2011 Legislative Reception

The 8th Annual Terri Schmitt Legislative Reception was well attended on August 11, 2011. The keynote speaker was Terri’s beautiful daughter, Chelsea, who begins her sophomore year at Syracuse University later this month. Chelsea gave a tribute to her mother with a well-articulated speech, urging that the future of breast cancer research should be a priority, and

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As I approach my ten year anniversary as Executive Director of the Breast Cancer Coalition, like a parent on the verge of sending a last child out the door, I find myself wondering where the time went. And like that parent, I feel a sense of pride and wonder in all we have accomplished together.

Ten years ago, on October 1, 2001, I approached my new position with a great deal of uncertainty and trepidation, not unlike how I had faced my breast cancer diagnosis two years earlier. Our country was in the immediate aftermath of one of our greatest tragedies, 9/11. While the Breast Cancer Coalition worried and watched with the rest of the world, we had a foreboding sense that this horrific terrorist attack would have a ripple effect on nonprofit organizations that provide myriad services throughout the country. We knew, as buildings fell and planes crashed, that people would still need the resources provided by all of these essential agencies. Aware that grants, donations and other funding sources would soon be channeled to the post-9/11 effort, we joined others in the nonprofit world as we scurried to temporarily cut programs, place expansion plans on hold, and shore up resources so that those suffering as a result of the 9/11 tragedy would have the ways and means to cope with grief and despair of unimaginable magnitude, while at the same time protecting those we serve at the Coalition.

But we never stopped what we were doing, and we were correct about people still needing a multitude of resources. Breast cancer never shudders in the face of terrorist attacks, tsunamis and hurricanes, and it doesn’t wait for the right time to wreak havoc on lives. Since 9/11 and other disasters that followed, thousands of women (and many men) have come through our doors seeking information and support. Each year we evaluate our offerings and determine what works and what isn’t working any longer. Innovative programs surface in response to feedback received; or data that a particular intervention leads to better informed

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“Strength does not come from physical capacity. It comes from an indomitable will.”

~Mahatma Gandhi

The traditional gift for a thirty year anniversary is pearls. The modern gift is diamonds. But whatever precious gem might be chosen to symbolize it, the thirtieth anniversary of anything marks a real milestone. It represents a large portion of one's life devoted to a particular person, people, or cause. When someone reaches that milestone after a breast cancer diagnosis, it is truly a cause for celebration.

On August 19, 2011 Joanne Hammond celebrated 30 years of breast cancer survivorship. It has been a long and often difficult road, and the journey is marked by her tenacity and self advocacy at a time when these things were not the norm for cancer patients.

In 1981, Joanne had lived in Rochester for ten years. “I was the picture of health,” she recalls. “I had never been in the hospital; never had an x-ray; never had as much as a stitch.” A single working woman, Joanne consulted a primary care physician when she needed a physical for her employer. This doctor, who would be with her throughout the entire drama that was about to unfold, suggested that she have a baseline mammogram because of her dense breast tissue.

Joanne scheduled her mammogram with Dr. Wende Logan-Young, who, at the time, worked alone in a small office, showing patients their x-ray films at her desk. Her pet dog was often seen snoozing under that desk. Dr. Logan-Young was kind but direct when Joanne’s turn came:

“You have breast cancer, right here,” she said as she pointed to the area of concern on the film before her. The stunned Joanne was directed to go immediately to her primary care physician’s office with the assurance that by the time she got there, her doctor would know about the situation and be able to refer her to a surgeon. It was a short trip down the street from one office to the other, and Joanne remembers, “I don’t know how I got down the road.”

But get down the road she did, and her physician arranged an appointment with a surgeon at what was then St. Mary’s Hospital. His advice to Joanne was to go home, write down any questions she had for the surgeon, and to take someone with her to the appointment.

With no family history and no personal experience of cancer to draw on, Joanne put one foot in front of the other and went forward. A mastectomy was scheduled. At that time, mastectomy patients went into the operating room not knowing if that procedure would actually be done. During surgery, a section of the tumor was removed and tested. If it was found to be cancerous, a radical mastectomy was performed, removing a larger area of tissue than is commonly done in the current modified radical mastectomy.

In the recovery room, Joanne put her hand to her chest as she awoke. She knew from the heavy bandaging she felt that cancer had been found and her breast removed. She and family members that had traveled to be by her side during this time were devastated.

Joanne remained in the hospital for a week afterward as various scans and tests were done and an oncologist was consulted. By the time she went home, her treatment plan was in place. Enrolled in a study through Johns Hopkins, she would undergo eighteen months of chemotherapy that consisted of a cocktail of drugs, many of which are still in use for breast cancer patients today. As Joanne’s cancer was found to have spread to several lymph nodes, this was the only treatment available to her at the time.

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Advocacy News on 4

Since The Affordable Care Act was passed in March 2010, the debate and controversy over the new law has been constant. However, at the National Breast Cancer Coalition Advocacy Training Conference in May 2011, we learned that tangible, positive actions have occurred as a direct result of this legislation. Breast cancer survivors and their families no longer have to live in fear of losing their coverage when they need it most, and insurers are no longer allowed to arbitrarily restrict access to necessary care or artificially limit coverage. However, these new protections are at risk, due to the legal challenges that have been brought in attempt to repeal the law. Repealing or invalidating the law would have a detrimental impact on breast cancer survivors, and undo the progress that has been made.

HEALTH CARE REFORM - One Year Later
By Eileen McConville

I’m worried that some breast cancer treatments will no longer be covered. Will there be rationing? Who decides what will be covered?
Patients with breast cancer will continue to have access to the most appropriate treatment and services, as determined by the medical professionals overseeing their care. The new law also attempts to get the best medical and scientific evidence available directly into the hands of the providers through widespread adoption of health information technology.

Will mammography screening be covered?
Yes, mammography screening was included as part of a package of essential preventive benefits that private plans and Medicare should make available to enrollees at no cost. It will also likely be covered under the Essential Benefits requirements that will be crafted as part of the new Health Insurance Exchange System.

As a breast cancer survivor, can I get coverage if I’m currently uninsured?
Yes. Starting in July 2010 if you have been denied coverage due to a pre-existing condition such as breast cancer, you may be eligible to enroll in the newly created, temporary Pre-Existing Condition Insurance Plan (PCIP) which will either be federally administered or run by your individual state. The premium cost for high-risk pool coverage will be established for a standard population in the non-group market and will not be based on the health status of enrollees. Then in 2014, a range of new and more affordable health insurance options will become available for individuals and small businesses. The establishment of state-based health insurance exchanges will enable people to shop for standardized health insurance packages where you can no longer be discriminated against because of your breast cancer or any other pre-existing condition you may have.

What about the Breast and Cervical Cancer Treatment Program?
The new law makes no changes to the BCCTP, and uninsured women who are diagnosed with Breast or Cervical cancer are encouraged to continue to apply for this Medicaid coverage option. Women who don’t have insurance coverage and have a recurrence could regain Medicaid coverage under the BCCTP.

I’d like to participate in a clinical trial, but my insurance won’t cover my care if I do. Will this change under the new law?
Yes. Under the new law, beginning in 2014 all group and individual plans will be required to cover the routine patient costs for clinical trial participants and may not discriminate against an individual based on participation in a clinical trial.

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Last November, at the annual meeting of the Northern Plains Resource Council, which took place in the Crowne Plaza Hotel in Billings, Montana, I watched a cowboy cry.

As someone born east of the Mississippi, I’m aware that I may have my vocabulary words mixed up here. The crying man called himself a rancher, not a cowboy. But he had the hat. The legs in the blue jeans were bowed. And he said things like, Sometimes you have to ride with the brand, and sometimes you have to speak yer mind. Which sounded like cowboy talk to me.

