2006 Research Grant Winner Announced

A February 13, 2006 press conference at the Breast Cancer Coalition office at 840 University Avenue was the setting for the announcement of the 2006 Research Grant recipient. The 2006 grant for $50,000 was awarded to Bendicht U. Pauli, PhD of Cornell University.

His proposal, *Fibronectin and its Polymers in Breast Cancer Metastasis*, is based upon the “seed and soil” theory of metastasis. This theory is based on the principle that breast cancer cells (seeds) can only colonize where secondary organs (soil) can support tumor growth. The goal of Dr. Pauli’s research is to better understand how fibronectin contributes to this ability of breast cancer cells to spread to distant sites in the body, such as lungs, liver or bone. Fibronectin is a cell-surface protein that allows breast cancer cells to adhere to these distant sites.

At the press conference in February, Jane Vallely, a breast cancer survivor, spoke of her experience. “It is with intensive and dedicated research that we will one day be able to say that everyone gets to be a survivor... our daughters, sisters, mothers and friends...every one of them.”

The Breast Cancer Coalition’s Greater Finger Lakes Breast Cancer Research Initiative is a unique undertaking that includes scientists and clinicians from the University of Rochester, Roswell Park Cancer Institute, Cornell University, and Upstate Medical Center in Syracuse as well as breast cancer survivors. This year’s Research Committee were Carol Mullin, Chair, Holly Anderson (Survivor Advocate and Executive Director of BCCR), Matthew Allen, PhD (SUNY Upstate), Beth Aten (survivor advocate), Kathy Clark (survivor advocate), Nick Gonchoroff, PhD (SUNY Upstate), Peg Jacobson (survivor advocate), Mesut Muyan, PhD (University of Rochester), Brian Smith, MD (Highland Hospital), Barbour Warren PhD, (Cornell University) and Kathy Willison (survivor advocate).

This grant is the fourth and largest in a series of grants awarded to researchers focusing on the causation, prevention, treatment and cure for breast cancer. In total, the Breast Cancer Coalition of Rochester has funded $150,000 in research grants toward this goal.

continued on page 4
Spring is finally here! Daffodils bow their heads in reverence to the sun. Dandelions-by-the-fistful show up on front porches everywhere (usually attached to a grubby little hand). Tulips in an array of color exemplify the determination and faith of those who planted last fall. Basement and attic treasures are finally relinquished to piles near the road or good will. Robins build nests using every imaginable shred of grass, twigs, thread, and hair… and seemingly everywhere we look change is in the air.

Change is happening here at the Breast Cancer Coalition as well. A recent Saturday found the Breast Cancer Coalition’s Board of Director’s attending their first retreat ever. The retreat offered our hardworking Board an opportunity to step away from the day-to-day operations of the organization, and to examine deep questions in a more open-ended way than is usually possible at one of our regular board meetings. Absolutely everything was up for grabs and the excitement and passion were palpable. There was also a bit of sweat, a nervous shudder here and there, a bit of skillful negotiation, and much laughter as we forged ahead. This day of reflection inspired a wonderful, hard-working Board to examine what we hold dear, how we define what we do, how we do it, what needs to be re-evaluated, as well as the direction we want to go in the future. So map and compass in hand, we became cartographers of the mind.

“It just shows what can be done by taking a little trouble,” said Eeyore. “Do you see, Pooh? Do you see, Piglet? Brains first and then Hard Work.” from Winnie the Pooh

At the end of the day, I looked around the room at the enthusiastic group I have come to know as family and found myself almost overcome by how far we have traveled together. I found myself sending a gentle whisper to the universe that our Founders and earliest members would know how well the organization is achieving the goals they set for the Breast Cancer Coalition nearly eight years ago. And, finally, I found myself hoping that the need for our work won’t last much longer. Can you imagine a world without breast cancer?

I am realizing that it takes the combination of three things to make something happen… people, strategy, and getting down to it. To get things done, you need the right people directed by the right strategy, and implementing it in the best operational mode.

continued on page 22

Readers - Tell us what you think! We are interested in your feedback - YOU are the Voices of the Ribbon

What feature articles would you like to see? More of the latest medical information? More personal stories? Local vs. state or national stories?

How is the basic format of the Voices of the Ribbon? Too short, too long, too wordy, more photos, fewer photos, just right? You tell us what you’d like to see!

Send your ideas, feedback. Positive or negative. We can take it...really we can.

Email your ideas to Holly Garver at hbg@bcr.org. Thanks!
I walked into the Elizabeth Wende Breast Clinic on a dismal, gray day nearly two years ago, wary but confident that the lump I had detected, which had caused my midwife such deep concern when she felt it, was benign. It would most likely be something the doctors would want to monitor, I was sure, and that’s all there would be to it. The clouds had lifted when I emerged from the building four hours later into bright sunlight, but I felt as though I was under my own personal dark cloud. It would be a couple of days before the lab report came back from the biopsy, but the doctor who read by mammogram was honest about what she saw on the film and the accuracy of her reading was to be confirmed by the lab. I had breast cancer.

Memories of that day are clear, but the weeks that followed now seem to me to be a blur of doctor visits, wrenchingly painful decisions, and search to understand my disease. That search led me quickly to BCCR, where my midwife had advised me to seek support. One week after my diagnosis, I walked into the Brown Bag Lunch and by the time I left, it seemed as though a ray of sunshine had broken through the cloud over me. Here was a group of women who had been through breast cancer, or were going through it. Whatever happened to me, I knew where to turn to get answers to my questions, a hug, or a word of encouragement.

After three surgeries and chemotherapy, the “heavy treatment” is over and I’m taking tamoxifen. Life has gotten back to normal for me, but normal for me now feels a lot different than it used to. My reconstructed breast doesn’t feel the same as my real one did but I’ve adjusted to it and accept it as part of me. My surgical scars, the aching in my arm and my hot flashes are constant reminders of what I’ve been through, but as time goes by, I notice that I dwell on them less. The knowledge that I’ve had cancer will never leave me and the threat of recurrence, though not great, is always there. It’s all becoming woven into the fabric of who I am. It doesn’t define me but it’s helped shape the course of my life.

“I’ve had to deal with life-threatening illnesses with my husband and children and have learned hard lessons about how precious and fleeting life is. When I was in the role of caregiver, there were times when I wished with all my heart that I could trade places with family members who were suffering. It was very different when I was the one needing care. I was touched by how my husband and children, my extended family and friends, old and new, rallied to my side and I knew these relationships with others were my greatest treasure. Like the words of John Lennon’s song, “Life is what happens to you while you’re busy making other plans.” I still make plans, but I look at those “between plans” moments as the true measure of the quality of my life. I savor those times. Jokes are funnier. Music is more beautiful. Sad times hurt more. Sweetness is around every corner if we just turn to see it.

I find that the old saying about having nothing to fear but fear itself isn’t quite true. I’m not afraid to feel afraid any more. Whatever else you might say about it, fear is a great motivator. It’s led me to turn to family, friends, and BCCR for support, to seek the most accurate information and to find the best medical care providers. Thus, I was able to make treatment decisions, as difficult as they were, on a very solid basis. Knowing that I was doing the best I could was very reassuring. Facing my fear gave me the means to overcome it. Fear isn’t the enemy. It’s when we become paralyzed into inaction by fear that we’re in trouble. I still feel afraid sometimes; it can creep in and catch me off guard, but when I remember where to turn and who to talk to, I can work through it.

