually help those of us in the aftermath of breast cancer? How do we handle the sometimes conflict of wanting to support the cause, while responsibly scrutinizing what we are being asked to support?

This is a fantastic opportunity to educate those who want to support the cause about an important topic, something I frequently refer to as The Myth of the Pink Pot.

The Myth of the Pink Pot is that all the funds raised for breast cancer cause are raised legitimately, and with only the most altruistic of reasons, and that they all go into a big pink pot in a mythical pink place to be dispersed to every deserving breast cancer organization… equally and fairly. As my kids say… “so NOT.”

When approached about a breast cancer fundraising opportunity, we ask you to ask those well meaning friends, acquaintances, business colleagues, etc. some critical questions before opening your wallets for pink-ribbon campaigns:

• How much money from your purchase or participation actually goes to the cause?
• In the case of a product purchase, what is the maximum amount that will be donated?

continued on page 15
Meet Kitty Van Bortel
Honorary Chair of Artrageous Affair
by Kathy Mangione

Talking with Kitty Van Bortel is a lot like standing in a cool rushing stream on a hot summer day; you are both instantly refreshed and amazed by the swift speed of the current. She starts the high-energy conversation by saying that she is honored and thrilled to be the Honorary Chair of the BCCR Artrageous Affair on October 17th. Working to find a cure for breast cancer is a true joy in her life and she looks for new ways to get the word out and raise funds for research.

Kitty Van Bortel is one of Rochester’s most successful and influential women business owners. She turned a $500 investment and a few used cars on her front lawn into the top selling Subaru dealership in the nation as well as the most successful Ford dealership in a multi-state area. She is a dynamic woman.

Kitty has turned her cancer experience into an opportunity to focus her energy on bringing public attention to the disease that strikes so many women. From the moment she heard her diagnosis in 2006 she knew she would be able to use her visibility in the community to bring funding to the cause, and Breast Cancer is clearly her personal cause.

When her daughter was two years old Kitty decided to have a battery of medical tests to ensure that she was in good health and ready for the physical demands of motherhood. She had every test possible except a mammogram.

About the same time one of the women in the dealership mentioned that she hadn’t had a mammogram in 15 years. Kitty had just heard a story about the importance of early cancer detection on WXXI, and thought it would make it easier for her colleague to have the exam if Kitty and a third woman from the dealership went to the mammography screening together. The three were so confident that they were cancer-free that after their exams they didn’t wait for results they just went to lunch.

Kitty’s two friends got negative results right away but Kitty didn’t get a call. On the second day Kitty got a letter from the breast clinic asking her to set up an appointment for another exam. The clinic couldn’t fit her in for two weeks but Kitty was too panic-stricken to wait. She drove to the clinic and sat in the waiting area until she was seen. She had a biopsy that same afternoon then went home and disintegrated into a fetal position.

This is the 8th Annual Artrageous Affair and yet we have never had an Honorary Chair. After years of thinking about it and then talking about it, we began to think about who would best exemplify the spirit of the event. The women at the Breast Cancer Coalition are anything but victims of breast cancer. In the face of a life-threatening, life-altering disease, I have never seen such toughness, such strength and courage, as exhibited by the women faced with this disease who are living in our community. Not every moment of the fight, certainly... nearly all of us have had moments where we crumble to our knees... but, after the shock has worn off, these women stand up, brush themselves off and face their disease head on. We knew that the Honorary Chair needed to reflect this spirit and needed to possess just such strength and courage. We thought of Kitty last year. She was so honest and open about her experience, and stood right up to her breast cancer. When Patti Cataldi (Chair of the Artrageous Affair) and I approached the committee this year, they wholeheartedly agreed that Kitty would make the perfect Honorary Chair.  -Holly Anderson, BCCR Executive Director

continued on page 24
Being diagnosed with breast cancer is scary! But when you learn that you have been diagnosed with an aggressive HER-2/Neu positive tumor it can become even scarier. My oncologist told me I was HER-2/Neu positive but I didn’t really know what that meant until I did some of my own research. In simple terms what I learned is that 25% of breast cancer tumors are positive for Her-2/Neu and it typically affects a younger population. HER-2/Neu tumors are tumors that overexpress, or make too much of a protein called HER-2/Neu which is found on the surface of cancer cells. What was scary to read is that they tend to be a more aggressive tumor because they can grow fast and can be more likely to recur.

As a member of BCCR’s Advocacy committee, I had the privilege of attending the National Breast Cancer Coalition Annual Conference. The highlight of this particular trip was listening to Dr. Dennis Slamon speak on the success of Herceptin, a drug used to treat breast cancer tumors that overexpress HER-2/Neu. Dr. Slamon is the oncologist/researcher that developed the drug Herceptin and dedicated his research to getting the drug approved. The movie “Living Proof”, which aired on Lifetime, portrayed him in the role of the doctor who fought so hard to get the drug to the front lines. But because of money and lack of participants, he struggled to keep the research going and to get Herceptin approved for treatment. Today, the drug has improved the outcome for thousands of women.

Not all patients respond well to Herceptin but the ones who do, respond very well. Patients in clinical trials who received Herceptin in combination with standard combination chemotherapy had a 52% decrease in disease recurrence compared to patients treated with chemotherapy alone. The addition of Herceptin to chemotherapy appears to virtually reverse prognosis from unfavorable to good. Dr. Slamon believed that these results blew other clinical trials out of the water. Because of the success from this data, Herceptin plays a major role in the development of targeted therapy, which we hear so much about these days in the breast cancer world. He stated that he wasn’t a big advocate for the movie but thought they portrayed the women in it accurately as well as the lack of participation that hinders getting clinical trials to the front lines.

Ironically, several years previous to my breast cancer experience, I read the book HER-2 in college for a research class, and realized at that point how difficult it is to get a great drug to market without going through all the red tape. Who knew that years later I would be a recipient of this drug.

Update: Lori and Todd Griffin and their son Colin welcomed baby Juliet Rose on August 26th. Congratulations Lori!
The event honors the memory of Terri Schmitt, one of the founding members of BCCR. As Holly introduced Terri’s father to say a few words, she said, “Terri liked a good party,” and this was a good party.

“You learn how to pray better than you thought you could,” is how John Schmitt described his way of coping with Terri’s diagnosis and battle with breast cancer. He said, “Terri had a knack for working with people,” and all the people involved with BCCR possess this quality; and believe that “the common good must be served,” clearly evident in the diverse mix of those unified against breast cancer present in the room. Terri’s children, grandson Jack, and widower Bix DeBaise also attended, and John said that he hoped that someday when telling Jack about his grandmother, he could tell him that she died of a disease that no longer exists.

As John Schmitt said, “Politics is about everybody.” We’re pleased that our local politicians listen to the wants and needs of the breast cancer community and help influence legislation for the good of all. Elaine Spaull summed up the evening when she said, “everyone knows and loves someone who has been touched by breast cancer.”

The reception was a great success! It was well attended by our elected officials who represented various tiers of the political spectrum, who showed their continued support of breast cancer survivors, our families, friends and the Breast Cancer Coalition!
There is no adequate way to describe the deluge of feelings induced by the words "You have breast cancer." One in eight women will hear these words in her lifetime. With this in mind, a glance at the numbers of women in places where people gather - movie theaters and shopping malls; beaches, parks and restaurants - becomes a sobering study, as the staggering effect of breast cancer on our world becomes painfully apparent. But in the face of this, there is hope. Treatment methods that are being continually refined mean that more women are surviving breast cancer, and those with advanced disease are surviving longer. Many with metastatic disease live fulfilling, productive lives for decades.

A group of women who are long term survivors from within the BCCR community have graciously answered a series of questions about their experience, and given some insight into the view from further on down the road, years after their diagnoses.

Sharing their thoughts are:

**Betty Miller**, two time survivor, nine and six years.

**Ann Ellis**, originally diagnosed thirteen years ago and diagnosed with metastatic disease two years ago.

**Kathy Raeside**, five year survivor.

**Melisande Bianchi**, six and a half year survivor.

**Jean Lazeroff**, five year survivor.

**Lori McJury**, five year survivor.
A Personal Journey

Creative Way to Thank Those Who Helped After Diagnosis by Jaime Scripps

When I was diagnosed with breast cancer, I wasn’t sure what was going to happen. I was afraid of what would happen with work, my kids, and all of my responsibilities. I knew I had to have surgeries and start chemo, but how would all the rest get taken care of? To top it off, it was May and the end of the school year. Being a teacher, and a mom of two teenagers, this is a very busy time of the year; state tests to be administered, report cards to be written, dance rehearsals and recitals, end of the year concerts etc. I also had just lost my dad, and we were in the process of helping my mom relocate to assisted living and sell her house.

