Lee Cordero & Sean Patton were totally surprised, and stunned, to be presented with BCCR’s ‘Above & Beyond’ Award at the annual Holiday Open House. Joyce Wichie presented Lee & Sean this special award which is in honor of volunteers who have truly gone above and beyond on behalf of the Breast Cancer Coalition.

The ‘Tee’d-Off at Breast Cancer’ Golf Tournament is one of BCCR’s three annual fundraising events and we have been absolutely blessed to have the same two Co-Chairs since the inception of the tournament in 2003…. Lee & Sean.

As everyone can understand, it takes a Herculean effort, especially in these challenging economic times to raise funds so that we are able to continue to offer the outstanding services and programs here at the BCCR Center. It takes funds to participate in Advocacy work. And it takes funds to help researchers find the answers that will take us closer to a cure for breast cancer. It takes funds to offer Programs of support. And it takes funds to be here when someone calls for help.

These two gentleman, with the help of their committee and participants, have raised a total of $63,995.20 over the past six years. Together they have brought this event so far, this is an amazing accomplishment. Absolutely wonderful results in a competitive nonprofit fundraising market… with a very short golf season!
It's hard to believe that spring has officially arrived, but here it is… reminding us that crocus, tulips, daffodils and other wondrous gifts are just below the frozen landscape waiting to erupt following a tease or two from the sun. The days are getting longer. One warm day brings a shout of encouragement from Griffin, our youngest, as he hauls his shorts out of storage, dons a pair of sneakers (no socks), and flies out the door for the school bus. Never mind that the thermometer reads fifty. Everything is relative and fifty is the tropics following a Rochester winter.

But the arrival of spring has new meaning for me this year.

On a blustery day in February, I marked the passing of an important milestone… the ten year anniversary of my breast cancer diagnosis. Hard to believe but I experienced a bit of a dilemma. What do we do with these anniversaries? To ignore them seems unrealistic… ungrateful, really… and I am grateful. To celebrate, I feared, might invoke some unseen wrath. What gods might I anger by smugly marking time? In the end, I decided to quietly celebrate the day with an announcement at Brown Bag Friday and the sharing of a special treat. It seemed fitting to mark this passage with other women who are on this path. My husband sent me flowers. The women cheered me. We ate chocolate. A page was turned. And through it all, I pondered its meaning.

In the days, weeks, months and years following my breast cancer diagnosis, I certainly kept busy. But work, family and chaotic schedules never managed to divert my thoughts from these important milestones. “Wow, I’m still here,” I would think as each one of these passed. Having had lymph node-positive breast cancer, I marked those milestones with relief. One… two… five years… and now ten. I filled my days, my months, my years. My plan was to stay one step ahead if I could. But of what? The cancer? Was it really watching? Ready to pounce if it looked like I was having too much fun? Or even forgetting this dark chapter? (Gasp.)

Often, as people confront dilemmas in everyday life, they begin to ask more probing questions that eventually lead to ultimate questions about life, death, morality, value, meaning, and purpose. At least that’s how it went with me. And that is often how it goes here at BCCR, at gatherings of the women, men and families engaged in various stages of diagnosis, treatment, recovery and, sometimes, loss following a diagnosis of breast cancer.

The chocolate… the flowers… the special treats… those are delicious ways to celebrate but mostly it’s the assortment of wonderful, wildly brave women that have helped me mark these big moments. With thanks and appreciation to all the Brown Bag Buddies. May we be here for each other for years to come.
It began with an uneasy feeling that something was wrong. Maureen Kingston’s young son had weaned only two months prior and she knew that her breasts were undergoing some changes. A physical exam by her doctor raised no cause for concern. Still, Maureen felt uneasy. She and her doctor decided that since she hadn’t had a mammogram since the time before her pregnancy, it was time for a routine screening. Maureen hoped that it would put her fears to rest.