What had him choked up was the ongoing ruination of the West caused by fossil fuel extraction. Coal mining. Coal-bed methane. Oil wells. Oil sands pipelines from Canada. And the newest atrocity: high volume, slickwater, horizontal hydrofracturing, which blows up deep layers of shale to get at natural gas bubbles. Science magazine describes fracking this way: under extreme pressure, large volumes of chemical-laced water are used to “create a football-shaped cloud of fractured shale 300 meters long.”

The prospect of turning fresh water into a club to smash bedrock into footballish clouds had—along with coal mining—sunk a whole roomful of men into sorrow. They spoke about artesian springs that had stopped flowing. The difficult business of irrigating alfalfa. And something called subsidence—downward motion of the earth caused by collapsing tunnels or changes in pressure from gas extraction. Subsidence can roll boulders through people’s front doors.

There was a panel called “Reflecting on the Importance of the Good Neighbor Agreement.” There was a presentation about how to convince the state of Montana to study the environment before moving forward with destroying it (by permitting a coal mine at Otter Creek) and an update on the attempt to persuade TransCanada to withdraw its application for a waiver to use thinner-than-standard pipe for ferrying tar sands across the prairie.

The task force was pleased to report its success in this last effort. Many conference participants looked like they had walked right out of central casting. And that created for me moments of cognitive

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Tamoxifen has been used for over thirty years to treat estrogen-receptor (ER) positive breast cancer in women and men. In both early stage and advanced cases, it interferes with the action of estrogen on tumor cells, slowing or stopping their growth. In the adjuvant setting for early stage disease, it has been shown to reduce the chance of the original cancer returning in the same breast or elsewhere in the body when taken for a period of five years.

In an article published in The Lancet on July 29, 2011, the Early Breast Cancer Trialists’ Collaborative Group reported on a meta-analysis of data from 20 trials in early breast cancer. Fifteen years after diagnosis and ten years after stopping tamoxifen, women who took the drug after an ER positive diagnosis had a one-third lower risk of dying from breast cancer, and were about 40 percent less likely to develop recurrent disease than those who did not take the drug. Even those who were marginally ER positive showed a substantial survival benefit.

Aromatase inhibitors are another adjuvant treatment option for women with early stage disease. Like tamoxifen, these drugs prevent the growth of ER positive tumors, but by a different mechanism. They block aromatase, an enzyme which helps the body produce estrogen, and have been shown to have a slightly higher survival benefit for post-menopausal women. Tamoxifen works by interfering with ability of tumor cells to use estrogen. When a woman’s ovaries are actively producing estrogen, aromatase inhibitors offer no benefit, and tamoxifen is usually the treatment of choice.

As a relatively new class of drugs, aromatase inhibitors haven’t been in use long enough for the kind of meta-analysis that was done on tamoxifen. Time will tell if they offer the same extended survival benefit. But both are excellent treatment options for women with early stage ER positive disease, and the choice of one over the other is a topic for discussion between patient and doctor.

http://www.thelancet.com/journals/lancet/article/PIIS0140-6736%2811%2960993-8/abstract
http://www.cancer.gov/cancertopics/factsheet/Therapy/tamoxifen

Conference on Hydrofracturing: Learning From the Experts

I had the opportunity to attend a two-day conference at Hobart and William Smith Colleges entitled Proactive Approaches to Mitigating Impacts of Marcellus Shale Development.

Several years ago I learned that energy companies were leasing land for drilling very near to where I grew up in the Catskills. Since then I have been trying to learn more.

Layers of shale rock with countless pockets of natural gas underlie much of New York State, part of an extensive formation known as the Marcellus Shale. Energy companies have developed a process called hydrofracturing (“fracking”) to release this trapped gas. Huge amounts of water infused with sand and chemicals are blasted into horizontal wells drilled deep into the rock. Many people throughout the state are concerned about the environmental impact such drilling would have.

Currently, the New York State Department of Environmental Conservation (DEC) has placed a moratorium on fracking while they study its environmental impact. An amended preliminary report is expected to be released soon. The United States Environmental Protection Agency is also studying the issue.

The Coalition is concerned about the environmental consequences of hydrofracturing and its potential to adversely affect the health of those living in and around drilling areas. We are committed to the precautionary principle: first, do no harm.

The extremely knowledgeable presenters at this conference offered different perspectives on hydrofracturing’s repurcussions.

KEYNOTE ADDRESS

John H. Quigley, former Secretary of Pennsylvania Department of Conservation and Natural Resources, spoke of his state’s experiences with hydrofracturing.

Pennsylvania has a long history of oil drilling and coal mining. There are 180,000 abandoned mines and 5000 miles of polluted streams in the state, and public health is impaired. Two-thirds of Pennsylvania lies atop the Marcellus shale, and one-fourth of the land is currently under lease, including sixty-one state parks. Eighty percent of mineral rights are privately owned. Pennsylvania does not tax drilling, and tax revenues could help mitigate some negative effects of fracking. Quigley noted that Montana, which has had fracking...
If you are diagnosed with cancer when you have young children, you're faced with what to share with them and how to share it.

It is important to realize that cancer affects the entire family and not just the person with cancer. As a member of that family, children have the right to be included.

Children can usually sense when something is wrong. And they will likely overhear the word "cancer" when you're talking with someone else. If you tell them the truth, they can focus on the reality rather than the even scarier things in their imagination.

When you talk with your children, it is important to use language they understand and to be sensitive to their concerns.

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A NEW OFFERING

Living With Metastatic Breast Cancer Support Group

The Coalition has a long history of providing support to those living with metastatic breast cancer. We have listened to feedback from members of our community and formed a new, informal support group for women with advanced breast cancer. On the second and fourth Thursday of each month, women facing this diagnosis are invited to meet and mingle with others who are in a similar situation. From 9:30 until 11:00 AM, they will have the opportunity to build connections and find support and empowerment on their respective journeys. Peg DeBaise, who facilitates two of our evening support groups, will be on hand to lead this one as well. There is no need to RSVP - just come when you're able. This group is in addition to the ongoing group that meets on the first and third Wednesday mornings.

Although there is no need to call ahead if you plan to attend, we do appreciate your interest and feedback on this new group. Call the office (473-8177) with any questions or comments you may have.

Peg DeBaise

Peg is a licensed marriage and family therapist who facilitates our Thursday Evening Breast Cancer Support group, our Friends and Family Support group and our newest Advanced Breast Cancer group. In addition to her MA in Marriage and Family Therapy from Syracuse University, Peg has an MA in Drama from the same school and has extensively studied Drama Therapy at the Institute of Healing and Wellness in Boston. Her expertise also includes counseling those who have lost a loved one, as well as those who have been affected by a life threatening illness. A calm and reassuring presence, Peg is a welcome and well-respected member of the group of facilitators who oversee many of our programs.

From the Sanskrit

Look the very life of life, to this day, for it is life. In its brief course lie all the realities and truths of existence, the joy of growth, the splendor of action, the glory of power. For yesterday is but a memory and tomorrow is only a vision. But today well-lived makes yesterday a memory of happiness and every tomorrow a vision of hope. Look well, therefore, to this day!
A Charming Afternoon

Who doesn’t enjoy a new piece of jewelry? On Saturday, August 13th, the Coalition offered a charm bracelet workshop for those living with advanced breast cancer. Studio 34 Jewelry Arts on Elton Street provided a lovely assortment of beads to choose from, and instructor, Pat Roach, led us through the details of the project. Each woman selected the beads of her choice to assemble onto her bracelet. She also had the opportunity to make the bracelet herself – if she felt up to the challenge! Afterward we enjoyed light fare, sweet treats, and enjoyable conversation. Many thanks to Studio 34 for donating the beautiful beads and bracelets for our afternoon. It was a wonderful time of networking and connection! ☺

A time to gather for those living with metastatic breast cancer

Common Ground

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, 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.

Wednesday Support Group

Other Programs Offered For Those Living with Advanced Breast Cancer

SAVE THE DATE!