I couldn’t imagine how it would all get accomplished. Of course, I had underestimated the power of friendship and colleagues! I was so overwhelmed by the support I got from my friends who drove my kids, to my neighbors who covered meals, to my colleagues at work who tested my kids, sent meals, and helped pack up my classroom, to my sisters, brother, and mom who were always there to offer their unwavering support and love, to my college friends who were always there to drive me places. My husband of course was the greatest support of all! My family and I just felt so lucky and so blessed to be surrounded by so many good people. Sometimes you don’t get to see how beautiful people can be, and we truly feel that this experience has given us the gift to view others in this light. From the very beginning, we said that we wanted to do something special for all those who had helped us and have a day that was about them. So this June we did just that. One day I sat at the computer and started writing a thank you poem to use for an invitation. We invited over 100 people to our house for a "Hope and Friendship" barbeque, and about 80 attended. I was a little nervous about the weather, but it turned out to be a beautiful day, and everybody had a great time. It was a nice way to celebrate, a year after my diagnosis, a day of Hope and Friendship. Interestingly, when I was going crazy this year at the end of the school year, I thought to myself, how did I do this last year???

Then, I reminded myself, with a lot of help from others!!!!!!

Hopefully, my family and I never forget this feeling of gratitude and love and can pay it forward in our lifetime.

“Of course, I had underestimated the power of friendship and colleagues!”

Thank you

Perhaps you called
Perhaps you sent a card
Perhaps you sent a meal
Or organized meals
Perhaps you made a visit
Or gave me a haircut
Or drove me to chemo and sat with me
Maybe you came to my doctor’s appointments
You may have driven my kids to dance
or kept them for sleepovers
Perhaps you took time to say you care
Or told me how beautiful I looked
Even when I was “puffy” and had no hair
Maybe you listened when I needed to vent
And showed understanding
Perhaps this list is endless, as is my gratitude
For the kindness and friendship shown by those around me
For all of you who have touched my life
I would like to say thank you from the bottom of my heart

- Jaime Scripps
As our Autumn newsletter rolls off the presses, it’s not easy for me to let go of Summer. My being still beckons for warm sunshine and long days! I vow to cling to every last ray of warm sunshine that is offered us until the leaves begin to drop from the trees. As I think back over my last few months at BCCR I am encouraged by the successful programs, seminars, and events that have been offered, and the dedicated staff and leadership, gracious committee members, and valuable volunteers who make it all possible.

Every month BCCR hosts an educational evening seminar on the 4th Wednesday of the month. Each month offers a different topic related to breast cancer with a qualified professional presenting on the subject. These seminars are free of charge to the community and have become very well-attended. Our large gathering room at BCCR is transformed for the evening with a podium for the speaker, projector and screen for power point presentations, and an average of 60-75 chairs (most all filled!) for those in attendance. We have been privileged to hear topics on The Role of the Oncology Social Worker, Hormonal Therapies and Triple Negative and Inflammatory Breast Cancer. What a wonderful way to learn more about options, opportunities, and breast cancer specific. BCCR is blessed to have the talents of Kathy Raeside who donates her time and equipment to videotape each and every seminar so that our community can borrow the DVD’s. This has served as a valuable resource in our library! Thank you, Kathy! If anyone is interested in specific seminars, please feel free to call and ask if they are available for viewing. We would be happy to loan out any available DVD’s from previous seminars.

BCCR is privileged to be in an area with highly acclaimed surgeons, oncologists, and medical professionals. As we secure our schedule of topics and presenters for our evening seminars for 2010, we are thrilled at the line-up! With topics such as: The Breast Cancer Journey: 1882-Present, How far we’ve Come, to Lions, Tigers and Scares - Recurrence, we are excited to bring these educational seminars to our community. If you have any questions regarding any of our evening seminars, please feel to contact me. We welcome you to attend!

To learn more about our support programs and the information available at BCCR, please call Tracey at 585-473-8177.

Are you on our mailing list?
Is your e-mail address and/or phone number a part of our listing? Please send us your information for our mailing list so that we can offer e-mail news as well as print news. Send your information (full address or just your other details) to Tracey Knapton at tracey@bccr.org

Thanks!

BCCR is looking for BACKGROUND MUSIC (such as a harpist, cellist, violinist, or classical guitarist) to play at our 2009 Holiday Open House Wednesday, December 2nd, 5:30 - 7:30p.m. for more information contact Tracey at 473-8177

Welcome to the New Faces in the BCCR Office!
Office Manager, Janet Wolf
Special Events-Development, Amy Connell
Each year, the Breast Cancer Coalition of Rochester hosts a unique event, the sole purpose of which is to honor all of the lives that have been affected by breast cancer. Very fittingly, the event is called Lives Touched, Lives Celebrated. It is an evening of hope; of contemplation and of laughter, of inspiration and the love of life. The effects of each new diagnosis of breast cancer extend to many lives - the person involved and their families and friends - in ways that are singular and deeply personal. Lives Touched, Lives Celebrated offers an evening of shared celebration of all these lives; of the triumphs and tears, the personal losses and gains.

From very auspicious beginnings as a mid-summer event first held in 2002 at the Strasenburgh Gardens, LTLC has evolved into an Autumn occasion. Those July evenings in the outdoors were lovely. The very first evening's events began with a candlelight walk, but the long daylight hours dimmed the effect of the candles, so roses were substituted in subsequent years. In a beautiful display of solidarity and support, marchers would wend their way at an easy pace for a short distance before reassembling and continuing the program at the garden. Speakers then addressed the group with words of hope and healing. Tribute cards, filled out in advance by participants, were read aloud. Gentle music filled the spaces between the speakers and tributes. All in all, it was an evening of renewal and the reclaiming of inner peace.

The spirit of those early years lives on today, as LTLC continues into its ninth year. For the third consecutive year, it will be held in the Fall, and is scheduled for October 28 at the BCCR office from 7 until 9pm. Crisp autumn air, mulled cider, and full hearts will be the order of the evening, as the group assembles. The candlelight walk has been reinstated, and the effect of that at nightfall is stunning. Many who cannot participate in more demanding physical activity are able to take part in the walk, as the pace is gentle and the distance covered is just a few blocks. After the walkers return to the office, speakers will be heard, tributes read, and the music of local artist Lisa Winter will lend an air of tranquility. As she has done for the past two years, Ms. Winter will be generously donating her time and talent to BCCR for the evening with original music written just for the occasion, and her performance is at once masterful, introspective and serene. The ever popular, ever inspirational ribbon tree will be present. Messages of compassion and caring have been written on ribbons and tied to a small tree for years, and there is room for more. Ribbons will be available for all who care to add their words to the tree.

The speakers slated for this October's LTLC are Reverend Mary Ramerman from Spiritus Christie Church and Rabbi Rebecca Gutterman of Temple B’rith Kodesh. They will speak words that nourish the spirit and have been chosen because of their ability to inspire.

Lives Touched, Lives Celebrated is an event geared for the whole family. The energy and enthusiasm of the attendees mingle with an air of contemplation and meditation to make this one-of-a-kind event well worth attending. As with all BCCR programs, there is no charge to participate. Come prepared to be encouraged, renewed, and celebrated for who you are, wherever you are in the journey.
Hot gorgeous summertime weekends mean that BCCR volunteers are in demand! The season started off with the Lilac Festival and yes, I’ll admit it, the weather was a bit nippy. Thankfully, all 32 volunteers brought hats and gloves and energy and fun to the ten day event. Mother’s Day was the frostiest day of the week but I was able to share it with my children and husband as they each worked a shift (after all, they asked me what I wanted for a Mother’s Day gift!). Laurie Phillips and her husband also braved the cold that day. The crowds were plentiful and we had our hands full greeting and meeting all who had questions or wanted to buy a raffle ticket. We indulged our craving for kettle korn and blooming onions (in addition to the blooming lilacs) while being serenaded by the on-stage music shows.

BCCR and The Health Partnership of Monroe County team up with The Highland Breast Imaging Center with their free mammogram screening days for women 40 or older who are underinsured or lack health insurance. Our Betty Miller is always in demand for these important and busy days (the homemade jam that she brings is a constant request). She is a ray of sunshine for all the women visiting the Center.

If this is summer, then health fairs are in full bloom. Karen Destino worked the Highland Hospital Survivor Celebration Day; Mary Gross and Laurie Phillips were at the Puerto Rican Health Festival; Phyllis Connelly and Marianne Sargent “manned” our table at the Senator Robach Health Fair; Connie Schmeer helped at the Latino Health Fair; and Anne DaSilva Tella attended the City of Rochester Health Fair. Whew! Thank you to everyone who give up their weekend free time to help at these important outreach events.