I’m glad to have been a part of the BCCR community through my cancer treatment and beyond. Joining this special group was the easiest decision I made and one of the best. Through them, I have access to the latest research and information on treatment, as well as a friendly ear to talk over what it all means to me as an individual. Hearing so many survivors’ stories has given me the courage to forge on with my own. Most of the time now, I feel as though my personal cloud has lifted, although there is still the occasional “cloudy day”. It’s all become part of my life after breast cancer: My new normal.
The Infusion

“...It’s just a room, well, rooms really…
Where people spend some hours…
Getting their treatment, you know,
Their infusions.

Sounds lovely, like peppermint tea served
In a golden tea cup with butter cookies to dip
Like a day spent soaking delicate toes in
Foamed perfumed water, painted the perfect
color

My infusion begins when I suck in frosted air
That slaps my face
And sends me home to little arms.

-Lisa Flaxman Martel

Lisa, the Mom of three bearers of “little arms”,
is a two year breast cancer survivor and doing fine.
Arlyn Grossman

Arlyn Grossman was diagnosed with metastatic breast cancer over twenty years ago. She has been in several treatments over the years, many very challenging. Currently, she is undergoing hormonal treatment and doing well.

Arlyn spends her time working as a diet technician for Meals on Wheels, utilizing her degree in nutrition from Cornell University. She also volunteers as a docent at the Susan B. Anthony House and the Landmark Society, answers consumer phone calls for the Cornell Cooperative Extension and is a reader for WXXI Reach Out Radio. For BCCR, she has worked at the Lilac Festival and has been involved in the Advanced Breast Cancer Group.

Arlyn can be seen most Monday evenings in our office, stretching and relaxing with other survivors at our Gentle Yoga class. The greatest change in breast cancer care, she notes, is the number of physician specialists in not only cancer but specifically in breast cancer. Twenty years ago, there were few specialists. Her first oncologist was a hematologist.

Arlyn is a source of inspiration and hope for all of us at BCCR. Her battle with breast cancer is marked by courage, energy, and intelligence. She is living proof that life with cancer can be full and rewarding. In the face of that, her cancer will always be the loser.

Marilynne Lipshutz

Marilynne Lipshutz is the founder of Studio 34 Jewelry Learning Center. She and her fellow artists have graciously invited breast cancer survivors from the Breast Cancer Coalition to attend classes in a wide variety of jewelry media free of charge.

Marilynne is a Rochester native and a registered nurse who counsels compulsive gamblers and people addicted to shopping.

Studio 34 is a natural expression of her amazement at the properties of glass. She has created an atmosphere where people are comfortable. It is a bead mercantile, but it is also a gathering place where people can be adventurous and try something new. Marilynne loves meeting people and helping them grow.

A Special Canine - Sydney John

Sydney John is a neighbor of the BCCR office. When her owner Susan John is in her office at 840 University Avenue, so is Sydney. She visits us at the BCCR looking for biscuits, a change of scenery and a little extra love. Once in a while, when Susan has a press conference, or if we just need a cuddle, we get to “babysit” Sydney. After greeting everyone in our office, she settles right in, lying on the floor, patiently watching the door for Susan to reappear.

Sydney is a multi-talented 10 year-old Samoyed, who sits, lies down, offers a paw and evenings speaks on command (a biscuit helps). We even discovered she’s a good guard dog. Once, when a BCCR volunteer’s child hid in the storage room and tapped on the door, Sydney stood outside the door and barked to let us know that someone she didn’t know was in there. What a good dog! She’s very special to the BCCR community and deserves a little spotlight.
Bowl for the Cure - February 17, 2006

Bowl for the Cure is a local tournament born in 2003 thanks to the efforts of Kathy O’Neill, director for the Rochester Woman’s Bowling Association.

Because of the dedicated work of Kathy and friends, this year’s tournament at Clover Lanes grew to two squads with 94 teams participating to show their love and support for those afflicted with Breast Cancer. There were 21 breast cancer survivors on hand who received pink carnation corsages (thanks to Dave Schum of Schum’s Florist), including a gentleman who is a breast cancer survivor, reminding us that “Yes” men also contract this disease.

Fickle 93.3 morning hosts Marti Casper and George “Ace” Acevedo and promotions director Jon Spinder took to the lanes along with Jennifer Johnson from News Channel 10 and her crew! Channel 10 had a lot of laughs showing highlights on the 11:00 PM news. They helped spread the excitement of the evening awarding prizes, prizes and more prizes and making sure everyone was having a great time. It was clear why so many were in attendance, and the showed the importance of working to support our local community!

To date, funds raised from this annual bowling tournament total over $5,050.00!

Thank you, Kathy and her wonderful team! 🧿

The Sister Study

The sister study is unique - it is the only study of its kind that looks at women ages 35 to 74 whose sisters have had breast cancer. This national study investigates how genes and environment affect breast cancer rates. In the next three years, 50,000 women whose sisters had breast cancer and have not had breast cancer themselves will be asked to join this study. Do you qualify?

For more information, please visit the Sister Study’s website: www.sisterstudy.org. or call toll-free 1-877-4SISTER (1-877-474-7837)

Be an important part of leading edge research!

John Holtz BMW is holding their 10th Annual BMW Ultimate Drive for the Cure on Sunday June 4th 2006 at John Holtz BMW, 4250 West Henrietta Road, Rochester, NY 14623

The Survivor Drive pairs survivors with BMW’s starting at 9:45 am. A breakfast is provided at 9 am. Pre-registration usually takes place at the breakfast but you can register to drive one of these classy cars by calling Patty Klimchuck at 585-334-0885, ext. 3853.

The event runs from 10 am to 4 pm June 4th.
Take a spin in a BMW!
Stay tuned for the announcement of this year’s Local Hero!
Opinions regarding mastectomy site surveillance are varied. The first thing to keep in mind is that patients who undergo mastectomy without surgical reconstruction can have recurrences in the mastectomy scar site and adjacent skin. Generally these are easy to discern on physical examination. When a patient chooses to have reconstruction, the options include both autologous tissue transfer, such as a TRAM (transverse rectus abdominis muscle) reconstruction as well as implant reconstruction.

In silicone or saline implant reconstruction, the skin and subcutaneous tissue are easily and thoroughly evaluated by physical examination. If a patient were to have a recurrence behind the implant, this would be considered a chest wall recurrence. It would be difficult to visualize on mammography as the implant rests against the chest wall and obscures the view. In the case of a chest wall recurrence, a patient may experience pain or protrusion of the implant. Also, chest wall recurrences are highly associated with more widespread metastatic disease (likely the case with your neighbor’s sister - the cancer has not “spread” from behind the implant, but was likely in multiple places and the chest wall recurrence was found first).

There have been a small number of studies regarding mammography of TRAM flap reconstructed breasts. In 1998, in the Annals of Plastic Surgery, Eidleman, et al, published a study of 15 patients with suspicious clinical findings involving their TRAM reconstruction.(1) Their study supported mammography as a useful diagnostic tool in patients who have clinical findings. None of the fifteen patients had a recurrent cancer in their TRAM reconstructions. Also in 1998, a study released by Salas, et al from the Department of Surgery at the University of Michigan (2) described four patients with extensive DCIS who underwent mastectomy and TRAM reconstruction. Three of the four recurred with physical findings, the fourth recurred, but was only found mammographically. Helvie, a radiologist from the University of Michigan has published a series of 214 screening mammograms obtained over two years on TRAM reconstructed patients.(3) Seven of the 214 exams yielded questionable findings on mammography. Six of these patients underwent biopsy, and two of these showed unsuspected recurrence of breast cancer.