MBCN
Metastatic Breast Cancer Network

National Conference “Empowerment Through Education”

Saturday, October 29th

Learn...Connect...Discuss
Latest Treatments
Coping Strategies
Future Therapies

For more information and to register visit:
www.mbcnetwork.org

All MBCN programs are free and open to patients, friends & family, and health care professionals.

Advanced Insights

A GROUP FOR THOSE WITH RECURRENT/METASTATIC BREAST CANCER

Luellen Patient/Family Resource Center

4TH THURSDAYS OF THE MONTH
5:00 - 6:30PM

FOR MORE INFORMATION CONTACT:
Sandy Sabatka, LMSW
276-4529

James P. Wilmot Cancer Center

Programs Offered For Those Living with Advanced Breast Cancer at the Coalition

Common Ground

A time to gather for those living with metastatic breast cancer

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, a breast cancer survivor as well. The group meets the 1st and 3rd Thursday mornings at 9:30am each month at the BCCR. There is no need to RSVP - just come when you are able.
**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 re-growth...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.

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**Our Programs at the Breast Cancer Coalition of Rochester**

**BC 101**

This program provides information and support to those who are coping with a breast cancer diagnosis. The goals of the program are to assist participants in managing the complex tasks and emotions of a breast cancer diagnosis and to empower women to be their own self-advocates as they proceed through treatment, recovery and survivorship. Our professional facilitators are eager to provide a safe, comfortable atmosphere where information can be absorbed and assimilated, while formulating a strategy for coping with each individual’s breast cancer experience.

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**Tuesday Night Breast Cancer Support Group**

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.

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**Thursday Night Breast Cancer Support Group**

This discussion-based support group, led by Peg DeBaise, LMFT, 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!

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**Friends & Family Support Group**

For those who have a friend, partner, or family member who has been diagnosed with breast cancer, we extend an invitation to a special group designed to offer support and guidance. This group, led by Peg DeBaise LMFT, meets on the second Thursday of each month from 5:30 until 7:00PM. When the caregiver (male or female, any age) needs support, we’re here for you! An RSVP is appreciated, as light refreshments will be served, but don’t let the fact that you haven’t called in advance keep you away! Please call 473-8177 for more information or to RSVP.

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For information regarding our programs offered for those living with advanced breast cancer, please see page 9.
Peer Advocates Lending Support: P.A.L.S. SM

Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. In that spirit, we have developed the PALS Program. The concept of this program is simple: individual breast cancer survivors reach out to those who are new to the disease, providing a foundation of caring through one-to-one contact, helping them to connect to resources in the community, and working hard to instill confidence in the face of a difficult situation. 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 to receive some much needed support and a pack of goodies.

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 Tracey at 473-8177.

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.

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.

Young Survivor Soiree

What is a young survivor? Only an individual can determine whether or not the term fits. It could apply to a woman of any age, but it usually refers to those between the ages of 20 and 50. A young survivor can identify with those who have been dealt a breast cancer blow in the midst of a career climb, or while raising children; or perhaps with those whose family plans have been derailed by breast cancer treatment. Four times a year, young survivors gather at the Breast Cancer Coalition for our Young Survivor Soirees. These get-togethers are an informal way to meet and hang out with other survivors who have faced a similar journey. The next meeting date is Friday, October 14th, from 6 to 8PM. Please call if you have any questions, or to RSVP.
The past two years have offered me an opportunity to meet many amazing women: the survivor just celebrating her 20th anniversary since diagnosis, the young mother of 3 who just recently received news of a positive tumor, the successful businesswoman who has recently been promoted and will now need to take time off from her career. Breast cancer certainly doesn’t play favorites. No matter how vastly unique each woman may be, no one can deny the connection and bond that begins when survivors gather together.

These gatherings happen often here at the Breast Cancer Coalition. We offer an informal opportunity for survivors of all ages and stages to connect every Friday at noon. We like to call it Brown Bag Friday. While each woman brings her lunch, the Coalition provides the snacks and beverages. More importantly, each woman also brings her beautiful and unique story. Information sharing, intimate questions asked, and even laughter flourish around the tables! The ultimate connection is when those who are newly diagnosed are able to ask questions and glean helpful tips from other survivors who are happy to offer a shoulder to cry on, hug, or word of encouragement.

Four times a year the Coalition hosts Young Survivor Soirees to allow young women diagnosed with breast cancer the opportunity to connect with each other. We offer networking, food and conversation for these women, who often have specific needs and challenges as they face a breast cancer diagnosis. Those who consider themselves a young survivor are welcome to join these Friday night gatherings. While the opportunity to ask personal and pointed questions of each other exists, we also balance the night with a bit of excitement. This past soiree offered mini-manicures for those who attended. In the past we’ve hosted perennial parties, chocolate and wine tastings, and even chair massages. If you’re a young survivor, plan to attend the last Soiree of the year on Friday, October 14. You’ll be glad you did.

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A Refreshing Summer Soiree

The summer months are filled with things we love best – picnic snacks, refreshing smoothies, and fun and funky manicures! The 3rd Young Survivor Soiree of 2011 was held here at the Coalition on Friday, August 12th and we celebrated all of the above… and much more. Four times a year the Coalition offers an evening out for young survivors in our community. Those diagnosed at a young age often have very specific challenges and our soirees allow for those who would like to connect and network, to do so.

The evening began as Continental School of Beauty Staff provided mini-manicures for those who attended. It was so generous of them to volunteer their time to add some pizzazz to our fingers! While their fingernails were drying, attendees were offered a summer smoothie or virgin sangria. The night continued with delightful conversation and nourishment. If this sounds like it’s right up your alley, mark your calendars for the next Young Survivor Soiree. We will meet again on Friday, October 14th at 6pm. Feel free to call Tracey for more information (473-8177). See you then! ☺️
As spring turned to summer and the Rochester weather became hotter and hotter, the Coalition kept busy through the dog days of summer with many events that wouldn’t have been possible without the commitment and dedication of our wonderful volunteers.

To kick it all off, on May 8th, many volunteers came together to work together to make the Pink Ribbon Run and Family Fitness Walk an overwhelming success, raising over $200,000 to help fund the work of our organization throughout the year. A huge thank you to you all! It was wonderful to see over 6,000 people there on the day of the event, and the help of our hundreds of volunteers helped make it all happen!

Our dedicated volunteers have also been able to represent the Coalition at a handful of local health fairs, raising awareness about us in the community. Tracey Dello-Stritto, Amy Connell and Niki MacIntyre (w)omanned a table at the Anthony Jordan Health Center Health Fair and Jamie Scripps represented the Coalition at the Ginna Energy Health Fair. Thanks for all your hard work.

Along with the hot Rochester summer weather comes the Rochester summer festivals! Thanks to the hard work of our gracious volunteers we were able to represent the Breast Cancer Coalition not only at the Lilac Festival, but also the Corn Hill and Park Avenue Festivals and the Rochester Pride Picnic. A special thank you goes out to Paula Bernstein for helping to coordinate the Lilac Festival. Her hard work and sunny smile, even through the dreadful rain showers, ensured that festival-goers who stopped at our booth felt the warmth of this organization! Also, a huge thank you goes to all the other volunteers who stuck it out through the nasty weather that rained out the early days of the festival. Many thanks to

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Personal Care Products: How to Choose Wisely
- By Lori Griffin

When I brought my son home from the hospital, I felt I had to buy Johnson and Johnson Baby Shampoo because that’s what they used in the nursery. On another occasion I purchased Aveno baby shampoo because the bottle stated “pediatrician recommended”. Then I got smart. I learned about www.safecosmetics.org, which rates products according to their health concern. A rating of 0 was the lowest risk and 10 had the highest risk due to the use of synthetic chemicals. I searched for these two brands and learned that both baby brands were in the middle of the range. I had to ask myself, am I okay with that?