Park Ave. Fest was its’ usual joy to be at – how can you beat warm weather, good music, festival food, and throngs of happy people. We have a blast hawking raffle tickets to the crowd and watching some pretty interesting characters parade up and down the avenue. Although heavy rain dampened Sunday morning, Nancy Weinmann and Mary Carafos still showed up with sunny dispositions. Altogether, I was joined by eleven amazing volunteers including Nancy Germond, Heather Mathes, Connie Schmeer, Betty Miller, Michelle Cook, Rosalia Pagliero, Nancy Weinmann, Mary Carafos, Karen Destino, Tom and Lori Mcjurray who were busy helping to get the word out about BCCR. This can be hungry work. Of course, delicacies such as kettle korn and blooming onions always help.

To volunteer call Niki at 585-473-8177 or email her at Niki@bccr.org

Nancy Weinmann is our volunteer in the spotlight! She has been an inspiration, help, and source of encouragement to all of the staff here at BCCR.

For 3 years Nancy has helped with registration at our Pink Ribbon Run and Family Fitness Walk. She would be there at the crack of dawn with a smile on her face ready to help with pre-registration, set-up and in any other capacity needed. She was invaluable to us as she cheerfully tackled copious amounts of data entry from the Race, Lilac Festival and other events. She spent weeks collecting, and entering data into our main database. Her diligence and attention to detail are unmatched when working on data entry or evaluation compilation from our many programs and seminars. Beyond her technical skills, Nancy is always willing to

continued on next page
Betty Miller Receives the 2009 Women’s Achievement Award

Betty Miller with her Women’s Achievement Award

Betty Miller has sung in a variety of groups and choirs in Henrietta and the Rochester area. She is also a dancer and musician, often accompanying herself on the piano. Betty didn’t even begin dancing until she was 27 and had three children!

Betty has volunteered at WXXI for 22 years and is a reader for Reachout Radio and the station’s fund raisers. She also worked as a Tour Director for AAA for 12 years, carrying the torch for the Empire State Games when AAA took part.

If all of this isn’t enough, Betty and her husband Bob, raised 5 sons and they now have 14 grandchildren! She is active in her church and loves gardening, tennis, sewing, knitting and reading.

Betty Miller lives life to the fullest. Thank you Betty for spreading your infectious joy and spirit to everyone you meet and congratulations on winning this prestigious award! ☺
Healthy YOU

It’s time again for the opportunity to challenge our eating and activity levels with the 8-week Eat Well Live Well program.

strive for 5 cups
OF FRUITS & VEGETABLES

by Kathi Johnson

It’s easy to participate! By joining, you’ll receive a free pedometer to measure steps you walk daily along with the number of fruit and vegetables consumed each day. Pedometers are free for breast cancer survivors. Family and friends pay $5.00 and they are encouraged to join us - there is strength in numbers!

Each day, we get the opportunity to start new and make choices one way or the other. Finding the balance - being right in the middle can be a challenge. With the Eat Well Live Well Challenge we travel through the 8 weeks of EWLW, it is a time of change for us because we make changes in our lives by increasing our activity and making healthy food choices.

Each moment we have been given is special. Once it is gone, we can never get it back again...so celebrate and make the Fall EWLW challenge your opportunity to grow! That is why this is a great time to shake up your routine and make a few changes that can positively affect your life.

All of us have been challenged in ways we never dreamed we would when we were diagnosed. Some of you may be right in the beginning of that challenge, others in the middle and some towards the end. Wherever you are in your recovery process, remember that YOU are the most important person right now, right this minute. Promise yourself that you will love, cherish and take care of that person in ways you may have never done before - then stick to the plan to the best of your ability.

Study Finds Ginger Reduces Patients’ Nausea From Chemotherapy

According to scientists at the University of Rochester Medical Center, people with cancer can reduce post-chemotherapy nausea by 40 percent by using ginger supplements along with standard anti-vomiting drugs before undergoing treatment. This research was recently presented at the American Society of Clinical Oncology meeting in the Patient and Survivor Care Session. “Nausea is a major problem for people who undergo chemotherapy and it’s been a challenge for scientists and doctors to understand how to control it”, said Julie L. Ryan, Ph.D., M.P.H., assistant professor of Dermatology and Radiation Oncology at Rochester’s James P. Wilmot Cancer Center. Her research is the largest randomized trial to demonstrate the effectiveness of ginger supplements to ease the nausea. Previous small studies have been inconsistent and never focused on taking the common spice before chemotherapy.

The double-blind study included 644 cancer patients who would receive at least three chemotherapy treatments. They were divided into four arms that received placebos, 0.5 gram of ginger, 1 gram of ginger, or 1.5 grams of ginger along with anti-vomiting drugs.

continued on page 14
Recipe

Baked Winter Squash Soup

From The New Basics Cookbook, written by Julee Rosso & Sheila Lukins

2 acorn squash (about 2 lbs. each)
2 butternut squash (about 2 lbs. each)
8 tablespoons (1 stick) unsalted butter
8 teaspoons dark brown sugar
3 carrots, peeled and halved
1 large onion, thinly sliced
10 cups chicken stock
3/4 teaspoon ground mace
3/4 teaspoon ground ginger
Pinch of cayenne pepper
Salt, to taste
Creme fraiche, for garnish (optional)
Snipped fresh chives, for garnish (optional)

1. Preheat oven to 350 degrees
2. Cut the four squash in half lengthwise. Scoop out and discard the seeds
3. Place the squash halves, skin side down, in a shallow roasting pan. Place 1 tablespoon of the butter and 1 teaspoon of the brown sugar in the cavity of each squash half. Arrange the carrots and onion slices around squash. Pour 2 cups of the stock in the pan, cover it tightly with aluminum foil, and bake for 2 hours.
4. Remove the pan from the oven, and allow the vegetables to cool slightly. Scoop the squash pulp out of the skins and place it in a soup pot. Add the carrots, onions, and cooking liquid.
5. Add the remaining 8 cups chicken stock and mace, ginger, cayenne, and salt. Stir well, and bring to a boil. Reduce the heat, and simmer, uncovered, for 10 minutes.
6. Puree the soup, in batches, in a blender or food processor until smooth. Return it to the pot, adjust the seasonings, and heat through.

Optional: Serve each portion garnished with a dollop of creme fraiche and a sprinkling of chives.

Serves 12

Recipe

Vegetarian Chili

From The Silver Palate Good Times Cookbook, written by Julee Rosso & Sheila Lukins

1 medium eggplant, unpeeled and cut into 1/2 inch cubes
1 1/2 tablespoons coarse (kosher) salt
3/4 cup (or as needed) extra virgin olive oil
1 medium yellow onion, diced
4 cloves of garlic, finely chopped
2 large green bell peppers, diced
1 can (35 oz.) Italian plum tomatoes
1 1/2 pounds fresh ripe Italian plum tomatoes, cut into 1 inch cubes
2 T chili powder
1 T ground cumin
1 T dried oregano
1 T dried basil
2 t. freshly ground black pepper
1 t. salt
1 t. fennel seeds
1/2 c. chopped fresh Italian parsley
1 c. dark red kidney beans, drained
1 c. chick peas (garbanzos), drained
1/2 c. chopped fresh dill
2 T fresh lemon juice

1. Place eggplant in colander and sprinkle with coarse salt. Let stand for 1 hour. Pat dry with paper towels.
2. Heat 1/2 c. of the oil in large skillet over medium heat. Add the eggplant and sauté until almost tender, adding more oil as necessary. Remove to pot.
3. Heat remaining oil in sauté pan over low heat. Add onions, peppers, garlic and sauté until softened, about 10 minutes. Add to pot with any remaining oil.
4. Place pot over low heat and add tomatoes, chili powder, cumin, oregano, basil, pepper, salt, fennel, and parsley. Cook uncovered, stirring frequently, for 30 minutes.
5. Stir in beans, dill and lemon. Cook for another 15 minutes. Eggplant peel should be tender. Stir well. Adjust seasonings.
6. Serve immediately over rice with plenty of shredded Cheddar cheese.

Serves 8
**Book Review**

**After Breast Cancer: A Common-Sense Guide to Life After Treatment**

- by Hester Hill Schnipper; Reviewed by Colleen T. Fogarty, M.D.

Since being diagnosed with ductal carcinoma in situ (DCIS) on January 27, 2009, my life had been a whirlwind of medical evaluations and treatments. I wanted nothing more than to have the recommended treatments behind me so I could get back to my usual work of being an academic family physician, a wife, and mother. I plowed through surgery, then radiation, working part-time throughout starting 6 weeks after my diagnosis. I experienced intense fatigue, both physical and emotional, and found great comfort in both the Brown Bag and the Voices and Visions groups offered by BCCR.

As I headed into my last week of radiation treatments, I began to wonder what would come next. On the Friday of that week, when I left the radiation facility for the last time, I was overcome by a crying episode that literally took me off my feet. Fortunately, I was able to attend Brown Bag that day, as I was convinced something was desperately wrong with a person (a doctor, no less!) who had uncontrollable crying on her last day of radiation.