Although mammography can demonstrate recurrent cancer that is unsuspected, the larger question posed, is if it makes any difference in the long term. In a 10 year review at MD Anderson Hospital, 39 of 1694(2.3%) patients developed recurrences in reconstructed breasts.(4) Most recurrences were in the skin or subcutaneous tissue (28 of the 39) and the remainder were in the chest wall (11 of 39). At 80 months, patients with subcutaneous recurrences had an overall survival rate of 61% and patients with chest wall recurrences had an overall survival rate of 45%. Metastases were less likely to develop in patients with subcutaneous tissue recurrence than in those with chest wall recurrence (57% versus 91%). From their results, the MD Anderson group concluded that patients with subcutaneous tissue...
recurrence have better survival rates, decrease in metastatic disease and a greater chance of remaining disease free than do those with chest wall recurrence. Even if chest wall recurrence develops, it is highly associated with metastatic disease and the survival rate is not likely to have been influenced by earlier detection. At the Elizabeth Wende Breast Clinic we have routinely imaged reconstructed breasts. In the last two years, 429 screening mammograms have been performed on TRAM reconstructions. In that screening population, no recurrences have been found. However, four TRAM recurrences have been diagnosed at EWBC in the last two years in the diagnostic population (women who present with a problem). Two were palpable findings, one had metastatic disease in multiple areas, but unsuspected in the TRAM flap until mammography, and the fourth had a screening mammogram elsewhere and then was referred to EWBC for diagnosis.

In summary, there are no clear cut guidelines regarding routine imaging of the reconstructed breast. Based on the literature, the majority of recurrences in the reconstructed breast are diagnosed on physical examination. While mammography is capable of detecting unsuspected recurrences, frequently this is the harbinger of a more widespread metastatic process and early detection does not influence survival rate. For unsuspected subcutaneous recurrences, this may not be true, but more studies are required. It is important to keep in mind that in a normal screening population, the incidence of cancer is approximately 4 per 1,000 exams. One would expect a screening population of reconstructed breasts to have an even smaller incidence. All in all, the rate of recurrence is quite small in the reconstructed breast.

References:

Ask the Expert

“...the MD Anderson group concluded that patients with subcutaneous tissue recurrence have better survival rates...”

Marc Silver, author, speaks on his book

The Breast Cancer Husband

Wednesday, June 28th at 7pm.
BCCR offices, 840 University Avenue, Rochester, NY 14607
Please call 585-473-8177 for more information.
Voices of BCCR - Lila Bluestone by Pat Battaglia

Everyone who has heard those fateful words “You have breast cancer”, knows their life is forever changed. Whoever you are, whatever your background, things will never feel quite the same. But the qualities that make us who we are today are also the ones that help determine how we fight this battle with breast cancer. There is no “right” or “wrong” way to travel this road, just an immersion of the self in navigating an unfamiliar and frightening path.

Lila Bluestone is a pioneer environmental activist, having been involved in the ecological movement since its beginnings. She has a Master’s Degree in Environmental Science from Cornell University, along with many years’ service with the Sierra Club, including time spent as president of the local chapter, and helped defeat the construction of a new municipal solid waste incinerator in Monroe County.

She turned quite a few heads in the 1960’s when she rode her bicycle to work. She is passionate about organic gardening and living in harmony with nature. She is always open to new ideas and exploring the path less traveled. Her breast cancer diagnosis in August of 2002 left her in shock and feeling overwhelmed, but she brought her activism and inquisitive nature into her cancer fight and has become an inspiration to many at BCCR.

When she received the phone call confirming her diagnosis, Lila said, “When the going gets tough, the tough get going.”

When she received the phone call confirming her diagnosis, her response was, “When the going gets tough, the tough get going.” We can only guess what her doctor’s reaction was to this unusual reply, but this was the spirit that Lila lived by and it would characterize her breast cancer battle. At her insistence, surgery was done shortly after her diagnosis. She was then put in contact with Holly Anderson through a mutual friend. BCCR had opened its doors at its present location on University Avenue in early September of 2002, and within a few days, Lila was there, seeking the support and information she needed. There were confusing decisions to make regarding finding an oncologist, choosing further treatment and, for a woman so used to looking for alternatives in health care, the choices were especially difficult.

After a period of information gathering and traveling to seek second and even third opinions, which she characterizes as “doing her homework”, Lila ultimately decided on chemotherapy and radiation with complementary treatments chosen to fight the cancer and help manage the side effects of the more conventional treatments. With information from BCCR, she was able to find an oncologist who supported her choices of complementary treatments, including qi gong, acupuncture and massage therapy. She even consulted a physician at the University of California at San Francisco who had started a complementary and alternative breast cancer clinic there. She would do whatever it took to maintain wellness. This included surrounding herself with supportive people who believed in her and in her decisions.

Lila has an inquisitive mind and likes to explore and discover things. Whether it is trying something unusual in the kitchen (Have you ever had fresh cranberries in a stir fry? It’s delicious!) or seeking the best way to manage a cancer diagnosis, she’s always thinking beyond the norm and encouraging others to do the same. She not only looks for answers, she questions those who offer information, wanting to know exactly who the experts are before deciding to follow their advice.

At BCCR, she has found the “experts” on surviving breast cancer: the survivors. As she says, “Would you take the criticism of a piano recital from a non-musician?” After a breast cancer diagnosis, we have a few short weeks to educate ourselves about so many things. BCCR is there to offer support and education through what Lila refers to as “incomprehensible procedures”. Although she feels she can never begin to give back what she’s been given through her involvement with BCCR, Lila has been an inspiration to many women who have walked through the doors dazed and confused by their breast cancer diagnoses. She serves on the Board of Directors, is a regular at the Brown Bag Lunches and her energy and humor are infectious. She’s quick to offer words of hope and encouragement to anyone who needs them.

Thanks, Lila. You’ve given us more than you know.
Advocacy Update

Here’s What’s Happening On The Hill …

Here we are – beginning the second and last session of the 109th Congress. The National Breast Cancer Coalition (NBCC) and we, as members, have been hard at work campaigning for the passage of the five 2005-2006 Legislative Priorities. Four members of the House (Louise Slaughter, Tom Reynolds, Randy Kuhl, and James Walsh) and two Senators (Charles Schumer and Hillary Clinton) represent the Greater Rochester Area.

Here is a summary of the status of these bills as of mid-February, as well as the action taken by our representatives.

#1 Priority: Guaranteed access to quality care for all.

The NBCC has established eight principles that are essential to achieving this goal. One of these principles states that any system of coverage must include the following core values: access to quality care; information that is objective, evidence based, complete and correct; choice of doctors and care; respect for the patient; accountability so standards are clear, uniform and enforceable; and improvement mechanisms when such need is indicated.

As Liz Rich wrote in our last newsletter, NBCC is asking for personal stories from women with breast cancer. These personal accounts will be used to put a face on the struggle and will illustrate how our existing health care system is succeeding or failing. They will be used in presentations to Congress as different plans for change emerge. Cut backs in Medicaid and Medicare in the agreed upon budget pose serious concerns about the impact this will have on low-income individuals and their ability to access high quality health care. NBCC will be watching and listening for policies which reflect the eight principles and six core values.


After much hard work by advocates to protect this research program, it did receive a $127.5 million appropriation designated for Breast Cancer research. This unique program has breast cancer survivors and activists collaborating with scientists at every level of decision-making. Because the program is able to take a look at the broad spectrum of breast cancer research, it can strategically fill the gaps in research that would otherwise go unfunded. It is transparent and accountable to the public through the Era of Hope meeting every other year. This meeting is a forum for review and reporting on the research done. There are few, if any, other forums in the scientific community in which such a diversity of scientific disciplines come together with advocates.