When I searched the site for a sunscreen that was going to be safe for our family, I used the website to help guide me. Again, the products were listed according to their risk level and on the first nine pages there wasn’t a product that I recognized. It wasn’t until I got to page ten, the page that listed the products of highest concern that I started to recognize names. This is a concern for me since I know that babies and children have a higher vulnerability than adults to the chemicals found in these products.

Questionable chemicals are in products that people use daily, including shampoos, soaps, shaving gels, nail creams, facial masks, cleansing gels, bubble bath, toothpaste, baby lotions, cosmetics, moisturizers, hand and body lotions and beauty creams, skin and hair conditioners, mascara, hair spray, deodorant, and perfumes.

So what can you do to avoid toxic substances?
- Select products with fewer ingredients and no synthetic fragrance or dyes.
- Use fewer products overall.
- Avoid chemicals such as phthlates, parabens, and any product with placenta, estrogen or hormones in the list of ingredients. Also avoid sodium lauryl sulfate (sles), cocoamide DEA, TEA, MEA, (MSDS), (sovent, emulsifier, wetting agent).
- Choose wisely, read labels and refer to websites such as www.safecosmetics.org. Many chemicals commonly used in personal care items can increase levels of estrogen, alter cell metabolism, and influence certain pathways that may increase the risk of cancer.

Remember, what you put on your skin gets absorbed into the blood stream. Today’s exposures can lead to health problems years later, including breast cancer.

ROASTED PARSNIP, PEAR AND WATERCRESS SALAD

1/4 C. olive oil
3 Tbsp. honey
6 medium parsnips, cleaned and quartered lengthwise
3 Red Bartlett pears, cored and quartered
1/4 C. balsamic vinegar
1 head watercress
1/2 C. crumbled goat cheese

Preheat oven to 350˚. Pour olive oil and honey into a large glass baking dish and place in the oven for five minutes. Toss the sliced parsnips into this mixture, then return to oven. Roast while stirring occasionally for 20-25 minutes, until parsnips are tender-crisp. gently toss the quartered pears and balsamic vinegar into the parsnips. Serve on a bed of watercress leaves. Top with crumbled goat cheese.

*Adapted from www.valleynaturalfoods.com
Keeping Colds and Flu at Bay ...or I love You, Therefore I Wash.

- By Pat Battaglia

Autumn, with its brightly colored foliage and cooler, shorter days, is a time of gathering together to savor the abundant harvest of the summer months. Whether you grow your own, shop the local farmers markets, or choose from the selection of fresh offerings in the supermarket, there is plenty to entice even the most reluctant eaters to the table. Most of us will spend less time outdoors, drawn to the warmth and good cheer of hearth and home. As the holiday season approaches - the traditional time of giving thanks for all we have and all who share it with us - there are a few simple steps we can take to counteract the unwelcome companion to all the close company: the spread of cold and flu viruses.

Most cold and flu viruses are spread by direct contact. Frequent handwashing for twenty seconds with soap and warm water will go a long way toward removing this avenue of exposure. An easy, fun reminder for kids of all ages to keep at it for a full twenty seconds is to sing “Happy Birthday” at a slow, even tempo while washing. Antibacterial soaps are no more effective than plain soap, and since they may contain questionable chemicals and are implicated in the proliferation of resistant bacteria, it makes sense to avoid them. If you don’t have access to handwashing facilities, an alcohol-based hand sanitizer will do the trick.

When someone who has the flu sneezes into their hand, the virus is then deposited on things they touch. It’s better to cough or sneeze into a tissue, then immediately throw it into the trash. Then wash your hands. If a tissue isn’t handy, cough or sneeze into the inside of your elbow.

Remember to keep your hands away from your face. Any viruses you may have inadvertently picked up are likely to be on your hands.

Don’t share such things as food, drinks, eating utensils, toothpaste, lipstick or lip balm. Regularly clean doorknobs, hand rails, keyboards, phones, children’s toys, faucets, and other things people frequently handle.

Drink plenty of fluids. Staying well hydrated is important health strategy, and keeps your immune system at its peak. There’s an easy way to tell if you’re sufficiently hydrated – if your urine is deep yellow, you need more fluids. Getting enough sleep is another way to optimize your health.

Fresh air and exercise are important, even when the temperature outside is cool. Dress appropriately for the weather and spend some time in the great outdoors. Whether you walk, run, bicycle, or garden, being active outside is just plain good for you. And it’s fun to boot!

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SPAGHETTI SQUASH WITH CREAMY GREEN SAUCE

Preheat oven to 350°. Cut the spaghetti squash lengthwise into even halves. Scoop out the seeds. Place the cleaned halves cut-side down in a baking dish filled with 1/4 - 1/2 inch of water. Bake until tender (about 40-45 minutes). Allow to cool slightly before serving.

Place milk, spinach, basil, garlic, nuts and spices in a blender. Blend until smooth.

Heat olive oil in a large skillet. slowly whisk flour into the warmed oil until completely dissolved and smooth. then, while stirring constantly, slowly add the milk/spinach mixture from the blender. Let this mixture simmer for 1 minute.

Pull a fork lengthwise through the squash to separate the strands (they should look strigy like thin spaghetti noodles) and scoop out servings with a large spoon. Top with creamy green sauce and enjoy!

* Adapted from www.valleynaturalfoods.com
that too much time has passed. She quoted Hemingway (see above), and implored all present to, “Please, take action and bring breast cancer to an end!”

The event was organized by BCCR’s Advocacy Committee members, with help from the Coalition’s staff, and it served its intended purpose of bringing together elected public officials and their constituents who have been touched by breast cancer in any way. As such, the reception was packed with influential people made up of elected officials or their representatives from all strata of government spanning Rochester City Council, to town officials, Monroe County legislators, Governor Cuomo’s office, and state and federal representatives. A more powerful force is those who voted them into office… those who’ve survived cancer, their families and their support network. Working together, these two groups could accomplish unbelievable progress toward the eradication of breast cancer.

Introductions were made, acquaintances and friends mingled, and good food and drink flowed. It was clear that a diagnosis of breast cancer touches generations both present and to come. This was evidenced by the presence of Jack, Sophie and Caroline, Terri’s grandchildren; Kessa Weetman and AJ Tella, children of survivors; Terri’s college-age and married children; and the adult survivors and their families who were present. The mood was up-beat and generally optimistic as conversation buzzed around the room. The main objective of the Advocacy Committee was being realized amidst all this, which is to “create and maintain relationships with local, state, and national officials so that we may have opportunities to advocate for and lend support to breast cancer relevant bills and public policies.”

Terri was a mother, wife, and hard-working town legislator in Rush. She put her efforts to working for the Coalition, serving as Co-Chair, and mentoring Executive Director, Holly Anderson. She ultimately died of breast cancer four years after diagnosis, leaving behind her husband Bix DeBaise, young Chelsea and her older siblings.
Terri’s work focused on making the eradication of breast cancer a priority. It is hoped that she would be proud of the Coalition’s accomplishments to date, as we continue to work toward that same goal.

Events such as this Legislative Reception enable us to continue to take action. Through education, working to tackle insurance and access to care issues, and pushing for legislation to fund research that may ultimately yield a cure for breast cancer we are not merely going through the motions, we are actively pursuing the goal of eradicating breast cancer.

**9th Annual ‘Tee’d Off at Breast Cancer’ Tournament**

We decided to shake things up a little this year, at the 9th Annual “Tee’d Off at Breast Cancer” Golf Tournament by hosting the event at a new location: Brook-Lea Country Club. What a success! On Monday, August 15th, under threatening skies, players, volunteers and committee members gathered at the club to participate in the sold-out tournament. The staff at Brook-Lea was top-notch and even kept the rain at bay for us! An extra special thank you to co-chairs Lee Cordero and Sean Patton and committee members, Susie Smith, Jerry Valentine, Charlot & Remo Rossi, Connie Zeller, Holly Anderson and Amy Connell for making this

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Joette Kruppenbacher, Julie Shaw & Susie Smith
Health Care Reform continued

6 I had good insurance coverage during my breast cancer treatment. Will I be able to keep the same plan I have now?
Yes. The new law ‘grandfathers’ many existing group and individual health insurance plans. If a plan is grandfathered it is exempt from some of the new law’s provisions (such as charging copays for preventative services). All plans however are required to extend dependent coverage to adult children up to age 26 and prohibit rescissions of coverage. Grandfathered group plans are required to eliminate lifetime limits on coverage and beginning in 2014, eliminate annual limits on coverage.