Three days later, at Voices and Vision, Betty Miller, who had been at the Friday Brown Bag, quietly slipped me a copy of After Breast Cancer by Hester Schnipper. When I got home I fairly devoured it, at first reading random pages, then finally settling down to read front to back, placing little sticky tabs on key passages. I wept, again, and again, as I read the normalizing reactions to an experience that has been anything but normal.

For me, the most important message from Ms. Schnipper’s well-written book about coping after breast cancer, was her statement, “the basic rule of thumb is that it will take the same length of time to regain your usual sense of well-being as was the total duration of your treatment.” (page 39-40)

Ms. Schnipper has written a marvelous resource for anyone affected by breast cancer, and takes a comprehensive approach to physical, medical, emotional, social, sexual, and family issues related to breast cancer treatment and the aftermath. She draws on her extensive professional experience as an oncology social worker, who has facilitated many support groups for women with breast cancer, as well as her own experience as a breast cancer survivor.

The book is practical, easy to read, and above all, comforting. She normalizes each step of the process, and gives permission to have whatever physical or emotional reactions you have, as well as tips for adjusting expectations in the aftermath of treatment. I would highly recommend this book to anyone affected by a breast cancer diagnosis, and would welcome a second edition as treatments evolve and change.

---

**Poetry**

**My Choice**

I choose life.
Why, you ask?
My work here is not done.
I need to help the ones in need
The scared, overwhelmed, wondering why.
Why were they chosen to be the ones?
Who needed tests, scans, and drugs,
Pain, anguish and loss?
I preceded them on the journey.
I learned how to appreciate my life.
I learned what really matters
Loving others and having that love returned.
Life is good.
Life is full of hope. I choose life.

-Ann Ellis

Ginger continued

Patients reported nausea levels at various times of day during following their chemotherapy and those who took the lower doses had a 40 percent reduction.

Ginger is readily absorbed in the body and has long been considered a remedy for stomach aches. “By taking the ginger prior to chemotherapy treatment, the National Cancer Institute-funded study suggests its earlier absorption into the body may have anti-inflammatory properties”, Ryan said.

This information taken from The University of Rochester Medical Center newsroom website. [www.urmc.rochester.edu/news/story/index.cfm?id=2491](http://www.urmc.rochester.edu/news/story/index.cfm?id=2491)
Eight weeks ago I was packed and ready to fly to California to visit my daughter, son-in-law and three grandsons. The past five months have been a relentless intervention on my life’s plan of peace, tranquility and control. Diagnosed with Rheumatoid Arthritis, I entered into a clinical study. The medication I took caused some liver damage, and then Diabetes. Losing weight, diabetic and arthritis stabilized, there was one more appointment to complete before my departure the next day.

Eight weeks ago I went to my GYN, and after mammograms and biopsys, metastisised breast cancer became a part of my personal reserve.

Four weeks ago I underwent surgery for a right radical modified mastectomy. Nineteen of the twenty six lymph nodes removed were cancerous. This is not what I had in mind ascending the seasoned ladder of time. The first post-operative visit to my surgical oncologist was fallacious? on my part. After being told I was doing great, and all my labs are good for beginning the chemo, radiation regiment, my reply... “I’d rather lose my other breast than lose my hair.”

What component of presence did I not perceive? A cardiac ultrasound was also on the daily list of pre chemo procedures. Findings unremarkable. Great news!!

My heart is strong. As a child my mother would tell me “Ich bein klein, mine hertz en rhine” (I am small, my heart is pure). Ok Bonnie, there is a message here.

I came home to a call from my 9 year old grandson, “Hi Mema, how ya feelin? I miss you sooo much, and want you to be all right. You’re coming to see us as soon as you get better, right?” My 20 year old son had done the dishes and went to pick up his brother from work. We all watched Clint Eastwood’s latest film and ate pizza and salad. I watched the sunset alone on the front porch. The mystical sky opened, showering earth’s boundless secrets.

I took a shower and brushed out my long hair. For the first time I really looked at my new body. What came to mind was something I am continuously recounting to my children. Be grateful for what you have, not what you don’t have.

I am alive!! My family and friends love me as I love them. Not what is on the outside, but for what is the true nature of one’s identity... The simple, absolute and complete inner self. Superficial indulgence exploded. What a release!! What a relief...My hair is not who I am. I am more than my hair.

Next week, before the hairs begin to shed, I’m getting a short hair cut. A child without hair will share my wealth, and they will truly be Locks of Love.
The Breast Cancer Coalition would like to extend heartfelt thanks for the continued support of all who participated in the 7th Annual "Tee’d Off at Breast Cancer" Golf Tournament held on Monday, July 20, at Shadow Lake Golf Club.

For the 7th year Lee Cordero & Sean Patton have co-chaired this wonderful event, with assistance from a dedicated committee including: Sylvia Cappellino, Betty Cordero, Amy Connell, Barb Pifer, Charlot Reisinger, Remo Rossi, Lissa Schaefer, Susie Smith, Jerry Valentine, Janet Wolf, Holly Anderson, as well as our faithful volunteers.

In light of the state of our economy, we had record attendance this year. We are so pleased that we can count on those who have been so supportive of all our events.

The generous donation of raffle items, prizes, cookies, pizza, iced tea, sponsorships (see list), exceptional service from Shadow Lakes plus picture perfect weather, made this a fun outing for all involved.

We would like to extend a special thank you to Dennis Beaver who graciously donated a week at Samoset Resort in Maine, as a silent auction prize. After a heated bidding round, Sylvia Cappellino outbid the competition, and she and her husband Jim celebrated their 49th wedding anniversary at this fine golf resort.
**Westminster Financial, LLC, Shadow Lake Golf and Racquet Club**

**Flower Arrangements:** Robin Vavrina, KLR Landscape, Inc.

---

**Tournament Results:**

<table>
<thead>
<tr>
<th>Men Winners</th>
<th>Women's Winners</th>
<th>Mixed</th>
<th>Closest to the pin</th>
<th>Longest Drive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rick Dougherty</td>
<td>Terry Comins</td>
<td>Tom Carter</td>
<td>Women: Gail Jewell</td>
<td>Women: Jody Solpietro</td>
</tr>
<tr>
<td>Jim Dougherty</td>
<td>Chris Zirbel</td>
<td>Corey Monks</td>
<td>Men: Scott Heidinger</td>
<td>Men: Greg Smith</td>
</tr>
<tr>
<td>Dan Dougherty</td>
<td>Jody Lauer</td>
<td>Amy Hagler</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jim Young</td>
<td>Linda DiCesare</td>
<td>Darlene Hedlund</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Men's Winners**
- Rick Dougherty
- Jim Dougherty
- Dan Dougherty
- Jim Young

**Women's Winners**
- Terry Comins
- Chris Zirbel
- Jody Lauer
- Linda DiCesare

**Mixed**
- Tom Carter
- Corey Monks
- Amy Hagler
- Darlene Hedlund

**Closest to the pin**
- Women: Gail Jewell
- Men: Scott Heidinger

**Longest Drive**
- Women: Jody Solpietro
- Men: Greg Smith

---

**Our Generous Donors**

1,2,3 Shoes
45 East Fine Jewelers
A Different Point of View
Armilaire by Debbie
San Filippo
Dennis Beaver
Best Buys
Big Oak Driving Range
Big Al’s Sign Shop
Bill Gray’s Restaurants
Brio Mediterranean Bistro
Wei-Li Adam Chen Country Club
Liquor Mart
Bix DeBaise
Darien Lake
Eagle Cleaners
FRA Engineering
Frederick and Marlene Friberg
Gallea’s Tropical Greenhouse
Grinnell’s Restaurant
Rick Harter - Sutherland Group
Izzo Golf
Josephine Marinetti
Monahan Family
Susan & Wayne Miller
Monroe Golf Club - Jim Mrva
Pampered Chef - Janice Carney
D. Stewart Patton
Barb Pifer
Preferred Plants
Mary Rackes - Kokopelli a La Carte
Ruby Rd. Clothing Co.
Salon Europa
Savoia’s
Scootic Seeman
Sentry Safe
Stefan Otter
Fine Art Jewelry
Kim Stolp
Surmotech, Inc.
The Paper Box
Madeline Uttaro
Robin Vavrina
Visiting Nurse Foundation
Wambach Farms
Windsor Cottage
Erik Yaekel

---

**Hole Sponsors**

BCCR
Jim & Sylvia Cappellino
Walter J. Deck, D.M.D., P.C. Family Dentistry
DiPonzio Families
Elmwood Dental Group, P.C.
FRA Engineering
Guardian House Inspections
JP Morgan Retirement Plan Service
Bob Jordan State Farm
Kasperski, Owen & Dinan, CPA’s LLC
William King, Attorney
Lincoln Financial Group
Manning & Napier Foundation Group
Monahan Family
Natixis Global Asset Management
Ontario Offshore Performance Specialists
RC Outdoor Power Equipment
Remo Rossi
Sharpcuts Lawn and Landscape Service
Surmotech, Inc.
The Dolomite Group – Pat DiLucia
Tim’s Trim, Inc.
The Town of Gates
Westminster Financial
Joyce Wichie
Yankee Ironics

---

**Great day for golf!**

Committee members:
- Lee Cordero, Charlot Reisinger
- Janet Wolf, Sean Patton, Jerry Valentine, Sylvia Cappellino,
  Amy Connell, Susie Smith and volunteer, Karin Hauza

---

Remo Rossi, committee member with Chelsea DiLucia, photographer for the day

Westminster foursome
Q. What has changed since your diagnosis?