Congressman James Walsh is the Chairman of the House Sub Committee, Military Quality of Life, which appropriates this funding. As such, he was instrumental in working with the Senate Appropriations Committee to get these monies budgeted. As a result of his outstanding efforts, he received special recognition by the NBCC at a reception during the 2005 annual conference and was presented with an Outstanding Leadership in the Fight to End Breast Cancer Award. (Senator Hillary Clinton was inducted into the NBCC’s Public Policy Hall of Fame at this reception.)

All of our area House and Senate representatives signed on in support of this appropriation!

#3 Priority: The enactment of the Breast Cancer and Environmental Research Act.

It is generally believed that the environment plays some role in causing Breast Cancer. However, no one really understands what that role is. This bill would authorize $150 million over five years to the National Institute of Environmental Health Sciences (NIEHS) to make grants to develop multi-institutional centers to study environmental factors that may be related to the development of breast cancer.

NBCC activists are continuously working to increase the number of co-sponsors of this important legislation. As of April 15th there are 184 co-sponsors in the House and 62 in the Senate. This is a great start going into the second session.

Both Senators and all but one House member of the New York State delegation have signed on.

Congresswoman Louise Slaughter has not; she’s the sponsor of a somewhat similar bill and wishes to focus all her efforts on her bill. Perhaps we can yet persuade her to sign onto this one as well since it has such tremendous bi-partisan support in both chambers and stands a good chance of passing. We will continue trying to gain her support. She may be convinced to do so if she were to hear from more of her constituents.

#4 Priority: Preservation of the Medicaid Breast and Cervical Cancer Treatment Program.
In late December, both the Senate and the House agreed on a budget which includes substantial cutbacks in Medicaid and Medicare. The NBCC is particularly concerned about the fate of the Breast and Cervical Cancer Treatment Program (BCCTP) which provides funds for those eligible. These cuts will impact all low-income individuals and their ability to access high quality health care. Fortunately House Representative Anna Eshoo from California was successful in getting the BCCTP exempt from cuts. While this amendment remains intact, thank goodness, NBCC continues to be concerned about the bill’s broad cuts to the Medicaid program in general.

#5 Priority: Enactment of the Fair Access to Clinical Trials (FACT) Act.

This legislation would mandate clinical trial registration and public disclosure of research results, positive or negative. The FACT Act would establish strong enforcement mechanisms to ensure that all clinical trials for serious and life-threatening diseases are submitted to the registry.

Thanks to our friends at RAMP (Rochestrians Against the Misuse of Pesticides), here is a good mnemonic device for remembering which plastics are bad news (or the best and worst of the bad stuff). The numbers are the ones in the triangles on the bottom of the bottle that you check to see if they can be recycled.

1 and 2: here’s the score, use once only and then no more.
4 and 5 if you choose: cool your food and then re-use.
3, 6 and 7: research tells these are toxic to your cells.

When you put it to the test all in all, pure glass is best.

This bill is in the Senate Health Committee but there is yet no version of this bill introduced in the House. Its future appears dim.

So that, my friends, is what is happening on The Hill.

Who among us would not agree with Will Rogers when he said, “We could certainly slow the aging process down if it had to work its way through Congress!”

Our next newsletter will report on the NBCC Annual Advocacy Training Conference being held in Washington DC from April 29 – May 2, 2006. Saturday, Sunday and Monday consist of Plenary Sessions and Workshops. Tuesday we go to The Hill to meet with our Legislators and/or staff to urge their support for this year’s NBCC priorities.

Go to the NBCC website at www.stopbreastcancer.org to learn more about this fantastic conference and the Legislative Priorities which are involved.
Free, on-street parking is available on both sides of University Avenue at all times. There is a small parking lot directly east of the BCCR building, 840 University Avenue. An additional lot is located on Elton Street, which is on the west side of 840 University.

Where to Park at the BCCR Office

Free, on-street parking is available on both sides of University Avenue at all times.

There is a small parking lot directly east of the BCCR building, 840 University Avenue. An additional lot is located on Elton Street, which is on the west side of 840 University.

Save the Date!

The Highland Breast Care Center at 1000 South Avenue in conjunction with Women’s Health Partnership is offering free mammograms to women 40 and older who do not have health insurance or their health insurance does not cover mammograms. The date is Saturday, June 10, 2006, from 8:00 a.m. – 12:00 p.m.

Spanish speaking staff will be on hand to assist women who speak Spanish as their primary language.

Please call Highland Breast Care Center at (585) 341-6869 or our TTY line at 341-6987 to make an appointment in advance. If you cannot make the screening day we will be happy to schedule for a different day.

The Breast Care Center is dedicated to helping women meet their health care needs. For more detailed information about the screening day, please contact Sue Swift, Outreach Coordinator at 341-8141.

Parking is free and Refreshments will be provided.
The 4th Annual ‘Teed-Off at Breast Cancer’ Golf Event is Fast Approaching!

On Monday, July 31, 2006 we will once again gather together at Shadow Lake Golf Club for a day of golf and fun in the wonderful outdoors! The day includes 18 holes of golf, lunch at the turn, a steak dinner and many, many raffle gifts and prizes!

From a novice to a pro, you are welcome to join in this opportunity to show your support to women, and families, in our local community traveling with a breast cancer diagnosis.

Please contact Barb at the BCCR Center at (585) 473-8177 for registration details, if you are interested in sponsorship opportunities, or would like to make a donation.

Happy golfers from 2005, Tim Deckman, Mike Simon, Pat Malgieri and Bix DeBaise

The Greater Rochester Jazz Orchestra is giving a free Jazz concert on Saturday, May 6, 2006 from 7:30 to 9:30 pm at the Penfield Racquet Club, located at 667 Panorama Trail, Penfield, NY.

The band members are very excited about contributing to our cause and invite one and all to come and enjoy an enjoyable evening of jazz with friends and family.

Freewill donations will be accepted at the door with all proceeds benefitting the Breast Cancer Coalition of Rochester.

What could be better?

If you have any questions, please call Barb at the BCCR office at 585-473-8177.
Thank you to everyone who made our Holiday Open House possible:

And a special thanks to our intern **Heather Deans** for setting up our holiday room and to **Joshua Garver** for providing violin music during our Holiday Open House.

---

**Holiday Revelers** - from left to right:
Phyllis Connelly, Kim Kircher, Marlene Datilo and Paula Martin

**The Holiday Open House spread!**

---

Holly Garver, BCCR employee, with her sons Daniel, left, and Joshua, right, who provided violin music for the Holiday Open House.

---

**The Holiday Open House**

by Kathy Reilly

Our annual Holiday Open House on December 1, 2005 drew a record number of attendees! The BCCR Centertook on a festive air with the help of our intern, Heather Deans, who added some holiday touches with Holiday tree and tinsel. As people sampled the delicious appetizers and desserts, we caught up on the news with some of our earliest supporters as well as others who were more recently diagnosed.

The highlight of our holiday party is always the presentation of our Champion of the Year award. This year’s honoree was an easy choice. Alex Cheek has been an invaluable volunteer for our organization. As an Rochester Institute of Technology graduate, he is a genius at computer graphics and, when we ask him for assistance, he never says no! He has developed the forms and posters for the four previous Rare Chair Affairs and for our 2006 ARTrageous.
Holiday Open House 2005!

The Holiday Open House by Kathy Reilly

Our annual Holiday Open House on December 1, 2005 drew a record number of attendees! The BCCR Center took on a festive air with the help of our intern, Heather Deans, who added some holiday touches with Holiday tree and tinsel. As people sampled the delicious appetizers and desserts, we caught up on the news with some of our earliest supporters as well as others who were more recently diagnosed.