For more detailed information on The Affordable Care Act, please visit www.healthcare.gov

A personal Journey continued

The long months of chemo were grueling, and Joanne coped by measuring by how far she had come; by what she had overcome. As each treatment came and went, she was one step closer to healing. In need of her health coverage, she continued working throughout her chemo. No consideration was given for sick time, and disability benefits weren’t part of the picture in the early 1980’s. She tapped deep wells of inner strength to cope. “The nursing staff pulled me through,” Joanne recalls, remembering her caregivers with fondness. She still keeps in touch with some of the nurses and doctors who were charged with her care.

Joanne became her own advocate at a time when pathology reports were not shown to patients. Doctors did, however, read parts of them aloud in their offices, the report lying flat on the desk between doctor and patient. It was at these times that Joanne perfected her ability to read upside down. “I wanted to know everything,” she says. “Just telling me isn’t enough.” All in all, she is grateful to her team of doctors, and feels she is alive today because of them.

When Joanne approached her doctors about connecting with other breast cancer survivors, she was advised to form her own support group. She discovered a support group for cancer patients at Cancer Action, which is now Gilda’s Club, and developed strong friendships with a group of breast cancer survivors who would go on to found the original Breast Cancer Coalition. Early meetings of this group were held in the basement of the old Sears building on Monroe Avenue.

During her long sojourn through breast cancer treatment, Joanne made a pact with herself: afterward, she would spend her time advocating for women and children. She has made good on that promise, working with many different groups for the benefit of women and children. She has been an active breast cancer advocate as well, and is a regular volunteer for the Coalition, often working behind the scenes in very supportive, helpful roles. Hers is a familiar face at Coalition events, and Joanne’s energy and pure joy in living are readily apparent as she chats it up with old chums and newfound friends. She always finds something positive to say and leaves people smiling.

The dictionary offers two definitions of a pioneer: 1.) one who ventures into unknown or unclaimed territory to settle; and 2.) one who opens up new areas of thought, research, or development. Under either definition, Joanne fits the bill. Whether it was through an experimental treatment regimen or tireless self-advocacy, as she made her foray into the unknown terrain of a breast cancer diagnosis, her experience paved the way for women in treatment for breast cancer today.

“I was charting new territory at a time when there wasn’t much in that territory,” she says of her experiences, and learned to rise to the occasion, whatever it was.

Every breast cancer experience is personal. Each one of us is the author of our own story, and Joanne is the personification of that. Her breast cancer journey began at a time when little was said about the disease in public and treatment protocols were very different. In blazing her own trail, Joanne made it a little easier for those who have followed her. Hers is the way of a thinking woman; strongly self-advocating while remembering to be kind, and honoring all who are touched by the diagnosis – patient, family and friends, medical and support people. She has lived true to herself, and faced her breast cancer in that spirit.

At her thirtieth anniversary check-up, Joanne’s oncologist mentioned how lucky she is to be alive. After thirty years, she is going strong, and the world is lucky to have her.

Thank you, Joanne. We’re grateful for all you are.
dissonance. Their mild-mannered activities did not square, in my mind, with what cowboys do. I kept flashing on movie scenes. Gary Cooper as Marshal Will Kane in High Noon dispatching a gang of murderers. Woody Harrelson and Kiefer Sutherland in The Cowboy Way lassoing a thug to the end of a speeding train. Good riddance to you, bud.

From what I could see in Montana, the torch of Wild West lawlessness is now being carried by Wall Street–backed energy corporations, while the real-life cowboys are trying to find things in the law that will slow down the rate of plundering, raise the cost of plundering, or make the plundering marginally less accident-prone. And given that fossil fuel extraction in general—and fracking in particular—is exempt from many federal laws, the guys in the white hats are having a tough time of it. They’re not exactly running the plunderers out of town.

Meanwhile, an entire way of life is disappearing so fast that the son of one rancher was interviewing for a job with the energy company that had wrecked his father’s land. I mean, you can’t make a living on the range anymore.

The Crowne Plaza Hotel in Billings is the tallest brick building in the world. At the end of the day, my son and I rode the elevator up to the top—which is the kind of thing you do when traveling with a nine-year-old—and we found ourselves inside the Billings Petroleum Club. In no time at all, a security guard—or somebody acting like one—steered us back to the elevator shaft. On the way down, we passed the field office for Stealth Energy. Its logo: a cartoon gusher.

But as soon as we were on the ground floor, I wanted to go back up in order to verify what I’d seen in the dimly lit chambers of the Petroleum Club while being hustled out of it: a March of Dimes poster. Of all the boldface names hanging on the walls up there, this one interested me most because, twenty-three stories below, I had just given a lecture about the evidence linking exposure to fossil fuel combustion products to shorter pregnancies. Preterm birth is the nation’s leading cause of disability. Says the March of Dimes. So what was it doing inside the Petroleum Club? I found my answer in its newsletter, Gusher: in two days hence, the club was hosting a March of Dimes fundraiser.

Memo to Stealth Energy and the editorial staff of the Petroleum Club: Even my nine-year-old knows that gushers are the result of failed blowout preventers. They kill people. Memo to the March of Dimes: Take my name off your mailing list.

The desperate rush to force the earth’s remaining fossil fuels out of their fossily graveyards—which requires ever more toxic methods of extraction—affects, of course, everyone everywhere, and crosses all cultural and party lines. Two weeks after the Montana meetings, I was standing in a forest next to a swarthy man carrying a gun. He, too, looked like a character actor—from a movie about the French Resistance. We were in the right place—the cave-riddled foothills of the Pyrenees that had served as a refuge for anti-Nazi partisans and, centuries before that, for the defiant Cathars facing the Pope’s murderous army. (The man with the gun was hunting wild boar.)

Like Montana, southern France is also targeted for hydrofracking, along with the vales of England and the forests of Poland. And, a few days later, in the lobby outside the European Parliament in Brussels, I saw someone cry about it. That was the week that stories about fracking broke in the international press, and European environmentalists were scrambling to figure out what laws in the European Union might apply to this new technology. Like the sons and daughters of Montana’s cowboys, the sons and daughters of the Allied Forces were having a hard time finding legal traction.

The British journal The Ecologist reached a similar conclusion in an investigative report about the European plans of Halliburton, Chevron, Exxon, and others. Although fracking in the United States is linked to toxic pollution and social conflict, notes The Ecologist, the technology is being rapidly exported. Fracking “exceeds the government regulatory process.” It is “set to continue.” It is, perhaps, “too powerful to oppose.”

Really? Drill, baby, drill is more powerful than the Wehrmacht? So, now I’m looking for Marshal Kane and Winston Churchill, too. Meanwhile, in February, the unlegendary city of Buffalo, New York, quietly voted to ban fracking inside its borders. Pittsburgh, Pennsylvania, has done the same. And my town board in Ulysses, New York, is, at this writing, considering its own fracking ban, after more than a thousand residents (of the three thousand registered voters who live here) submitted a petition. All such communities who take this step are inviting a host of legal challenges. So we are told. Vive la résistance.

-Sandra Steingraber lives in Tomkins County, New York, where the popular local expression “no fracking way” roughly translates to “have a nice day.”
She was a sweet little ravioli of a woman. At age 85, she was saucy and spunky and still thought she was sexy. When our local supermarket, for example, was displaying fresh fish beneath a banner that proclaimed “Catch of the Day,” she strode right up to the good-looking man behind the counter and announced, “If you are the catch, I’ll take all I can get!”