Melisande-
My body is not the same as before. Surgery has caused some moderate discomfort in my abdomen. My upper torso is not the same as before, as a result of surgery.

Jean-
My life had actually returned to normal just recently and then bam!!...the lymphedema. I had tram reconstruction and it did not turn out very well so I have had revision surgeries every year since 2004. I finally finished that process in December 2008 and I am very satisfied with the reconstruction now. “When at first you don’t succeed, try, try again!”

Lori-
EVERYTHING and NOTHING! Everything, in some ways, because I think my entire attitude changed with the cancer. I learned a tremendous amount about myself, my family, my friends, and my community. I was humbled by the love and prayers that surrounded me and you can’t help but be moved by something as strong as that! I feel the need to live my life to the fullest and to enjoy the NOW! NOTHING, in other ways because you realize that life goes on, as it should.

Q. What does it mean to you to be a survivor?

Melisande-
I feel very blessed to be a survivor in the company of so many brave women and men, who have come before and after me. To be faced with adversity and to make the climb to peace is gratifying.

Jean-
I’m actually rather proud to be a breast cancer survivor because I feel that I have come out the other side of a frightening experience that has changed me both physically and emotionally. I am now stronger and more confident than I was before breast cancer entered my life and I have a greater appreciation for life and all that surrounds me. My life has been enriched by the many other cancer survivors (breast and other cancers) that I have met since my diagnosis.

Lori-
It’s a mixture of things, really; proud that I survived, delighted by the beautiful people I have met through the experience, guilt for HAVING survived when others did not, humbled by the whole experience and the disease itself. I’m not one to be trod upon without complaint so it definitely brought out the fight in me!

Q. What issues are you facing now that are related to your breast cancer experience?

Betty-
The joint/bone pain from the Aromasin (a hormonal therapy), but I’m alive, happy, and on ”this side of the grass.”

Ann-
At this time I am a metastatic survivor. Now I have to face the fact that my breast cancer is not going away. The challenge is to keep the progression of the disease stable. I have faith, hope, and determination to change this prognosis.

Kathy-
I am dealing with very mild lymphedema, probably because I have tennis elbow. I also worry about my daughters. My mom and her sisters had breast cancer, and I really hope and pray the medical community can cure cancer before the next generation has to deal with it.
How have you coped with these changes?

Ann-
Coping for me is a constant challenge. I try to remain positive, take quiet time for meditation, maintain a supportive network of family, friends, and other breast cancer survivors, build relationships with my healthcare providers, and take life one day at a time. This is a tall order. It's what keeps me going.

Kathy-
Being diagnosed really hit me hard. At one point, I honestly couldn't imagine the day that I would wake up and not think about cancer, even after my treatments ended. Now I try to remind myself that every small change doesn't start a landslide of bad luck.

Jean-
After my mastectomies and disappointing reconstruction I saw a therapist to help me deal with how I felt about my body. The therapy and revision surgeries took care of my issues around my changed appearance. I have been going for lymph drainage therapy for the past six months and that has helped me manage the lymphedema.

Q. What has not been changed as a result of your diagnosis?

Ann-
My will to move on with life and to enjoy it has not changed. I choose life. What lies ahead is indeed a mystery. I remain optimistic and full of hope.

Melisande-
My spirit and zest for life.

Lori-
Outwardly, my life appears the same as it did before. I have a busy, thriving family and a satisfying career. I love my life! Nothing looks different but I appreciate things SO much more!

Q. What positive, empowering choices have you made in the years since you were diagnosed?

Betty-
To continue to learn, help others and continue to cross things off my "bucket list."

Kathy-
I've made a choice to be happy! I keep it simple - I love my family and friends, and try to live my life in a way that if I died tomorrow, I'll know I've done the best I could. I also enjoy videotaping seminars for the BCCR because it's a tangible way to put my professional skills to good use!

Melisande-
To give back and help others diagnosed with this disease, I have been involved with BCCR in fundraising efforts to maintain our programs.

Jean-
I've made a conscious effort to make more time for myself whether it be expanding my mind, exercising and strengthening my body, or just enjoying the beauty of nature from the cockpit of my kayak.

continued on page 24
Our Programs at the Breast Cancer Coalition of Rochester

For more information or to register for our programs, please call the BCCR at (585) 473-8177

Brown Bag Fridays

At the Breast Cancer Coalition! Any given Friday at noon finds a group of women conversing over anything from the latest research on Herceptin to our own locally-funded research initiatives…from hair loss to funky regrowth…from neoadjuvant therapy to the latest clinical trials…from acid reflux to exercise…from recurring dreams to friends and family’s behavior…from prosthetics to bathing suits…from American Idol to The Amazing Race…and on and on! Feel free to bring your lunch and BCCR will provide delectable desserts!

This is a non-traditional support group, which is exactly what many of us have been looking for. Brown Bag is a drop-in program. There is no need to call ahead.

Breast Cancer Support Group I

This discussion-based support group, led by Claire Gladwell, RN, meets regularly here at the BCCR. Join with others coping with a diagnosis of breast cancer, share your experiences and lend your support. We meet every three weeks on Tuesday evenings from 5:30 to 7 pm.

Though no registration is required, please call BCCR for the next meeting date.

Breast Cancer Support Group II

This discussion-based support group, led by Peg DeBaise, MFT, meets regularly here at BCCR and is perfect for those who are newly diagnosed with breast cancer, or for those within the first two years following the end of treatment. Meets the 1st and 3rd Thursday of the month from 5:30-7:00 p.m. This is an open support group- no RSVP required!

Gentle Yoga

On Monday evenings, you can find women stretched out on BCCR’s floor doing Gentle Yoga taught by Susan Meynadasy, a registered yoga trainer. Yoga sessions began in Spring 2005 and have been in high demand ever since. Sessions run in six week cycles and the class is limited to 14 breast cancer survivors. Advanced registration is required.

Living with Metastatic Breast Cancer Support Group

The Living with Metastatic Breast Cancer Support Group is designed to lend support to those who are coping with a diagnosis of advanced breast cancer. The group is led by Dr. Nancy Cooper, PhD who is a breast cancer survivor as well. The group meets the 1st and 3rd Wednesday mornings each month at the BCCR. Participation in this group requires pre-registration.
**The Sister Sak Project**

The Sister Sak Project was started by a group of young survivors who wanted to help each other in their journey with breast cancer. This project provides young women diagnosed with breast cancer a gift bag filled with comfort items delivered by a young survivor and a network of support dedicated to their unique concerns. Please call for a referral and Sak of your own!

**Peer Advocates Lending Support: P.A.L.S.**

Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. Women supporting women, partners supporting partners, families supporting families, all are central to this organization that is unique to the western New York region. Breast cancer survivors reach out to those who are new to the disease and also to their significant others, helping them connect to resources in the community, providing a foundation of caring and working hard to instill confidence and comfort in the face of a difficult time. Please call the BCCR to learn how you can become involved as a mentor, or if you would like to be enrolled in the program after your own diagnosis and receive the support you need and a pack of goodies.

**Young Survivor Networking Group**

The Young Survivors Networking Group is a hopping! The YSNG is co-facilitated by Miriam Iker, a clinical psychologist who specializes in children, families and adult women, and Amy Weetman, a young survivor specializing in peer support. Together they address issues including the impact of breast cancer on families, children, and careers. The Young Survivors Networking Group meets on the **third Thursday at noon** of every month. This is a drop-in group and there is no need to call ahead.

**Voices & Vision: A Writing Workshop for People with Breast Cancer**

This exciting program gives people with breast cancer an opportunity to explore and express their feelings through writing. The warm and supportive group is led by a professional instructor. Not only has writing proven to be very therapeutic for breast cancer survivors, but this program is getting rave reviews! Workshops run in six week cycles on **Tuesday evenings** and advanced registration is required. This workshop is limited to 12 participants.