The highlight of our holiday party is always the presentation of our Champion of the Year award.

This year's honoree was an easy choice. Alex Cheek has been an invaluable volunteer for our organization. As a Rochester Institute of Technology graduate, he is a genius at computer graphics and, when we ask him for assistance, he never says no! He has developed the forms and posters for the four previous Rare Chair Affairs and for our 2006 ARTrageous Affair. He is the only male on the committee in a sea of women! Poor thing! He is also our Webmaster.

Alex’s interest in BCCR stemmed from the loss of his mother to breast cancer. What a tribute he has paid to his mother in his dedication to our organization.

Not only was the award a surprise to him, but an additional shock was that his sister flew in to watch him receive it! We all chuckled as Alex’s face turned red with astonishment as he realized that she was the reason that some things had been moved in his apartment! His father also flew in from New Mexico for Alex’s award presentation.

Although Alex was practically speechless, Holly Anderson and the other members of BCCR couldn’t say enough about our love and appreciation of him.

Marlene Dattilo, co-chair of the Rare Chair Affair 2005, shares her high opinions of Alex with those at the Open House. Board of Director’s Chair Joyce Wichie stands in background.

A view of the BCCR Center, full of Holiday revelers!
Brown Bag Fridays
At the Breast Cancer Coalition! Any given Friday at noon finds a group of women conversing over whatever-they-brought-to-eat and a delectable dessert provided by staff member Nancy De Witt. This non-traditional support group, in that there is no facilitator but plenty of support, is exactly what many of us have been looking for. Brown Bag is a drop-in program. There is no need to call ahead. However if you would like more information, please call (585) 473-8177.

Gentle Yoga
On Monday evenings, you can find 10 women stretched out on BCCR’s floor doing Gentle Yoga taught by Susan Meynadasy, a certified yoga instructor. Susan needed 8 hours of community service for recertification in the spring and after the first session, there was quite a demand for her to come back. The fall session began in October and ran for 5 weeks. Our sessions are ongoing in 5-6 week intervals. You can join them at any time! The class starts at 6:30 p.m. and finishes at 7:45 p.m. Everyone is welcome - the class is limited to 10 breast cancer survivors. Please call (585) 473-1877 to sign up for the next session.

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.

Please call (585) 473-8177 for a time that is convenient for you.

The Sister Sak Project
The Sister Sak Project, spearheaded by Megan Dombrowski, was started by a group of young survivors who wanted to be able to help someone else in their journey with breast cancer. This project provides young women diagnosed with breast cancer a network of support dedicated to their unique concerns. The Sister Sak is a gift bag filled with comfort items, delivered by a young survivor who recently experienced similar challenges. Please call for a referral and Sak of your own! (585) 473-8177
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 a psychologist, Dr. Nancy Cooper, who is a breast cancer survivor as well. The group meets Thursday mornings twice a month at the BCCR office. Please call (585) 473-8177 about joining!

Jewelry making, including glass bead making, is the latest program that we are offering. Beading is relaxing and reduces stress. Marilynne Lipshutz of Studio 34 has generously offered her studio and the instructors have donated their time to teach a variety of classes. Some of the classes include making a polymer heart pin or a beaded bracelet. These are one session workshops, approximately two hours long with a maximum of 10 breast cancer survivor students per class. The classes are project oriented and students will wear home a completed piece of jewelry!

If you would like to take a jewelry class, please call (585) 473-8177.

Modeled after Breast Cancer 101, these are one-on-one sessions for those who have been rediagnosed with breast cancer. The partnering relationship between those with rediagnosed breast cancer to metastatic breast cancer survivor continues to grow in BC 201 as new issues arise. Maintaining a nurturing and supportive environment while providing a sounding board for treatment modalities and other issues is all part of BC 201.

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.
The Family Stone
A Movie Review
by Kathy Reilly

You may be surprised to see a movie review in the BCCR newsletter. Well, as with books, we only include movies that touch on that special subject that’s near and dear to our hearts (literally).

From watching the trailers of this movie you are led to believe that The Family Stone is a just another funny movie. I always love movies about dysfunctional families because who among us doesn’t have one? However, I was really blindsided by a turn that I never expected this movie to take.

As you may have guessed there is a character in the movie that has breast cancer. From this point on, don’t continue to read this unless you don’t mind learning how the movie ends.

Personally, I have noticed that whenever a female character is sick in a movie or book, the author’s likely choice is breast cancer. I don’t mind seeing how other women handle the diagnosis when it is a realistic portrayal. But in The Family Stone, the mother figure is known to have advanced breast cancer and yet seemingly looks and feels fine. Yes, she plays the “cancer card” when arguing with her son, but wouldn’t we all be tempted to?!

What I, and most other breast cancer survivors that I have spoken with object to is that at the end of the movie the scene is one year later and the mother is “no longer with us”? I feel that the end was contrived for its tear jerking affect and certainly doesn’t accurately depict the course that is taken by most women with breast cancer metastases.

Up until the last five minutes of the film, I found it to be an enjoyable, if unrealistic movie. Usually I don’t think that there is any circumstance where people need to know the end of a movie, but if you have breast cancer and want an uplifting movie this is not for you!

The Latest Word on Nutrition
by Lori McJury

Despite the blustery cold weather, January’s BCCR program gathered quite a crowd! Certified Clinical Nutritionist Allyson Prace guided approximately 50 interested men and women through the topic “Improving Your Health Through Nutrition.” Warm apple cider, veggies, whole grain crackers and cheese kept everyone focused on good food choices.

Allyson discussed eating a “rainbow” of at least seven fruits and vegetables each day. Colorful fresh or frozen produce is an excellent source of antioxidants, which have been proven to boost one’s immune system by crowding out cell-damaging free radicals and increase the activity of “natural killer” cells. These killer cells are the “backbone” of the immune system and help fend off tumor formation. Beta-carotene, vitamin C, and vitamin E are the main antioxidants; they cannot be produced by the body, and must come from the diet via the “rainbow” Allyson mentioned.

Other essential vitamins and minerals are necessary for helping the body form and maintain healthy cells, especially white blood cells. This list includes vitamin B6, folic acid, magnesium, iron and selenium. Allyson highly recommends getting these and all nutrients from foods in their most natural form, rather than supplements. Other nutritional recommendations included:

- Increased consumption of Omega 3 oils, found in fatty fish and flaxseed,
- Eating whole grains in place of refined and processed foods, and
- Adding vegetable proteins in place of animal proteins

These recommendations not only boost your immune system, but also contribute to your general health.

Our mother’s idea of a healthy meal, heavy on the meat and white potatoes, was banished with the new plate configuration. Allyson asked us to picture 50% veggies, 25% lean meat, and 25% starch - preferably a whole grain - as our new dinner plate. Portions are fist sized, not SUPER sized, and variety is key.

Knowing dramatic changes are difficult to make, she coached us to take small steps and introduce new habits gradually. Eating the way nature intended us to eat will help keep our bodies healthy. We truly “are what we eat!”