As it happened, the mammogram showed a cloudy area in her left breast, and Maureen was sent for an ultrasound. The radiologist called her the following day to say that there was an area of concern in the ultrasound, and scheduled a core biopsy. The biopsy procedure proved to be more uncomfortable than she expected it to be, but Maureen is buoyed by a world view that is at once optimistic and realistic, and she wasn’t about to let some discomfort throw her off course.

“She drew on that support from the moment the phone call came from the radiologist. Her biopsy results were conclusive; she had breast cancer. The news spread quickly among her three sisters and three brothers. When a sister who had just learned of Maureen’s diagnosis called her in tears, she reminded her that “I’m still the same person I was last Tuesday,” before the diagnosis. Grateful for the support, but knowing that cancer would not change her true self, Maureen was ready to face the challenges that lay ahead.

The challenges were many. A surgery decision was made and carried out without major complications and with surprisingly little discomfort. When it was determined that the cancer had spread to lymph nodes, Maureen faced chemotherapy. As the daughter of a breast cancer warrior who lived many fruitful years before succumbing to her disease, Maureen asserted that “it’s not a boat ride, it’s more like ‘Here’s the boat you’re in.’ ” She isn’t one to ponder the unfairness of it all, and has dealt with her treatment one step at a time.

Her surgical wounds were healing well, and one day before her chemo treatments began, Maureen was having lunch in a restaurant and spotted a copy of Voices of the Ribbon, which the owner had kindly agreed to display. She liked what she read. Immediately after her meal, she drove to BCCR and talked to Tracy Brown, the Program Coordinator. Tracy told her about the Brown Bag Lunch held for survivors every Friday at the office, and as it happened to be a Thursday when this took place, Maureen returned the next day and took a seat at the gathering. Here was a new kind of support; women who had “been there,” sharing their own personal stories. As she says, “It was a whole new angle on this,” learning and gathering strength from kindred spirits. Maureen still loves to come to Brown Bag whenever she can. There are always new and different faces among the familiar ones, and updates to hear as she reconnects with friends. She provides a clear perspective, and is a serene and welcome presence in the group. Each woman faces her diagnosis in her own way, and Maureen asserts

Maureen Kingston

written by Pat Battaglia

“She drew on that support from the moment the phone call came from the radiologist. Her biopsy results were conclusive; she had breast cancer. The news spread quickly among her three sisters and three brothers. When a sister who had just learned of Maureen’s diagnosis called her in tears, she reminded her that “I’m still the same person I was last Tuesday,” before the diagnosis. Grateful for the support, but knowing that cancer would not change her true self, Maureen was ready to face the challenges that lay ahead.

The challenges were many. A surgery decision was made and carried out without major complications and with surprisingly little discomfort. When it was determined that the cancer had spread to lymph nodes, Maureen faced chemotherapy. As the daughter of a breast cancer warrior who lived many fruitful years before succumbing to her disease, Maureen

Maureen with her son Luke

A Personal Journey

Maureen Kingston

continued on page 9
Members of BCCR's Advocacy Committee are gearing up for a busy time as Advocacy Day approaches on Monday, April 2nd. This year marks the tenth anniversary of Advocacy Day, when New York State Breast Cancer organizations devote a day to meeting with their local legislators to discuss legislative issues related to breast cancer, and to advocate for the passage of key bills.

Advocates gather annually in Albany; however, BCCR alternates Advocacy Day activities between the Albany gathering one year, and meetings with our legislators and their aides in their district offices in the Rochester area in alternating years. This year, we will be making local visits, and we invite all interested BCCR participants to join us.

Each year’s agenda focuses on issues identified by the New York State Breast Cancer Network (NYSBCN) as legislative priorities.

Governor Paterson Signs Executive Order Enacting Green Procurement Initiative

Soon after taking office, Governor David Paterson signed an Executive Order establishing a New York State Green Procurement and Agency Sustainability Program to promote policies within State agencies and authorities to purchase environmentally friendly commodities and services, and develop sustainability and stewardship programs.