She was a collector; my father, by contrast, a minimalist. One day he entered her sewing room, known among insiders as “the junk room,” and sadly shook his head. (Clearly, he was not familiar with Edison’s assertion that “it’s easy to create. All you need is a good idea and a lot of junk.”)

With dismay, he looked around at the amassed stacks--ribbons and sewing machines, sergers and scissors, buckram and buttons, zippers and gimp, bobbins and lace, and uncountable bolts of fabric. Then he made his logical pronouncement: “If you haven’t used something in a year, get rid of it.”

She daggered him with a dirty look and quickly responded, “I haven’t used you in 30 years. Does that mean I should get rid of you?”

Breast cancer diminished that spunky spirit of hers, but it could never extinguish it completely. My mother created beautiful things all of her life, including the smiles that appeared on people’s faces after only a few minutes of being in her presence. She even made the surgeon who performed her mastectomy laugh when she told him—just before they gave her anesthesia—“If I don’t survive, make my daughter bury me next to Frank Sinatra. And have her inscribe my gravestone: “Frank, let’s do it your way!”

But hers was not an easy life. She made dozens of wedding gowns (often free of charge because the brides could not afford to pay her). By nature, she was an emotional marshmallow, placing compassion well ahead of compensation. Of course, there have been those who have taken advantage. Like the woman who owned a building and the business it housed. She hired my mother to make drapes for every window in the place. When the work was done, she asked what the bill was. “Twenty-four dollars a window,” my mother replied.

A few days later, my mother received a check in the mail for $24....total. And she never had the courage to call and ask the businesswoman for the remainder. Then, there were those who would tell her they could not afford to pay just then as their money was in a CD and they didn’t want to lose interest by withdrawing it. Could they pay her in a few months, they would inquire. Invariably, my mother the marshmallow would tell them not to worry about it. And, of course, they did not. The few months passed by and it was not the customer, but my mother who was embarrassed about the unpaid bill--too embarrassed to call those customers and ask for what was due her.

But she never let these experiences diminish her zest for life. They never stunted her creative spirit. Once, she was chosen a runner-up in a national contest sponsored by the American Plastics Council for re-using plastic products. And, she wrote recipes for the George Foreman Grilling Machine. The title of her recipe collection? “Boxer Shorts”!

Her most remarkable idea, however, was an invention she sold to a major American manufacturer when she was 70 years old. In hundreds of thousands of homes across the nation, her Continental drapery rod adds elegance to window treatments. Produced by the Kirsch Company, it has proven to be a drapery bestseller and has created work for a great many people. During the creation process, though, my father, in a slightly jealous mode, belittled her invention. “You are acting like you put a man on the moon,” he told her.

When she received her first royalty check, she made a copy of it and left it with a note on the kitchen table. “Dear Pasquale,” it read. “Taking my first trip to the moon. Fix your own supper!” Then she took off for a two-week vacation ...all by herself.
On July 19, 2011 our dear friend Eve passed peacefully. Eve touched the lives of many and was an accomplished woman with many talents. She was married to Eddie, the love of her life, and had a sister, Kareen. Both sisters exemplified the true meaning of unconditional love. Eve was a published author, contributing to five books, and was a lecturer as well. Some of her artistic talents included painting, pottery, sculpture, and photography. Eve was an inspiration to all who knew her. Even in her battle with cancer, she was able to publish her book, Moments of Truth, Gifts of Love. In this book, Eve and nineteen other women contributed the stories of their own personal journey through Breast Cancer. Eve’s dream came true on March 20, 2011 when her book was launched at the Pluta Cancer Center. Eve has touched my life personally and I will never forget her positive attitude, her wide smile and her love of each moment of life. I am honored to have known her. The energy and passion for life will continue on in her words and in how she touched all of our lives. Eve, you will be missed, but we all know you are eternally at peace.

Eve, we love you and you will never be forgotten.

This was Eve’s personal message on the website for her company, Strella and Associates:

“Personal Mission:
To live “in the moment” surrounded and grounded by kindred spirits who share in my passions, joys and “fun”. To continue learning and growing, professionally and spiritually, in an environment that is open minded and boundless.”

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 (300-500 words) with a digital photograph to Susan Meynadasy, BCCR Voices of the Ribbon Newsletter Editor, at susan@bccr.org.

We would be happy to honor your loved ones.
Conference on Hydrofracking continued

for quite some time, has worse smog than Los Angeles. Once the Utica Shale, an extensive layer which lies under the Marcellus shale, becomes available, it is likely that eighty percent of Pennsylvania’s trout streams will be lost.

The challenge for the state is what to do next. Quigley advocates strong regulation of the drilling industry, cradle-to-grave monitoring of hydrofracturing waste water and tracking the life cycle of methane emissions. He urged that people become involved in their communities to have their voices heard.

Hydrofracking in New York State: The Regulatory and Policy Big Picture

Stuart Gruskin is a former Deputy Commissioner of NYSDC-NYS Department of Environmental Conservation. He noted that New York has a history of drilling for gas and oil, but horizontal hydrofracturing did not begin here until 1989. Gruskin cited multiple concerns: 1. binding land leases in which landowners may have signed leases without understanding the consequences; 2. chemicals used in the process; 3. greenhouse gas emissions; 4. disposal of waste water from fracking; 5. spacing of well pads.

He advocates community use of environmental impact studies to monitor these issues. The State Environmental Quality Review Act, which has been a vehicle for citizens to have their say, is another important resource.

Health Effects of Hydrofracturing

Ron Bishop from SUNY Oneonta Chemical and Biochemistry Department’s topic was “Shale Gas Industry Impacts on Water Quality: Incident Frequencies, Potential Pathways and Chemicals of Concern.” The focus of his professional life is chemical carcinogenesis, cancers and biology.

His topics this day were water quality, incident frequencies (chemical spills) and potential pathways of pollution. He is concerned about endocrine diseases, infertility, and chemicals exposures.

Currently, energy companies are not required to identify any chemicals used in hydrofracturing. Bishop would prohibit non-disclosure agreements.

Dr. Bernard Goldstein, former Professor of Environmental and Occupational Health at University of Pittsburgh spoke next on the Potential Health effects of Marcellus Shale Activities: the Need for Public Health Surveillance.

He offered two certainties: there will be surprises (mostly regarding health), and there will be disease clusters and lawsuits. Pathways to adverse health would be flowback from wells, and disposal of water and other materials. “Incidents,” he said, “have human cause. There are no accidents; an accident would be a meteor strike.”

THE NEXT DAY

On the second day of the conference, participants self-selected workshops. My choice was Regulation and Litigation Options Concerning Gas Drilling. The presenters were attorneys Richard Lippes from Buffalo, who handled the Love Canal case and worked on the the Three-Mile Island case, and Joe Heath, General Counsel to the Onondaga Nation.

Lippes explained that a traditional well uses 90,000 gallons of water, while hydrofracking uses 3-7 million gallons of water. No facility exists in New York State that can process the waste water from fracking. He expects there will be 10,000 wells in the Southern Tier, with 1000 tanker trucks needed for each, requiring a new system of roads. He expressed concern about the Department of Environmental Conservation’s Environmental Impact Study, which precludes drilling on parklands, but has no prohibition for many forest lands, wetlands or historic sites. Nor does it contain information about cumulative effects of a large number of wells.

Heath spoke about the frequent leakage of methane from wells, the impact of fracking on air quality, crops, livestock and water; he is extremely concerned about aquifers. He feels we need to decentralize our energy production. Municipalities have zoning controls over fracking but there still are communities that don’t have comprehensive plans. Courts will likely decide.

Development of a Toolkit for Mitigating Effects of Hydrofracturing on the Marcellus Shale

In the final session, a group of about twenty participants and I selected this topic, and we brainstormed for about thirty minutes. After returning to the main hall, one person from each of three groups summarized their work. After the conference, staff would synthesize these summaries to assist communities, strategize mitigating measures, and identify resources to implement those strategies.