A Musical Theatre Review Benefit - “Laugh’s the Cure” - will be held on May 5 & 6, 2006, in Shewan Hall of the Cultural Life Center at Roberts Wesleyan College. Donations will be accepted for admission. Call 594-6230 for more information.
Sleeping in the Forest

by Mary Oliver

I thought the earth remembered me,
she took me back so tenderly,
arranging her dark skirts, her pockets
full of lichens and seeds.
I slept as never before, a stone on the river
bed,
nothing between me and the white fire of
the stars
but my thoughts, and they floated light as
moths
among the branches of the perfect trees.
All night I heard the small kingdoms
breathing around me, the insects,
and the birds who do their work in the
darkness.
All night I rose and fell, as if in water,
grappling with a luminous doom. By
morning
I had vanished at least a dozen times
into something better.
Fundraising …

Barb Pifer, BCCR Office Manager, receiving the generous check for $1,125 from Eastridge basketball players, l. to r.: Mike Matteo, Brian Sutton and teacher Patrick Flanagan.

Congratulations to the enterprising students Mike Matteo and Brian Sutton at Eastridge High School and to their teacher Patrick Flanagan for his creative approach to education! The BCCR is grateful for your support!

Cheerful Fundraising

Chelsy Vick’s family has been no stranger to breast cancer. Her aunt, great-aunt and great-grandmother have all been victims of the disease. So Chelsy, a senior this year at Webster Thomas High School, decided to put together a cheering competition to raise money for the cause as her senior project.

Her well-planned event in October 2005, attended by more than 24 teams and 524 girls, was a tremendous success. Chelsy was able to present the BCCR with a check for $5,000 from tournament proceeds, the sales of tee-shirts and the sales of bracelets and bandannas from BCCR.

“I really enjoyed it”, Chelsy said. “It took a lot of time, but it was worth it.”

Congratulations Chelsy on a job well done and many thanks from all of us at BCCR!

It’s ARTrageous!

The 2006 ARTrageous Affair, that is. Formerly known as the Rare Chair Affair, BCCR’s largest yearly fundraiser has been renamed the ARTrageous Affair and everyone hopes it will raise an equally “out”rageous amount of funds for the Breast Cancer Coalition.

Marlene Dattilo and Paula Martin head the Event Team again this year, coordinating the many committees toward the event on October 7th. Committee chairs, mostly recruited in 2005, encourage others to join them in their various tasks. A good time is had by all and the enthusiasm rises the closer the time comes to The Big Day.

“It’s a lot like a symphony,” explains Holly Anderson, Executive Director of the BCCR. “Marlene and Paula are the conductors and the music slowly rises to a crescendo. The gifted and talented teams are a lot like the strings, woodwinds and brass. Individually, they sound good but together they sound fantastic!” The energy and enthusiasm around here as we approach the big day is unbelievable.

Artists are urged to create to their heart’s delight and share it with the BCCR, although chairs are always welcome! Donations from local businesses are already being collected by our Silent Auction Committee. Plans are hatching with the Dinner Dance Committee and the Riverside Convention Center, the venue for the ARTrageous Affair.

ARTrageous Affair Committees - play on.
Sunday Morning, May 14, 2006 we will meet once again at 1 Beach Avenue, Ontario Beach Park for the Pink Ribbon Run and Family Fitness Walk. The Women’s 5K Race begins promptly at 9:05 a.m. with the 2.5 Mile Family Fitness Walk beginning at 9:06 a.m.

Pre-race registration, available by mail and on the website, is $15.00 and must be postmarked by May 9, 2006.

Pre-Registration in person and packet pickup will be held on Friday, May 12, 2006 from 9 a.m. to 4 p.m. and Saturday, May 13 from 9 a.m. to 12 p.m. at the Breast Cancer Coalition office, 840 University Avenue, Rochester, NY 14607. Those who pre-registered and picked up their packets in person at BCCR need only show up at the starting line.

Pre-race registration online must be e-mailed no later than May 12. Online registration forms can be printed and faxed to the BCCR office at 473-7689. Packet pick-up for those who pre-registered by mail and day of race registration will begin at 7:15 a.m. on race day; day of race registration will be cut off promptly at 8:30 a.m.

Race-day registration is $20, and takes place from 7:15 AM to 8:30 a.m. on May 14, 2006. The Women’s 5K Race will start and end near the Bandstand in Ontario Beach Park. It will proceed west along paved park trails, joining Beach Avenue at the Roger Robach Community Center. Once on Beach Avenue, it will continue west, merging right onto Edgemere Drive, looping around at Mann Road and returning on Beach Avenue, finishing at Ontario Beach Park. The finish line is the starting line. Our course is certified to be accurate by the USAT&F/RRTC (USA Track & Field/Road Running Technical Council) The 5K Race is a women’s only event. Women and girls of any age are welcome to participate. All 5K Women’s Race participants, regardless of age, must be individually registered and have a unique race number to be allowed on the racecourse. We are sorry, but absolutely no running strollers of any kind will be permitted on the 5K course.

The Family 2.5 mile Fitness Walk will start at the Bandstand promptly at 9:06 AM, following the runners. Walkers will not follow the same course as the runners but will see them pass by on several occasions. Men, women and children of all ages and abilities are welcome to participate in the 2.5-Mile Family Fitness Walk. A waiver form must also be signed for each participant in the 2.5 Mile Walk Event.

A $250 cash award goes to the Women’s 5K Race overall first place finisher. An additional $200 gift certificate will go to the winner if able to break the course record of 17'19”. Non-cash awards go to the first, second, and third place Women’s 5K Race breast cancer survivors. Additional prizes will be awarded to the top 3 finishers in several age groups. There will be no duplication of awards. Awards are subject to change without notice.

Participant parking is available on site. Attendants will be there to guide you into the parking areas. Please do not park on streets or in business establishments near the race/walk course, as cars may be ticketed and/or towed. 4
Second Bloom is a new, quality clothing consignment store that has offered a unique opportunity to help support the BCCR.

Second Bloom offers its customers the best in “gently enjoyed”, in-style designer brand names, including upscale fashions, from casual to evening wear, all at a fraction of the original retail price. Clothing offerings include styles for infants, children, youth, women from petite to plus sizes and even a Gentlemen’s corner.

When you drop your items off for sale and designate the Breast Cancer Coalition of Rochester as the recipient of the sale proceeds, we will receive 50% of the sale of your clothing.

Now would be the perfect time to clean out your closets and bring those extra clothes to SBC. Call to ask about their very special pick-up service!

Second Bloom Corp. is located at 1276 Fairport Road (near the Fairport Friendly’s restaurant). They are open Monday, Tuesday, Wednesday and Friday 11am to 7pm, Thursday from 11am to 8pm and Saturday 10am to 4pm.

Call them with your questions at 388-4330.

Do you love the smell of lilacs in the Spring?
Volunteer at the BCCR booth at the Lilac Festival in May and enjoy the glorious aroma of lilacs all day!
Call 473-8177 for more information!

The Breast Cancer Coalition describes its community as a diverse group of breast cancer advocates… survivors, thrivers, warriors, and activists. Few of us, if any, see ourselves as victims or sufferers of breast cancer. We are women, men, families, partners, mothers, sisters, daughters, friends, and others dedicated to our mission. We could not accomplish all that we do without the support of the many wonderful people who call the Breast Cancer Coalition of Rochester their home, particularly this astonishing group that comprises the Board of Directors. It is with deep appreciation that I thank this wonderful group of committed individuals who collectively make it all come together.