**Book Club**

What if a traditional support group isn’t for you, but you still like the idea of participating in a supportive community following a breast cancer diagnosis? Join our Book Club! The BCCR Book Club will meet the **4th Thursday of the month**, from 6:00-8:00 p.m. Participation is limited and sign-up is required. To reserve your seat and learn the next book selection, call Tracy at BCCR.
$30 Will Turn YOU into a Brown Bag Friday Lunch SPONSOR!

Do you want to support one of BCCR’s most uplifting weekly programs? Would you like to help create an afternoon of laughter, information-sharing, and the opportunity for new friendships to bloom? You can! Become a Brown Bag Friday Lunch Sponsor!

Ready to become a Brown Bag Friday sponsor? Contact Tracey at 473-8177 or via tracey@bccr.org and learn how your $30 can help bring an energizing experience to our beloved “Brown Baggers”!

What is Brown Bag Friday?

Beginning at noon on Fridays at BCCR, you will find a supportive, non-judgmental group of women (a variety of breast cancer survivors – some newly diagnosed, some in treatment, some several years out) conversing over whatever they have brought to eat for lunch & coffee, tea, and dessert made possible by a donation from a Brown Bag Friday Lunch sponsor. Our topics are varied! This is a non-traditional breast cancer support group hosted by BCCR staff. There is no need to call ahead or RSVP. Just grab a sack lunch and join us!
Rose Galansky  by Pat Battaglia

I can clearly recall the first time I met Rose at a Brown Bag Lunch a few years ago. Hers was a quiet presence. When she began to speak, her story was not only the challenges presented by her diagnosis of metastatic breast cancer, but her resolve to face those hurdles with both determination and serenity. I was struck by the spirit of this gentle warrior, and we spoke privately after the lunch. That was the first of many conversations we had, as we would seek each other out at the BCCR events we attended. We found a kindred spirit as we shared both fears and laughter, and I always left our talks feeling buoyed by Rose’s fortitude and peace of mind in the face of a journey that was not of her choosing. She had a difficult diagnosis, but her walk through life was defined by other things. She carried herself with an air of peaceful courage, and had a heart open to the basic goodness of life. Whenever we met, she would ask how I was doing and was clearly happy to hear that all was well. She was always there with a smile, a kind word, and a hug. This is Rose. This is how she will always remain to me.

Carolina Hinestrosa

The breast cancer advocacy world was saddened by the loss of one of our most powerful advocates, Carolina Hinestrosa.

Born in Bogotá, Colombia, Carolina came to the United States in 1985 as a Fulbright Scholar to pursue a master’s degree in economics at Western Illinois University. She worked as a business economist in Colombia and New Zealand before moving to the Washington area in 1993.

Following a breast cancer diagnosis in 1994, Carolina and a group of survivors and health care professionals formed Nueva Vida, the only comprehensive support network for Latinas with breast and cervical cancer in the Washington metropolitan area. Carolina served on the Board of Directors of the National Breast Cancer Coalition (NBCC) before becoming Executive Vice President five years ago.

Surprisingly, it was not breast cancer that took Carolina. She fought a soft tissue sarcoma, a side effect of her breast cancer treatment, over the past year. She represented NBCC on the Institute of Medicine’s Committee on Technologies for the Early Detection of Breast Cancer, the Agency for Healthcare Research and Quality, the National Quality Forum, the Ethical Force of the American Medical Association and the National Action Plan on Breast Cancer Consumer Involvement Working Group. She also played a leading role in the development of the International Latina Breast Cancer Advocacy Network.

Carolina completed a Masters of Public Health, concentrating on health policy, at the George Washington University in Washington DC, in the spring of 2001. She contributed so much to so many, her impact in the world of women’s health, breast cancer, minority rights and in our lives continues.

Carolina is survived by her husband, Michael, and daughter, Isabel.

Friends Remembered...

Reese Deblase
Rose Galansky
Denise Graver
Carolina Hinestrosa

Tributes Welcomed

Would you like to write about someone you have lost to breast cancer? We welcome submissions from friends and family members and are particularly interested in hearing stories about how they have touched and changed your lives.

Please send your submission with a digital photograph to Susan Meynadsay, BCCR Voices of the Ribbon Newsletter Editor, at susan@bccr.org.
We look forward to hearing from you!
in total fear while she waited for the results. She was frozen, unable to function for two days.

On the third day at 6 p.m. she got the call with the cancer diagnosis from the radiologist. At 7 p.m. she was on the phone with her publicist to start a campaign to use her cancer as the springboard for public awareness and fundraising. She knew there would be talk, and she was determined to put a positive spin on it from the start.

The two days waiting for results were behind her. She approached her cure with all the dedication and conviction she invested in her business. She did extensive research, looked at treatment facilities in and out of Rochester and set up appointments. Her brother Howard, her business partner, became her partner in this new business of working toward a cure. He helped her do research, accompanied her to appointments with surgeons, radiologists and oncologists. Kitty describes those weeks as an “out of life experience” that she did not take personally. She was proactive, focused, and aggressive, and did what was needed to get rid of the cancer.

After extensive research, Kitty found doctors that she trusted in Rochester and had a lumpectomy followed by radiation. She returned to work immediately after her surgery and put her life back on course with some modifications. Every six months when she has to have a mammogram she relives the panic. She returns to healthy living when the results are negative.

There is a hesitation when Kitty says that she doesn’t want to give cancer credit for changing her life but she says, “It truly has”. She quotes a line from Lance Armstrong’s book It’s Not About the Bike “The truth is that cancer is the best thing that ever happened to me”. The line made her realize that she found new awareness and set new priorities for her life because of cancer. These days, when her daughter scores a “C” on an exam it’s not the end of the world. Likewise, when she enjoys a relaxing hour of time away from the dealership, she doesn’t feel like a slacker.

Kitty Van Bortel’s business approach to dealing with her cancer journey is a very personal variation on a common theme of strength and courage. The energy and enthusiasm she brings to the BCCR Artrageous Affair adds a unique aspect to a great event.

For tickets contact the BCCR office at (585) 473-8177.

Further On Down the Road continued

Has your breast cancer experience impacted the above choices in any manner?

Betty-
No, my choices in life have never waivered. I "go for the gold" every day!

Kathy-
I think that this experience has made me more compassionate. Being the needy one was an eye opener and I really understand in my soul what a difference a kind word or deed can do to lift someone’s spirits. My main goal was to get back to being me, only better. I guess that will be an ongoing effort!

Lori-
Absolutely! You can’t help but be impacted and changed by the big C. Although my cancer is gone for the moment (knock on wood) I continue the journey as a survivor and a mentor. It’s that club you never wanted to join, but once you’re in it, you are in it for life!

Living life to its fullest, finding meaning and purpose in the face of the uncertainties and frustrations of a diagnosis that reminds a person of both the frailty and deep inner strength of life; these common threads weave among the words of survivors. The specifics of each case may vary greatly, and other survivors who might answer the same questions would have powerful stories to tell that are uniquely their own. Yet there is a spirit of mingled courage, tenacity, and optimism that unite all. This is indeed a club that no one would ever want to join. Its members bring with them the individual gifts of self that have carried them to this point, and they face their fears with all that they are, eventually to find that life is, indeed, good.
Collage Poetry From Voices and Vision: 
A Writing Workshop for People with Breast Cancer

On our first meeting for the June Session of V&V, I wanted to create a collective experience to solidify the group right away. I chose an activity suggested by Cheryl Moskowitz (a writer from England), a group poem. For this activity everyone walked around the room (at BCCR) using all of their senses to observe the room while also paying attention to what they were feeling. Every few minutes, for a total of three times, I stopped the group and individually they wrote something down based on their observations: single words, a phrase or an entire sentence. During this time period, no one knew what their writing was going to be used for. Once back at the table, everyone separated their three pieces by cutting them into strips.

All the slips were placed in a pile and as a group we put them all together to form our poem. It was amazing to us how beautiful the poem turned out to be!