This will reduce the consumption of materials and energy, and reduce potential impacts on public health and the environment. This initiative was originally launched in 2005 by the NYSBCN’s Environmental Committee, who has worked tirelessly over the last three years in coalition with BCCR’s Advocacy Committee, statewide environmental groups, legislators, and the Governor’s office to make this initiative a reality. Grassroots advocacy works!
The 2009 legislative priorities include:

Environmental Health Tracking to establish a statewide tracking and biomonitoring program that will gather human health data and environmental data, and compare them on a geographical basis to track cancer and other diseases.

The Lymphedema Practitioner Training and Education Initiative to ensure appropriate training for all practitioners treating lymphedema.

Enacting legislation to restrict the toxic and endocrine-disrupting chemical Biphenyl A (BPA) in children’s products. (See page 11, for news on BPA)

Health Literacy, an emergent issue seeking to improve access to quality care by establishing plain language guidelines in health-related programs, products, and/or services.

January 2009 was the beginning of a new legislative session in Albany and, therefore, none of these priorities have bills associated with them at this time. On April 2nd, BCCR advocates will focus on two issues:

1. Educating our local representatives about lymphedema, its affect on those who develop this chronic condition, and barriers some patients encounter getting appropriate treatment.

2. The emergent issue of health literacy and the growing efforts to develop a legislative policy to address the issue.

To learn more about New York State Advocacy Day and state issues, please visit the Network website at www.nysbcsen.org

To learn more about federal priorities and the national NBCC conference in Washington, please visit the NBCC website at www.stopbreastcancer.org

The NBCC National Conference and Lobby Day

On May 2nd, Advocacy Committee members will travel to Washington, DC to participate in the National Breast Cancer Coalition’s (NBCC) Annual Advocacy Training Conference and Lobby Day. There, we will meet with our New York State Senators and Representatives from local congressional districts. These meetings also give Advocacy Committee members the opportunity to educate lawmakers about breast cancer issues and advocate for identified legislation, as well as to hear their questions and feedback on how the legislative climate is serving, or not serving, breast cancer issues at present.

See page 7 to learn about NYSUT’s Retiree Council #5 Community Service Award recipient Patsy Robertson, and active member of our Advocacy Committee.
Our annual seminar focusing on living with metastatic breast cancer, Advanced Breast Cancer: Tools for the Journey, will be held on Friday, April 3, at the Rochester Memorial Art Gallery. This year’s panelists include: Meri Atanas, M.D., Chairman, Department of Radiation Oncology at Lipson Cancer Center; Susan V. Bukata, M.D., Clinical Director of the Center for Bone Health and Associate Professor for the University of Rochester; and Jessica Malone Kleiner, M.D. of Interlakes Oncology and Hematology and the Senior Clinical Instructor for the University of Rochester Medical Center. The afternoon moderator will be Michelle Shayne, M.D., Assistant Professor for the University of Rochester. Presentations include Metastatic Breast Cancer & the Role of Radiation Therapy, Updates in Bone Metastases, and Updates in Medical Oncology. This seminar will also feature survivor speakers who are living with metastatic breast cancer.

Funding for this seminar is provided by Assemblymember Susan John; and M&T Bank, Rochester Division, in memory of their friend and colleague, Cindy L. Dertinger. This event is offered to those living with advanced breast cancer and to others concerned about breast cancer issues. Family, friends, caregivers and care providers are invited to join us. Admission is free, however seating is limited and reservations are required. RSVP by March 31 to 585-473-8177. We hope that you will join us!

Thank you to Mary Reakes and Sylvie Mulcahey of Twigs & Faeries for their wonderful donation of specialty cookies to our Advanced Breast Cancer Afternoon Tea held on St. Valentine’s Day!

Mary Reakes with her delicious cookies. Mary also brought tea guests a plate of cookies from kokopelli a la carte.