Overall the conference was enlightening, to say the least. I was surprised at the diversity of those who attended: environmentalists with formal and informal organizations, town assessors, town supervisors, county legislators, attorneys both for and against fracking, ordinary citizens, and activists totally independent of any group.

I will continue to monitor the upcoming DEC report.
Our Fundraising Friends

Ruby Rd Clothing Company and Jewelry by GEM
On June 23rd Ruby Rd Clothing Company and Jewelry by GEM hosted a fashion show at Sodus Bay Heights Golf Club to benefit the Breast Cancer Coalition of Rochester. Guests enjoyed a fun filled afternoon with lunch and giveaways from Ruby Rd and Jewelry by GEM. The event raised $600 for The Coalition. Thank you for your continued support!

Mark Lewis and Michele Kiesewetter – Wedding
This July Michele Kiesewetter and Mark Lewis were married. In lieu of wedding gifts, this generous couple asked their guests to make a donation to the Breast Cancer Coalition of Rochester. The Coalition received $4,870 in honor of Michele and Mark. Thank you to Michele, Mark and all their guests for your generous donations. We wish the new Mr. and Mrs. Mark Lewis the very best!

Jill Taylor and Jennifer Latshaw – Pampered Chef
Jill Taylor held a Pampered Chef fundraiser at her house with Pampered Chef Consultant Jennifer Latshaw. They raised $150 to benefit the Breast Cancer Coalition of Rochester. Thank you ladies, and all who attended, for your support!

Pittsford Dance Studio – Power of Dance
The Pittsford Dance Studio’s Competition Team participated in a local dance competition where the dancers were able to perform not just for the applause, but for a cause! Each studio in the competition was allowed to choose a charity to dance for. The Pittsford Dance Studio chose to dance for the Breast Cancer Coalition of Rochester. Their dancers were awarded $900 for having one of the highest average scores at the end of the competition. The $900 was donated to The Coalition. Thank you to the Pittsford Dance Studio for choosing the Breast Cancer Coalition of Rochester as your charity this year, and congratulations to the competition team!

South Seneca Middle School
South Seneca Middle School students, Grace and Cheyenne, raised $80.65 for their 2011 service learning project. Thank you for your donation!

The Aquinas Institute – Peer Ministry
The students in the Peer Ministry classes at Aquinas Institute of Rochester collect money from homerooms every week for organizations that help people in need. The Breast Cancer Coalition of Rochester was very honored to receive the $144 donation. Thank you for your support!

Chris Iannone – Old Hickory Golf Tournament
A HUGE thank you goes out to Chris Iannone. Chris and the Tuesday Nite Ladies League organized a ladies golf tournament that was held on July 22nd at Old Hickory Golf Club in Livonia, NY. Ladies came out to have lunch, golf, win prizes and support the Breast Cancer Coalition of Rochester. These generous ladies raised $1,050 at the tournament. Thank you so much for your support!

Nicholas Gabel – golf tournament
In 2010 Nicholas Gabel decided to organize a charity golf tournament as part of his bachelor party. As both his aunt and a close family friend had had breast cancer, he selected the Breast Cancer Coalition of Rochester as his charity. The tournament was such a success that Nicholas decided to hold it again this year. This years tournament raised $300 to benefit the Breast Cancer Coalition of Rochester in honor of his friend Michele Bessette. Thank you for your continued support.
Golf continued

the most successful year ever. Overwhelming support from many new and loyal sponsors, a sold-out playing field and successful raffle ticket sales helped the event to raise over $22,000! The committee also depends on a small army of volunteers to help the day run smoothly. Our gratitude goes out to these volunteers, some new, some returning. Without your many hands, positive attitude and willingness to take on any task, the tournament wouldn’t have been as wonderful as it was. Plans are already in the works for the 10th Annual event in 2012. Stay tuned for details!

Tournament Results

First Place Women’s Flight:
Stella Slaight
Denise Ash
Sharon Slawson
Julia Strom

First Place Men’s Flight:
Wynn Bowman
Alan Rhodes
Rick Dougherty
Adam Chen

First Place Mixed Flight
Greg Smith
Sammy Testa
Dave Testa
Therese Hannigan

Closest to the Pin Women:
Lori Betlem Lytle

Closest to the Pin Men:
John Zinone

Longest Drive Women:
Liz Bishop

Longest Drive Men:
Alan Rhodes

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Visiting Nurse Service of Rochester & Monroe County, Inc.

Recognition Sponsors - $125
Kimberly P. Stolp – In honor of her grandmother, Anna J. Pickles
Joyce Wichie – In honor of Inez Law
Yankee Tronic, Inc. – In memory of Denise DePeter

Golf continued

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Alan Rhodes

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Legg Mason Global Asset Management
Thornburg Investment Management • T. Rowe Price

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Lantek Communications NY, Inc. • Lincoln Financial Group
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Crazy Dog T-Shirts
DePaul T-Shirt Factory
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Two of our outstanding volunteers, Margaret Kennelly and her Mom, Teresa

Faithful volunteer Nancy Weinmann with Development Coordinator, Amy Connell

L to R (front) Mary Lou Wenthe, Marty Tessoni, (back) Patricia Seeberg & Susie Smith

Committee Co-chair Lee Cordero stirring up the tickets

Beautiful Brook-Lea Country Club
### Donations ending June 30, 2011

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 June 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>Honored/Remembered</th>
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</thead>
<tbody>
<tr>
<td><strong>Breast Cancer Coalition - Advocacy Committee Members</strong></td>
<td>Anonymous</td>
</tr>
<tr>
<td><strong>Carl Carp</strong></td>
<td>Jean Morley</td>
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<tr>
<td><strong>Jennifer Haralambides</strong></td>
<td>Bridesmaids</td>
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<tr>
<td><strong>Jamie Hill</strong></td>
<td>Mendon Center Elementary School</td>
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<tr>
<td><strong>Nancy Kielar</strong></td>
<td>Susan Meynadasy</td>
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<td><strong>Michele Kiesewetter</strong></td>
<td>Barbara Saat</td>
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<td><strong>Omacron Master Chapter of Beta Sigma Phi</strong></td>
<td>Guy Montanaro</td>
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<tr>
<td><strong>Barbara Rappenecker</strong></td>
<td>Jim &amp; Suzanne Sellar</td>
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<tr>
<td><strong>Karen Sanders</strong></td>
<td>Christine Millhollan</td>
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<tr>
<td><strong>Phillip &amp; Monica Schillaci</strong></td>
<td>Virginia Wohltmann</td>
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<td><strong>Susie Smith</strong></td>
<td>Cathy Bishop</td>
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<tr>
<td><strong>Marie Vaccio</strong></td>
<td>Joseph, Felicia, Joey, &amp; Denise Barretta Chris Eldridge Sue Lucchesi Nancy Morgan Chris Pilger Jim &amp; Christine Reczek Chuck &amp; Kathy Rothhaar Lawerence &amp; Diane Steve</td>
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<tr>
<td><strong>Robin Vavrina</strong></td>
<td>Susan Smith Susan Vanderstricht</td>
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#### In Memory of:

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<thead>
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<tr>
<td><strong>Mary Agnello</strong></td>
<td>Jean MacArthur Ann Mazzarella</td>
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<tr>
<td><strong>Mary Battisti</strong></td>
<td>Rose Guido Mel &amp; Ann Kost George Zornow</td>
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</tbody>
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#### Betty Berman
Bob & Sherrie Leckinger