- written by V&V facilitator Robin Frye

Venetian blinds protect our privacy in the incremental amounts we desire
Cozy couches circled around a coffee table
A comforting place to visit with friends
I see a beautiful woman relaxed and smiling
A simple four patch design, quilted, textural
Beauty, space between two front teeth
Bracelets, joined hands - adorned wrists, I feel their connection, energy
Why are there never any purple sweatshirts left?
Tootsie pops - cherry makes my lips sticky
I like water
The water in the cooler is so still and crystal clear
Pictures on the wall - some I don’t know, some I did...
Is this lump under my arm cancer?
In the corner of the skylight are cobwebs
Cold and spooky picture, disconcerting gathering of what - fear?
Names - people, lives
Breast cancer sucks
Warm inviting colors on the wall, thoughtful artwork
Headscarf on women in pastel (significant)
Hope - fantastic piece, powerful, meaningful
Twig wreath, hope pins, where am I? How did I get here?
Curly texture, symmetrical, brittle
Hope, Friends quilt for a cure
Lovely stitched binding - hand finished in front
Kelli is warmed by the blanket of love from us all at BCCR
A walk at sunrise sounds so relaxing
May Your Life Be Like A Wildflower Growing Freely in the Beauty and Joy Each Day

---

IMPORTANT MESSAGE
HELP PROTECT NEW YORK’S WATERS
DON’T FLUSH
UNWANTED HOUSEHOLD MEDICATIONS
OR POUR THEM DOWN THE DRAIN

RETURN to collection events where available or
MIX with something undesirable such as coffee grounds, cat litter or dirt
TAPE up containers
TOSS in your garbage

For full instructions or designated collection events visit: WWW.DONTFLUSHYOURDRUGS.NET
Our Fundraising Friends

Women Realtor’s Association Fashion Show

Tracey Knapton, Mary Jo DeRose, Judy Rynne, Holly Anderson, Sharlene Nally - Fashion Show Vice Chair, Janine Pajek - Fashion Show Chair, Linda Wilson - WCR President. These generous ladies visited the BCCR office to present a check of $6,625 raised during their 2008 fashion show!

Rolling Over Breast Cancer!

On Saturday, August 8th the ROC City Roller Derby hosted The Battle of the Ladykillers where spirit, passion and roller skates were the ingredients for an exciting evening! The Mammoslams, skating for BCCR out skated The Heart-Beaters, skating for the American Heart Association, bringing in an impressive donation to BCCR. We applaud the efforts of the Roc City Roller Derby team for raising awareness of the leading causes of death in women – breast cancer and heart disease. Thank you, ladies!!

Schoen Place Auto Fundraiser

On May 16, 2009, the Breast Cancer Coalition of Rochester was the benefactor of a very unique fund raiser. Jerry Elman, owner of Schoen Place Auto, wanted to celebrate the grand opening of his new repair facility by hosting an event to give back to the community. The Car Smash was born, having participants pay $5 to take 5 whacks with a sledge hammer to a car painted pink for the occasion. Over $4000.00 was raised for BCCR. Jerry hopes to make this an annual event. Thank you, Jerry! To see a video of this event: http://www.youtube.com/watch?v=Bs_oGgZONW8

Siena Student Raises Funds and School Spirit

Dear Breast Cancer Coalition of Rochester,

This past October I led a Breast Cancer Fundraiser at Siena Catholic Academy in honor of my “Aunt” Joanne who was diagnosed with breast cancer 3 years ago, underwent heavy chemo, had a mastectomy, and survived! As an extremely close family friend I care for her deeply and wished to honor the victory she had over cancer so that other women could do the same. My idea started out just selling some pink ribbons and raffling of a gift basket or two but when a ton of girls joined to help we ended up with getting the whole school involved and raising $569!!! A couple of my close girlfriends and I huddled over desks for hours making hundreds of pink ribbon pins to sell along with a raffle ticket for a chance at getting the most prized possession every Bills fan would ever want... a Buffalo Bills long sleeve breast cancer awareness shirt signed by almost every living alumni of the Buffalo Bills! Soon boys were practically drooling and handing me money in hopes of getting the shirt! All together students paid $2 for a pink ribbon pin, raffle ticket for a chance to win the shirt or other donated prizes (pink candy baskets, pink bath & body works set, etc.), AND a dress down day, which is rare because we have strict uniforms. On the dress down day everyone had to wear pink and whoever wore the most pink got a prize which was a tough call because some of these girls... and guys were pink head to toe! Obviously, it was a HUGE success and I hope that this money is used to aid a woman fighting breast cancer or used in research to help women affected by cancer.

Your Fellow Advocate, Taylor Howarth
Upcoming Fundraising Events

**Girls Spa Parties, an on-location spa service, recently hosted an event to benefit BCCR!**

“Pamper Me Pink” took place at Westminster Hall & Chapel in Mendon, NY on October 4th, 2009.

Attendees indulged their senses and enjoyed a fabulous day of pampering, entertainment, beverages, shopping, lounging, watching a live fashion show, and much, much more!

This event was meant to provide strength, beauty and power, in support of the thousands of Rochester Area women who have been affected by a diagnosis of breast cancer each year, and the men and families who support them! We will keep you posted of the results of this great event.

**GET READY TO SHOP FOR A GREAT CAUSE!**

Second Bloom Corp., Fairport’s Newest Consignment Shop is holding its 4th annual Sunday fundraiser to benefit the Breast Cancer Coalition of Rochester.

**Sunday, October 18th** from 11:00a.m. to 4:00p.m. at Second Bloom Corp., located at 1276 Fairport Road (near Fairport Friendly’s).

30% of Total Pre-Tax sales will be donated to BCCR. Light refreshments and drawings for door prizes throughout the afternoon.

For more information and to donate door prizes, call Daria Reitknecht at 585-388-4330.

**Artistic Designs Hair Salon To Hold Its Annual Cut-a-Thon**

**Sunday, October 25th**

11a.m. - 4p.m.
603 Park Avenue
244-7763

$15.00 for a basic cut - all proceeds, including tips, to benefit the Breast Cancer Coalition of Rochester. Walk-ins welcome! Refreshments will be served and tickets for raffle items will be available.
The name of the individual honored or remembered is shown in **bold** type. The Breast Cancer Coalition thanks donors for these gifts made since our last listing. (Donations made after September 30th will be included in the winter newsletter.) *We apologize for any errors and/ or omissions on our donor pages.*

**In Honor of:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Event/Recipient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holly Anderson</td>
<td>Nunda Rotary Club</td>
</tr>
<tr>
<td></td>
<td>Roch. Mammography Association</td>
</tr>
<tr>
<td>Mary Beauchamp’s Bridal Shower</td>
<td>Gerald &amp; Christine Beauchamp</td>
</tr>
<tr>
<td></td>
<td>Ralph &amp; Linda Brongo</td>
</tr>
<tr>
<td></td>
<td>Joyce Schmidt</td>
</tr>
<tr>
<td>Sylvia Cappellino</td>
<td>Ann Mazarella</td>
</tr>
<tr>
<td>Lee Cordero</td>
<td>Madeline Uttaro</td>
</tr>
<tr>
<td>Becky Fox</td>
<td>Dave &amp; Sherry Karwas</td>
</tr>
<tr>
<td>Marty &amp; Sherrie Handelman’s</td>
<td>Edward &amp; Joyce Burg</td>
</tr>
<tr>
<td>50th Anniversary</td>
<td>Christopher McCarthy</td>
</tr>
<tr>
<td></td>
<td>Seymour &amp; Joanne Viener</td>
</tr>
<tr>
<td></td>
<td>Robert Wise</td>
</tr>
<tr>
<td>Allyisa Hill</td>
<td>Mary Reveley</td>
</tr>
<tr>
<td>Lynn Lubecki</td>
<td>Felecia Book</td>
</tr>
<tr>
<td></td>
<td>James &amp; Sandra Long</td>
</tr>
<tr>
<td></td>
<td>Thomas &amp; Naoko Robinson</td>
</tr>
<tr>
<td>Dave &amp; Marcia Zimmerman</td>
<td>Bob &amp; Fran Lurz</td>
</tr>
<tr>
<td>Diane Mazzarella</td>
<td>Ann Mazarella</td>
</tr>
<tr>
<td>Sally Pope</td>
<td>Ruth Messinger</td>
</tr>
<tr>
<td>Robert Rickard</td>
<td></td>
</tr>
</tbody>
</table>