The next
Advanced Breast Cancer Tea
for Ladies Living with Metastatic Breast Cancer will be held on

Saturday, August 8th
2:00-4:00pm

Join us for an afternoon of finger sandwiches, refreshing teas, and lovely scones!

RSVP will be appreciated. Watch for upcoming details! Questions? Please call Tracy at 473-8177.
Patsy Robertson Awarded for Community Service!

Conratulations to BCCR Advocacy Committee member Patsy Robertson who recently was awarded the New York State United Teacher’s Retiree Council #5 Community Service Award. Patsy describes how her volunteer work at BCCR began below.

“One day in Spring 2003 I stopped by BCCR to make a donation. One of my friends had made a contribution to BCCR after I was diagnosed with breast cancer. I was dropping the donation off when I encountered Holly Anderson. Holly and I got to talking about breast cancer, advocacy, and other things. When she discovered I had a long history as an advocate for children, teachers, librarians, the environment, she convinced me to explore the activities of the BCCR Advocacy Committee. Though I had yet to complete my treatment entirely, I was still having radiation, I agreed to attend an upcoming committee meeting. And as they say, “the rest is history!”

The Advocacy Committee consists of a great group of women who complement one another. We were able to refine our focus, increase our numbers, create Legislation 101, grow our legislation reception, expand our contacts with legislators, support neighborhood notification of pesticide application and increase our participation in the National Breast Cancer Coalition Training. In addition we had fun in the process and ate very well!”

Great job, Patsy… and keep up the great work!

Temple Beth El Wants to “Bee a Friend” to Breast Cancer Survivors
by Jody Dietz

A big thank you to Jody Dietz and Temple Beth El for thinking of BCCR when planning its Tikkun Olam Day! The cards are beautiful and the lip balm and lotion are very much appreciated!

On February 8th Temple Beth El held its 3rd annual Tikkun Olam Day, an event dedicated to community service. Members of the congregation participated in numerous activities to help those in need in Rochester and Israel. One of this year’s projects included “Bee a Friend to Breast Cancer Patients.” The congregation collected 70 Burt’s Bees Lip Balms, the children made 65 beautiful cards and Dr. Brett Schulman donated 500 skincare products. All of these items will be included in BCCR’s PALS (Peer Advocates Lending Support) Paks to provide comfort and support to those who have been diagnosed with breast cancer.

What does New York’s Pesticide Neighbor Notification Law do?

The state law, which was enacted in 2000, and adopted by Monroe County in 2006, has two major components. It requires all schools and day care centers to provide certain types of notification before and after pesticides are applied on their premises. It also allows counties to adopt uniform notification standards for lawn pesticide applications, and includes professional lawncare companies.

See more 48 Hour Refresher Tips on Pages 10, 11, & 20
Although the snow and cold might make it hard to believe, spring is coming to Rochester, bringing with it new beginnings and a fresh season of BCCR programs. Our leadership, staff, committee members, and our valuable volunteers are busy preparing to make this year’s fundraisers, educational and support programs, outreach, advocacy, and special events even more successful than the last.

Our 2009 program calendar is filling up with well-known programs such as our popular Gentle Yoga, our dynamic Voices & Vision Writing Workshop, and our wonderful BCCR Book Club. We continue to welcome new members to our survivor community and invite them to join our diverse breast cancer support groups, from our non-traditional Brown Bag Friday, to our professionally-facilitated Tuesday and Thursday night discussion-based support groups (see “Our Programs” on page 19 for more information on these programs). We have unique groups designed for young survivors – the Young Survivor Networking Group; for women who have received a diagnosis of advanced breast cancer – The Living with Metastatic Breast Cancer Support Group; and even a group called Men’s Night, which was created for men whose wives, daughters, sisters, mothers, or significant others have been affected by breast cancer.

We continue to grow our PALS (Peer Advocates Lending Support) Program and at the time of printing, should have completed yet another peer mentor training.