So, here it is… Spring. We have much to do, longer days, and productive minds. It makes no sense to just float along. To wander. To procrastinate. It makes no sense not to take action. So, stay tuned. What is in store? We are still working on it… but don’t be surprised if you see an adjustment in the mission statement… new programs… new methods of fulfilling our goals… and some things that will even go by the wayside. We are airing out the attic and hauling things up from the basement… and it feels so good!
Donations from June to December 2005

In Honor Of:
Ellen Bacon
Chrysa Charno
Eleanor Bergeman
Sandra Dupre
Rae Bernacki
Jean Curry
Mel Bianchi
Jean Curry
Denise Dolny
Judy & Larry Schulman
Pat Dupre
Sandra Dupre
Malisa & Dan Dupre Wedding
David Alberti
Sandy Arcese
Paul Beck
Barbara Dupra
Karen & Steve Dupra
Katherine & Craig Dupra
Linda & Mike Dupra
Sandra Dupre
Jane & Peter Hague
Amy & Timothy Lougher
Carla Rapp
Amy Samuel
Barb Gorski
Phyllis Connelly
Colleen Joseph
Kim Bawden
Lisa Cairot
Anne & Greg Cammett
Care-a-lot Child Care
Michele Dagggar
Amy Green
Wendy Haley
Heather Lannone
Judy Meacham
Kim Milliman
Maureen Murphy
Theresa Perry
Karen Price
Tina Ringo
Allison Spegar
Mary Webster
Shawnie Krawiec
Mary Jean Yengo &
Neighbors on Park Avenue
Lunger & Cummings Family
Nicole Lunger
Lori Mejery
Canandaigua Elementary
School
Rita & James Haley
Kim Miller
Lettyanne Miller

Dee Pease
Matthew Pease
Gail Phinney
Shannon & Robert Padilla
Kathy Reilly
Boyer Family
Barbara Sanko
Jenna Sanko
Spyker Family Christmas
Charity
Jean Curry
Maria Landry
Donna & Brian Schreiber
Linda & Jack Spyker-Oles
Mary Alice Semoni
Sandra Dupre
Robert Skivin
Braman Unit #1229
American Legion Auxiliary
Marie Vacco Birthday
Christine Eldridge
Sue Lucchesi
Nancy Morgan
Chris Pilger
Missy Plankenhorn
Kathy Rothhaar
Pamela Spencer
Diane Steve
Carol Thompson
Marie Vacco
Barbara Zamiara
Sandra Dupre

Anita Fiorentino
Weltman Family
Xerox Corporation,
208-01E
Traci Foster
Brian Lipszyc
Edwin Grano
Ruth & Bill Russell
Anne Jackle
Holly Anderson
Lettyanne Miller
Pauline Kleiner
Carol Record
Anne Kniffin
Nancy & Terry DeVey
June Lang
Cynthia & Eugene Yang
Nora Lasken
Ann Marie MacBride
Anne Marie “Amo” Martin
Holly Anderson
Phyllis Connelly
Boulter Corporation,
William Boulte
George Meyring
Harris Beach PLLC,
Partners Julie Lewis
Puscheck
Adele Knauf
Bonnie Ross
Linda Torretto
Barbara & Theodore Voll
Kim Miller
Holly Anderson
Phyllis Connelly
Carol Eisenman
Inergex, Inc.
Elizabeth Knudson
Mary LiVecchi &
Charlene Vallowe
Manion/Gilbert Families
Megan & David Parker
Mary & Jim Rees
Peggy Speer
Susan Stimson
Mary Nederschi
Doris Van Vechten
Kristin & Ken Warren
Jennie Piccarreto
Sally & Howard Barsell
Beverly & Joseph
Ceravolo
Helen & Vincenzo
Ceravolo
Mary & Rocco Ceravolo
Jean & Lawrence
DiRienzo
Cath Elliott
Paula & Lawrence
Lucisani
Lewanne & Thomas
Nettles
Dr. & Mrs. Frank Sansone
Theresa Schenk
Jean Simeone
Barbara & Donald Tosti
Doreen Rizzo
Cynthia Leyer
Liz & Robert Pirtle
“W” Kids
Sarah “Sally” Sabel
Elevator Technologies
Karen, Owen & Jamison
Fielding
Tracy & Bill Hall
L.U.E.C. Local 62
Robert Kimmerle
Elva Martin
Christopher May, Kerry
Neel
Robert Schriever
Regina Skelly &
Dick Daniell
Louise King
Nancy & Russell Toland
Tuesday Morning Ceramic
Class
Bertha M. Schultz
Betty Jane & Norman
Laney
Marian McCauley
Laura & Arthur Schultz
Fran Shira
Anna Schneider
Mildred Siebert
Lynn Perry
Rosanne Skelly
Greece Public Library
Staff
Maryanne & Curt Miller
Camille Perticone Smith
Mary Martello
Linda Stankey
Charlene Stankey
Dorothy Tambe
Patty & Bill Solberger, Jr.
Beatrice Tararea
Jean & Anthony Petres
Margaret Thurston
Sandra & Dan Casey
Augusta Vacanti
Beverly Andersen
Alicia & Robert Anderson
Holly & Tom Anderson
Shirley & James Coulter
Sophie Creek
Tonia DeGroote
Virginia & David McGregor
Carolyn Vacanti
Susan & Charles Vacanti
Jeanne & Warren Waldow
Dorothy & Reyton
Wojnowski

Eva Zuber
Kitty & Dan Basch
Judith Loveless

Visionary Circle $1,000.00-4999.
 Arrowhead Golf
 Club–Ladies Day Golf
 Tournament
 Boarding for Breast
 Cancer, Inc. Foundation
 Canal Walk Committee
 Geraldine R. Dodge
 Foundation
 Mass Mutual Financial
 Group
 Starbucks Coffee Company
 Tracey Pederson
 Tides Foundation–
 Barbara & Mark Kronman
 Fund
 Josephine Trubeck
 The Westport Fund
 Women's Motorcyclist
 Foundation, Inc.
 Jeff Zampi & Caesar Luo –
 Concert for a Cure

Advocates Circle $500-9999
 Allstate Insurance – Nancy
 Owens
 David Bischoff
 Paychex
 Shaun Strege-Varsity
 Volleyball
 Winslow Elementary School
 Xerox Golf Tournament –
 Paul Allen

Pink Ribbon Circle $100-$499.
 Amarr Garage Door
 Ellen Bacon
 Chili Lions Youth Football
 & Cheerleading
 Richard Cole
 Dancentre’
 Walter Deck
 William French
 Genesee Valley Women’s
 Golf Association
 Theresa Grana
 Grossman's Country
 Nursery
 Carol Gutzmer

Reva Hill
Ivy Thimble Quilt Shop
Linda Lawrence
Sue Lesage
Sandra Monahan
J.P. Morgan Chase
Foundation/PAM
Middle Tower Office 7
Suzanne Pfendt – Bella
 Bags
 Rochester Business Institute
 Medical Assisting Students
 Rochester School for the Deaf
 Denise Pittman-Reed,
 Second Season Clothing
 Rick Simmons, Jr.
 Cyrus Sussman – Bar
 Mitzvah
 Deborah & Paul Swanton
 Donna Torpey
 Wachovia Foundation

Friends Circle $50-$99.
 Amy Comfort
 Phyllis & Jack Connelly
 Greece Public Library
 Sue LeSage
 Philoptochos Society
 J.P. Morgan Chase
 Foundation
 Carol Robinson
 Mary Jane Smith
 Kelly Wyrough

Contributors Circle $.1-$49.
 American Express
 Jeannette Aikens
 Haley Biemiller
 Sarah Coventry
 Kimberly Battaglini
 Mary Gallari
 Diane Dávey
 Sara Eck, Sarabell
 Clementine Ehrmann
 Pamela Gardepe-
 Tastefully Simple
 Maureen Glickman
 Sharon Goldberg
 Regina Greble
 Greece Public Library Staff
 Sharon Kincad
 Jamie Klemp
 Linda Kotwas
 Jennifer Mack
 George Maier
 Sharon Maragus
 Josephine Marinetti
 George Matthews
 Susan Meynadsay
 Brenda Miller
 Rosann Milew
 Sandra Monahan

Patty Northrop
Diana Paige
Pampered Chef
Judy Povio
Pamela Rosen
Christina Rutherford
Erin Sackett
Carol Schojan
Anne Schreiber
Lorrie Sisca
Strong Clinical Laboratories
Carol Turkett
Kim VanCamp
Corinne & Jonathan Verna
Stephanie Williams
Kathleen Wood

Fundraising Partners:
 A Different Point of View
 C & I Perfect Image
 Craft Company #6
 Creative Outlook
 Elizabeth Wende Breast
 Clinic
 Highland Hospital Women’s
 Center
 Kim Kircher & Dorothea
 Hillis
 Parkleigh
 Rowe Photo
 Thelma’s
 Wisteria Florist & Gifts

Pink Ribbon Run Donations
 Diane Ruffino

Resource Center Donations:
 BOA Editions, Ltd.