| Judith Waldert                |                                                       |
| Cindy Radogna                 | Hardings Beach, LLC Home Senior Care                  |
|                               | Lawrence & Therese Park                              |
| Judy Rohrer                   | Ann Mazarella                                        |
| Harold & Kathleen Russell’s   | Michael & Olga Russell                               |
| 50th Anniversary              |                                                       |
| Michel Snyder & Brandy Gold   | Joseph & Alice Gold                                   |
| Rhonda St. Amant B’Day        | Jack & Audrey Smith                                  |
| Josephine Trubek              | Edith Sullivan                                        |
|                               | Jeanne Trubek                                        |
|                               | Mary Trubek                                          |
|                               | Anne Webber                                          |
|                               | James Webber                                         |
|                               | Ronald Webber                                        |
| Robin Vavrina’s B’Day         | Gregory & Susan Smith                                |
| Vicki Zeiser & Memory of Dorothy | Kristin Zeiser                                 |
| David & Marcia Zimmerman’s   | Donald & Arlene Schneider                            |
| 45th Anniversary              |                                                       |
| In Memory of:                 |                                                       |
| Nick Agnello                  | Ann Mazarella                                        |
| Ethel Brown                   | Nancy Norman Brown                                   |
|                               | Jim & Sylvia Cappellino                               |
|                               | Jo LaMar                                              |
| Marvin Davis                  | Dick & Linda Cooper                                  |
|                               | Dick & Marcia Kaplan                                  |
| Arlyn Grossman                | Stephanie Spicer                                     |
| Sam Gruttadaira               | Mary Maggio                                          |
| Russell MacArthur             | Jo LaMar                                              |
| Dorcas Marquardt              | Anthony & Mickey Quattrone                           |
| Betty Mazzatti                | Lena Adams                                            |
| Caroline Mirrione             | Gia Allen                                             |
| Ryuko Mizutani                | APA-AiP                                               |
|                               | Mara Ahmed                                            |
|                               | Greg Andrews                                          |
|                               | Benjamin Cometa                                      |
|                               | Mar & Lita Doromal                                   |
|                               | Diane Godsey                                          |
|                               | Laurie Hambleton                                     |
|                               | Arnold & Hisako Klinsky                              |
|                               | Mimi Lee                                              |
|                               | Shirley McCullough                                    |
|                               | Ann Marie Miller                                      |
|                               | Rochester Japanese Assoc.                             |
|                               | Yoshiko Samuel                                       |
|                               | Ronna Treier                                          |
| Katharuna Palczy              | Mary Ann Gardone                                     |
|                               | Ann Luciano & Linda Sagcan                           |
|                               | Thomas & Marguerite Luciano                          |
|                               | Jerry & Susan McEvily                                 |
| Nancy Powers                  | Craig & Lizabeth Brown                               |
|                               | Christy Powers                                        |
|                               | Nicholas Powers                                       |
| Lou Ellen Wheeler Smith       | John Callaghan                                       |
| Tulia Tomasino                | Jim & Brenda Grammatico                               |
| Danny Uttaro                  | Madeline Uttaro                                      |
Kathleen VanMeenan
Mary Ann King

Robert Wickson
Elizabeth Wende Breast Care, LLC

Bernard White
James DeLucia
Franklin Albro

**Contributor's Circle $1-$49**
AXA Corporation
Maureen Baxter
Carol Bonezyh
Mary Ann Brown
Peggy Bukevitch
Shannon Chaplik
Sheena Corrigan
Daniel and Laura Delehanty
Terri DiBisceglie
Richard & Marie DiSalvo
Tatyana Feasey
Jennifer George
Jennifer Goldenberg
IBM Employee Service Center
Karen Wadron Johnson
Sandra Korbel
Lisa Lemcke-Smith
Pat Lewis
Kaleen Litvak
Fran Mann - Brown Bag Sponsor
Jerry & Susan McEvily
Nunda Rotary Club
Bob & Patti Prato
Sam Privitera
Sarah Robinson
Denise Rudy
Nancy Schaad
Todd Stevens
Ralph Toseano
Zonta Club of Rochester, NY

**Friend’s Circle $50-$99**
AXA Corporation
Stephen Ashe
Koen Goorman
Bonnie Guon
Mary Knowles
Frances Mann
Joyce Paley

**Pink Ribbon Circle $100-$499**
Peter Abdella
Adecco Shared Services
Joseph & Joan Gerber

**Bowl for A Cure-Brongo Bowl**
Karen Bell

**Canandaigua National Bank & Lila Bluestone**
Eric Frazier
Gallina Development Corp.
MCC Hospitality Dept-Student Run Restaurant
Pampered Chef-Jennifer Bezenah
RACS
Leslie Roberts
Ruby Rd Clothing Co.
Second Bloom
Edith Trubek Sullivan
Gail McDougall Sullivan-Jewelry by GEM
Mary Tower
Zeta Tau Alpha Foundation, Rochester Chapter

**Advocate’s Circle $500-$999**
The Stock Exchange Restaurant
John & Nicole Terrigino
Siena Catholic Academy
Volvo Construction Equipment Rents, Inc.

**Visionary Circle $1,000.00-$4,999**
Annunciation Greek Orthodox Church
Kyle Krawiec
Rochester Area Ladies Hockey Players & Nate Snyder, Rochester Amerks
**Volvo Rents – American Rentals**
Villager Construction
Genesee Construction Service, Inc.

**Visionary Circle $1,000.00-$4,999**
Women’s Council of Realtors

**BCCR Fundraising Event Donations:**

**Pink Ribbon Run Sponsors**
Verna Agnello
All About You Salon & Day Spa, Inc.
Pamela Allison
Laura Baron
Linda Baroody
Jill Belasco
JoAnn Campbell
Therese Christo
Katy DiMarco
Rosalie Dougherty
Deborah Frati
Amy Gaesser
Mary Gilligan
Richard Kincalld
Linda Landstrom
Peggy Leverenz

Jerry & Gail McElroy
Karen Moulton
Geraldine Muoio
Margo Novak
Pharah’s Hairum Salon & Spa
Mary Reveley
Scott & Wendy Ryan
Janet Schroeder
Sue Sortino

**Tee’d-Off at Breast Cancer Golf Tournament**
Frank Allkofer & Elaine Tette
Wen-Li Adam Chen
Elmwood Dental Group, P.C.
Bob Jordan – State Farm
Jim & Sylvia Cappellino
Frederick & Marlene Friberg
Wayne & Susan Miller
RC Outdoor Power Equipment
Kim Stolp
Surmotech
Tim’s Trim, Inc.
Walter Deck, D.M.D.
Joyce Wichie

**Material Gifts**
Norma Leone
Mark & Annette Licata
Laura Speck

**United Way Donations Donor Choice #2334**
Anonymous
Michelle Bessette
Marion Dunn
John Interlicchia
Candice Kraemer
Lisa Landry
Michael Lasch
Andrew Maltese
Lynn Manuel
David Pagel
Mark Raeside
Marcel Secours
Jennifer Smith
James Weidman
Upcoming Events & Programs at BCCR

Saturday, October 17, 2009
8th Annual ARTrageous Affair
6:00pm

Wednesday, October 28, 2009
Lives Touched, Lives Celebrated
Join us for an evening of hope, contemplation, and laughter as we honor all the lives that have been affected by breast cancer.
7:00 - 9:00pm

Wednesday, December 2, 2009
BCCR Holiday Open House
Please come enjoy the holiday season with us!
4:00pm

Wednesday, January 27, 2010
Evening Seminar
Presenter Deeanne Bevin
7:00 - 9:00pm

All events unless otherwise noted are at:
THE BREAST CANCER COALITION OF ROCHESTER
840 University Avenue
(Between Culver and Goodman)
Questions? Contact the BCCR at (585) 473-8177
Our larger pin, above, is in color on wood and measures 2 inches square. The smaller pin, shown below, measures 1 1/2 inches square and is also in color on wood.

Both pins are designed and handmade by artist LisaBeth Weber and available only at the Breast Cancer Coalition!

Stop by at 840 University Avenue in Rochester or call us at 585-473-8177 for more information or to order one or more! The cost is $10.00 each. We do accept Paypal as well as most major credit cards.

---

**Take Action!**

Become a Supporter of the Breast Cancer Coalition of Rochester by making a gift today!

Your donation will ensure that you will receive a subscription and invitation to all general meetings, educational forums, and special events. Additionally, you will help support our goal of creating an active voice in the Greater Rochester Region in the fight against breast cancer through advocacy, education, and support.

Name
Address
City  State  Zip
Phone
E-mail
☐ I am a breast cancer survivor
☐ $5000  Founder’s Circle
☐ $1000  Visionary Circle
☐ $500  Advocate’s Circle
☐ $100  Pink Ribbon Circle
☐ $50  Friend’s Circle
☐ $25  Contributor’s Circle
☐ $ Other
☐ I am not able to make a donation at this time but would like to be on your mailing list.

I would like to make an additional gift of $

In ☐ Honor of
☐ Memory of

Please send notification of my gift to: (name and address)

Payment Choice
☐ Check, Money Order  ☐ Visa/Master Card/AmEx
Amount Enclosed $
Credit Card No.
Expiration
Signature
Name on Card

Breast Cancer Coalition of Rochester
840 University Avenue Rochester, New York 14607
(585) 473-8177; www.bccr.org
Welcome to the New BCCR Board Members!

Chair
Anne-Marie Strasenburgh
Past Chair
Joyce Wichie
Vice Chair
Melisande Bianchi
Vice Chair
Debra Kusse
Treasurer
Rhonda St. Amant
Secretary
Mary Carafos
Advocacy
Marianne Sargent
Major Fundraiser
Patricia Cataldi
President, Executive Director
Holly Anderson
Chair Emeriti
Phyllis Connelly and Sylvia Cappellino

We are thrilled to announce that Parkleigh has selected the Breast Cancer Coalition of Rochester, to be the beneficiary of the sale of Trollbeads “Empowerment Bead Collection”, in honor of National Breast Cancer Awareness Month. Look for these gorgeous assorted pink and white beads, that will not only fit Trollbead bracelets, but all competitors bracelets as well.