We are always seeking to bring new experiences to our survivor community. For example, this year we have planned a special Labyrinth Walk & Writing Workshop, a Nia Workshop, and are exploring other various healing arts initiatives. Our evening educational seminars will feature topics such as Updates in Screening and Diagnosis; The Role of the Oncology Social Worker; and Triple Negative & Inflammatory Breast Cancer.

Special events, such as the Young Survivor Soiree and the Advanced Breast Cancer Tea for Ladies Living with Metastatic Breast Cancer have

$30 Will Turn YOU into a Brown Bag Friday Lunch SPONSOR!

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

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

What is Brown Bag Friday?

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

Have you heard about the BCCR Book Club? What is this exciting new group reading and then discussing the 4th Thursday of every month here at BCCR from 6:00-8:00pm? So far our members have read *When You Are Engulfed in Flames* by David Sedaris, *Unless* by Carol Shields, *The Shawl* by Cynthia Ozick, and right now they are reading *Living Downstream: An Ecologist Looks at Cancer and the Environment* by Sandra Steingraber. (Ms. Steingraber will also be BCCR’s guest speaker at BCCR’s March evening educational seminar. Please contact BCCR for more information.)

Our March 26 Book Club will meet at BCCR to discuss *The Thirteenth Tale* by Diane Setterfield. This “rousing good ghost story” features heroines Vida Winter, a famous author, and Margaret Lea, a young girl working in a bookshop. Over the years, the mysterious, aging Vida has offered a different tale to each of her biographers, but this time Vida chooses Margaret to tell her entire story for the first time.

Our book club leader for March 26 will be Elizabeth Johnston. Elizabeth is a professor in the English and Philosophy Dept at Monroe Community College and is also one of BCCR’s Voices & Vision Writing Workshop facilitators. RSVP for this Book Club is required! If you would like to attend, please call 585-473-8177, or email Tracy at tracy@bccr.org to be put on the March roster.

Recipe

**Constipation is a serious problem many people encounter while undergoing treatment. This easy, natural recipe came to us from Norma and Gordon Steele as a remedy for treatment induced constipation.**

Mix together:

- 1/2 cup applesauce
- 2 tablespoons bran
- 1 - 6 ounces of prune juice

Store mixture in refrigerator.

Eat 2 tablespoons each day while going through treatment. Gordon suggests putting it into hot cereal in the morning.

**A Personal Journey continued**

that “I’m a firm believer in finding common ground.” There is strength to be gained in finding mutual understanding while we embrace our differences. This is the ideal embodied at Brown Bag.

With the most difficult part of treatment behind her, Maureen is living a new normal. “Life won’t be set up like it was (before your diagnosis),” she advises. “You have a whole new thing to carry with you.” Learning to carry this load is what finding a new normal is all about, and Maureen has done that with grace and resilience. “I’m content with how things are,” she says. Breast cancer survivors may not be able to choose a different road, but can certainly choose how to walk this one.

The nature of cancer is capricious. Many of us absorb the latest news on lifestyle factors and innovative treatments with the hope that the latest findings will bring us closer to the time when no one will ever hear those dreaded words, “You have cancer.” Or at the very least, that cancer will become merely a manageable nuisance. In the face of that, there is much to be gained by taking positive steps at nurturing body and soul, and many ways to go about doing so. Maureen’s advice rings true: “Live as well as you can,” and she lets go of the things over which she has no control. She has brought a combination of wisdom and common sense into her battle with breast cancer, and in the style of a true warrior, she simply refuses to let cancer get the better of her.

As breast cancer survivors, we can choose how to carry ourselves within the framework we are given. Whether dealing with physical, psychological, or spiritual issues, it behooves us to take the best possible care of ourselves that we are able. To accept what we are handed, to commit ourselves to this “boat ride,” as Maureen puts it, even though it is not of our choosing, is not a passive thing. It is to bring our entire being into play as we face the challenges that lay beyond a breast cancer diagnosis. It is an affirmation of life.

Need Health Information?