Scarf Donated by:
 Virginia Earley, KC, MO

Sister Sak:
 Marie & R.C. Colver

Feed Off at Breast Cancer Golf
 Tournament
 Mary Maggio
 Sandra Monahan

2005

United Way Donations
 Ellen M. Aaneby
 Mafalda Agostinelli
 Laurie A. Albert
 Cheryl Allen
 George G. Atkinson
 Laura F. Autovino
 Megan K. Bagley
 David W. Barth
 Tammy L. Becker
 Arlene Belicove
 Jessica M. Beltran
 Delsa I Bent
 Susan M. Berry
 Dorothy A Bianchi
 Ronald J. Billings
 Pauline B. Black

Kathryn A. Blain
 Catherine A. Bosner
 Colleen Bracci
 Lorraine J. Briggs
 Teri & Robert Brown
 Carol A. Burke
 James E. Butti
 Kerri A. Byam
 Sharon A. Byam
 Nancy J. Caccamise
 Michelle Cagnina
 Heather L. Carstairs
 Vicki C. Casperson
 & Kenneth Cassara
 Brian M. Charles
 Darlene M. Cheesbro
 Catherine Ciardi
 Lynda Ciminise
 Teresa A. Claffey
 & Richard Clark
 Rita F. Cohen
 Barbara Cohn
 Dr. & Anthony Colaruotolo
 Tina Conibear
 Edward Corbett
 Jan E. Corey
 Lisa J. Craig
 Martin R. Cross
 Nancy J. Cross
 Nancy C. Dabella
 Diane P. D’Amico
 Rosetta F. Damico
 Amy M. Dann
 Marlene A. Dattilo
 Adelin Davin
 Raymond W. Dearcop
 John M. DeHaan
 Kathryn P. Dennis
 Jon R. Dertinger
 Curt E. DeWoelf
 Debbie Dickinson
 Laura M. DiPonzio
 Patricia Dix
 Julia S. Dumhumsky
 Michael D. & Carol Eagan
 Margaret J. Ehrmentrout
 Karyn A. Eichler
 Cindy L. Emerson
 Beverly F. Engel
 Christine R. English
 Michelle L. Everett
 Tamara Feck
 Mr. Jason C Felton
 Tara L. Fenlon
 Sandra E. Ferguson
 Bonnie Filozio
 Wilma Findlay
 Scott J. Fortunato
 Meghan E. Gallagher
 Cinthia Garcia
 Lisa A. Gawlik
 Janet M. Gawron
 Cherry M. Geer
 Paul R. Geer
 Linda A. Geraci
We sincerely regret any errors contained in this listing.
Please call BCCR at 585-473-8177 or email at info@bccr.org with any changes.
Thank you!

The woman identified in the center of this photo as City Council candidate Lovely Warren is actually Patricia Larke, Congressional Aide to Congresswoman Louise Slaughter. Our sincere apologies for the mixup!

We inadvertently omitted a “thank you” to artist Carol Barclay in our last issue and add a grateful mention here.
Upcoming Events
& Programs

‘06

April

3 Gentle Yoga #5
Art from the Heart: Intro to Glass Beadmaking
7 Brown Bag Friday
3rd Annual Cindy L. Dertinger Seminar: Advanced Breast Cancer:
Tools for the Journey (Topic: New and Emerging Therapies)
13 Living with Metastatic Breast Cancer Support Group
14 Brown Bag Friday
17 Gentle Yoga #1
20 ARTrageous Affair Committee Meeting
21 Brown Bag Friday
24 Gentle Yoga #2
26 Evening Seminar - For Women Only: Sexuality After Breast Cancer
28 Brown Bag Friday
29 National Breast Cancer Coalition Advocacy Training Conf. to 5/3

May

1 Gentle Yoga #3
Art from the Heart: Easy and Awesome Bracelet!
5 Brown Bag Friday
8 Gentle Yoga #4
11 Living with Metastatic Breast Cancer Support Group
12 Brown Bag Friday
12-21 BCCR at the Lilac Festival!
14 Pink Ribbon Run and Family Fitness Walk
15 Gentle Yoga #5
18 ARTrageous Affair Committee Meeting
19 Brown Bag Friday
22 Gentle Yoga #6
24 Evening Seminar: Self Healing Through Journaling & Scrapbooking
25 Living with Metastatic Breast Cancer Support Group
26 Brown Bag Friday
29 Memorial Day - BCCR Closed

June

2 Brown Bag Friday
5 Gentle Yoga #1
8 Living with Metastatic Breast Cancer Support Group
9 Brown Bag Friday
12 Gentle Yoga #2
15 ARTrageous Affair Committee Meeting
16 Brown Bag Friday
19 Gentle Yoga #3
22 Living with Metastatic Breast Cancer Support Group
23 Brown Bag Friday
26 Gentle Yoga #4
28 Evening Seminar - author Marc Silver, The Breast Cancer Husband
30 Brown Bag Friday
Take Action!

Become a Supporter of the Breast Cancer Coalition of Rochester by making a donation 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, support and research.

Name
Address
City State Zip
Phone
Fax
E-Mail

☐ $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 cannot afford 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 acknowledgement to: (name and address)

Payment Choice
☐ Check, Money Order ☐ Visa/MasterCard/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

Shop for BCCR Merchandise

We have many lovely things that can be enjoyed and benefit the Breast Cancer Coalition. What could be better? Check our website for items available, call, or visit us at 840 University Avenue, Rochester, NY (585-473-8177)

Online ordering through Paypal is now available!

Comfort Hearts – These beautiful pewter hearts offer comfort to many. - $10

Wear one of our new boxing glove pins to show you are part of the fight against breast cancer! In pink or brown. $3

Pink Ribbon Magnet Tins - $5

Bracelet of Hope – Handmade glass & sterling bracelet in a gift bag - $20

Bookmarks – Made by local artists Kim Kircher & Dorothea Hillis. Available in gold or silver finishes. $5 small, $10 large

Pink Jelly Bracelet – very popular! - $2

We have pink ribbon car magnets again too! $2 each

Remember the BCCR Library:
Browse,
Borrow,
Read!
Advocacy Day in Albany was March 7, 2006, with a busload of people traveling to Albany to further the cause of Breast Cancer. Groups met with individual legislators for private meetings and discussions about their issues.

In the photo above, from left to right, Yomika Bennett, spokesperson for Mr. Gantt, David Gantt, Tom McJury, Rebecca Solomon, Eileen McConville, Kelli Schwert, and Kathy Reilly.

We’re so proud of our Advocacy Committee for all they do to speak up for those affected by Breast Cancer!