#### Norman “Jack” Connelly
Tony & Joan Alberti

#### Amy Gaesser
Peter & Eve Sciandra

#### Joan Haak

#### Helen Hanneman
Mr. & Mrs. David Bower & Family Paul & Linda Wackerow Jerome & Carol Wasilewski

#### Pat Haralambides
Bridesmaids of Jennifer Haralambides

#### Gail Heidt

#### Eleanor McHale
Paul & Linda Bjork Marty & Nancy Cross Esther Dullaert Mark & Ellen Friedman Susan Goodhue

#### Daniel & Sheila Kinsky
Patrick & Maureen Lydon Allen & Barbara Thorogood Winslow Elementary Faculty & Staff

#### Simone McNamara
Bill & Ruth Russell

#### Eleanor Kearbeline
Marjorie Case Alan & Karen Jensen

#### Caroline Mirrione
Andrea Horton

#### Betty Moore
Susan Miller

#### Janice Palma
Dr. & Mrs. Frank LaMar

#### Mary Powell
Barb Coccia Marie Palumbo Mike Gillis John Tritten Harriet Stuart Mildred Vermeulen Bill & Laura Wetmore Joanne Yahn

#### Bea Rapowitz
Bert Rapowitz

#### Jerry Relyea
Jo LaMar

#### Domenic Santirocco
Ann Mazzarella

#### Hazelle Tufano
Tom & Holly Anderson Jacqueline Bailey Michelle Barno Robert & Lynn Barton Angela Carladi Phyllis Connelly Claudia Costello Genesee Valley Ostomy Association Mr. & Mrs. Paul Heimbuch Albina Jarvis Thomas Jarvis Timothy & Judy Jordan Donald & Ruth Krech Maplewood Nursing Home Elizabeth Marley Victoria McNulty Frank & Elizabeth Meleca Lucy & Patricia Meleca Mr. & Mrs. Ron Minke Mary Piekunka Joseph & Mary Rinere Christine Russo Scott & Marianne Sargent Mary Ann Sementelli Mark & Mary Jane Sementelli Richard & Margaret Sementelli Stanley Smiley Helen Sullivan Joyce Wichie Steve & Sharon Wohl Harry & Judy Wood
Volunteer Spotlight continued

has the time for a smile and a friendly word. She takes every opportunity to make a small difference in the lives of others. Her afghans and hats have warmed those in treatment, her cookies have been the source of many smiles, and her presence reminds us that, through the worst, we can still be here for each other.

Thank you, Dee!
Children need to be assured of their own security. How will family life change as a result of what's happening? Who will pick them up from school? Who will make dinner? These questions come up even during a brief hospitalization.

It's OK to say you don't know the answer to a question. This is often the reality with cancer - we may not know why something happened or what is going to happen next.

You don't have to share everything at once. Several shorter conversations are often better than one long conversation.

Be honest. Don't promise what you may not be able to keep.

Encourage your kids to ask questions and set aside time for that purpose.

Reassure them that cancer is not passed from one person to another. Nothing they did caused your cancer nor can they get cancer from you.

Let them know about your treatment and any expected side effects. If you're going to lose your hair from chemotherapy, let them know in advance so they won't be surprised.

Inform your children's school about your cancer so the teachers can be supportive and be alert for potential changes in behavior.

Sometimes children will ask the difficult question, "Are you going to die?" Breastcancer.org provides an illustration of a good answer: "The doctors have told me that my chances of being cured are very good. I'm going to believe that until I have reason to believe something else. I want you to believe that too. I'll tell you if that changes."

We all want these conversations to go perfectly, but don't be hard on yourself if you get tongue-tied or emotional. It's a hard time for everyone. Kids understand that, too.
Another group that gathers here regularly is those living with metastatic breast cancer, and when I say, living with cancer, I mean it! This group of women is lively and they often run circles around me. We have two opportunities for this group to meet. The first is an established group that meets the first and third Wednesday of every month. The second is a group that we have just begun to offer and meets the second and fourth Thursday of every month. Anyone living with advanced breast cancer is open to attend either group and the multiple dates offer more opportunities for those who may be in active treatment. If you are interested in attending one or both of these groups, please contact me and I’ll be happy to offer more information.

Someone once asked me if working alongside those diagnosed with breast cancer would be difficult. After spending two years with these women, I smile and share how I only wish I could have the amazing strength and fortitude that I see from each and every survivor who steps foot in here.

Jean Lazeroff and Cindy Garcia for volunteering to run the Coalition’s booth, on July 17th, at the Rochester Pride Picnic. Last but not least, a heartfelt thank you to the women who volunteered their weekend afternoons to help out at the Corn Hill and Park Avenue Festivals. Although it was hot and muggy, your hard work and commitment to the organization helped us raise funds and create a lively and caring presence in our community!

As the summer days become shorter and shorter, the Breast Cancer Coalition eagerly awaits upcoming events – most notably the Artrageous Affair on October 1st. I know we can count on the fabulous volunteers of the Coalition to make such events a raging success! 

The poem above is from the newly released book, Pink on Pink: Writing My Way Through Breast Cancer, by local author, Teresa Schreiber Werth. Available for loan at the Coalition, copies are sold at Thelma’s Boutique, 252 Park Avenue. They can also be ordered at www.CreateSpace.com/3595907 and through Amazon.com.
The Healing Arts Initiative

The Healing Arts Initiative is an opportunity to learn about a practice you may have heard of, been curious about, or have fallen away from due to breast cancer treatment.

These offerings will be held in four-week sessions on Saturday mornings throughout the year.

Offerings such as:

- Feldenkrais
- Fluid Motion
- Gentle Yoga
- Pilates
- Qi Gong
- Tai Chi

For more information, please call BCCR at 585-473-8177

Upcoming Events & Programs at BCCR

Wednesday, September 28, 2011
Evening Seminar:
Creating Healthy Homes: A Closer Look at Food & Household Products
Presented by: Katrina Korfmacher, Ph.D. & Kate Mendenhall, MS
7:00 - 9:00pm

Friday, October 14, 2011
Young Survivor Soiree
6:00 - 8:00pm

Wednesday, October 26, 2011
Lives Touched, Lives Celebrated
7:00 - 9:00pm

Wednesday, November 30, 2011
Holiday Open House
4:00 - 6:00pm

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

Upcoming Fundraising Events

Long Acre Farms
Painted Pumpkin Auction & Sale
October 1st - 8th. Bid on professionally handpainted artificial pumpkins. Homegrown pumpkins painted by high school art programs on display for sale from October 1st until gone. All proceeds to benefit Breast Cancer Coalition.
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 a 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

Gifts of $100 + receive a complimentary Comfort Heart.

Browse, Borrow & Read

Enjoy the Breast Cancer Coalition Library

The Breast Cancer Coalition is pleased to introduce a new item to our line of merchandise. This lightweight, ladies cut, microfleece full-zip jacket in Kiss Pink is offered in sizes Small, Medium, Large and X-Large. Two front pockets, open cuffs and hem and the BCCR logo complete the look. You could easily wear this fleece while running errands, working out, reading a book or even at The Pink Ribbon Run & Family Fitness Walk in May!

Stop by 840 University Avenue in Rochester or call us at 585-473-8177 for more information or to order one or more! The cost is $35.00 each. We do accept Paypal as well as most major credit cards.
Voices of the Ribbon
Published Quarterly by the Breast Cancer Coalition of Rochester
Tel. 585-473-8177 • Fax 585-473-7689 • E-Mail: info@bccr.org • Online at bccr.org

Voices of the Ribbon is published quarterly by the Breast Cancer Coalition of Rochester for the purpose of providing encouragement and inspiration to those facing a breast cancer diagnosis, their supporters, and care providers.

In addition, it is intended to impart accurate, science-based information to enlighten and empower its readership.

Holiday Open House
November 30, 2011
4:00 – 6:00 pm

“Lives Touched, Lives Celebrated”
October 26, 2011
7:00 – 9:00 pm

Music...
Reflections...
Tributes...
Song...

“Our New Baby”

New Thursday Support Group
for those Living with Metastatic Breast Cancer.
Led by Peg DeBaise, LMFT, the group meets the 2nd and 4th Thursday mornings each month at BCCR. There is no need to RSVP - just come when you are able.

Common Ground
A time to gather for those living with metastatic breast cancer