The Stabins Wellness Information Center at Rochester General Hospital offers confidential answers to your health questions. Medical librarians provide reliable medical information in understandable language. This medical library service is available to the Greater Rochester community free of charge. They will mail or e-mail the information to your home.

Phone: 922-WELL (922-9355)
e-mail: wellness@rochestergeneral.org
www.rochestergeneral.org/library/wellnessinfocenter
As Outreach Coordinator, it has been an honor to work with the many volunteers that I have come in contact with over the past few years. These dedicated individuals make up the fabric of BCCR. Every member who does anything from fundraising to health fairs to committee work to cleaning is a valued and appreciated part of our team.

We all know what fun it is to receive our quarterly “Voices of the Ribbon”. BCCR strives to distribute our newsletter to medical facilities and doctor’s offices from Rochester to Batavia and the Southern Tier. Through rain, sleet and snow, we can count on Phyllis Connelly, Nancy Birnbaum, Pat and Carl Foucht, Michele Fitzgerald, Pat Battaglia, Betty Miller, Nancy Germond and Jim Munnings to deliver these newsletters all around town. Because this entails lugging heavy boxes to numerous locations, it’s not an easy task. Thank you to these intrepid volunteers who are quick to respond when they get the call.

The many health fairs that we attend throughout the year are gearing up. Nancy Germond and Josina Stagliano signed on to help with the University of Rochester Health Fair. Naturally, it was the snowiest day in January and my car broke down. Nancy braved the winter winds to pack our large health board, heavy rolling suitcase and me (hopefully neither large nor heavy) into her car. She was helpful in talking with all the people who wanted to share their stories and to learn more about our organization. Nancy has worked this event with me before, and we always have quite the adventure trying to find the right auditorium after walking through a labyrinth of hallways. She is my GPS system!

As hard as it is to believe while we sit in the midst of ice and snow, Spring will be springing upon us (eventually). Spring fever will bring the Mother’s Day Pink Ribbon Walk/Run and the Lilac Festival. Both of these events require an enormous amount of energy, enthusiasm and volunteers! Please be sure to let me know if you would like to help out at these fun and fabulous events. ☺

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

This law was passed after years of grassroots lobbying by environmental, breast cancer, children’s health, and other public interest advocates from across the state who were concerned about the health effects of pesticides.

Children and developing infants are especially vulnerable. Advance notice allows people to take common-sense precautions to minimize their families’ exposure to hazardous pesticides in their communities.
If I Just Breathe - by Tina Koral; reviewed by Amy Weetman

If I Just Breathe by Tina Koral is a personal memoir. It begins with the most memorable events in her life, her wedding in Italy, the September 11th bombings, and the call that gave her the diagnosis of breast cancer at the age of 30.

Koral was aware of lumps in her breasts for 18 months, but each time she saw a doctor for help, she was told it was nothing to worry about; she was too young for breast cancer. Finally with a third, new doctor, she was diagnosed with breast cancer. During her treatment that followed, she initiated a lawsuit against two doctors and two major Chicago area hospitals.

Throughout the memoir, Koral paints a vivid picture of breast cancer treatment including surgery, chemotherapy, radiation, and estrogen blocking medication. She includes her feelings and side effects she has encountered. Being a thirty year old woman with hopes of starting a family also is a theme. Therapy becomes essential in getting to the other side of a breast cancer diagnosis and healing from childhood experiences.

When venturing out bald her first time, she played the song, Breathe by Michelle Branch over and over to block out the nervous chatter in her head:

If I just breathe  
Let it fill the space between  
Everything is all right  
Breathe – every little piece of me,  
you’ll see  
Everything is all right  
If I just breathe

The details of the lawsuit are chronicled within Koral’s memoir as well. The conversations and previous doctor visits are recounted. The reader can imagine what it would be like to be on the stand for questioning and relives the misdiagnosis along with Koral.

With such universal themes of body image, fertility, and triumph over adversity, If I Just Breathe will inspire any woman to be resilient in the face of life’s difficult times.

With Researchers, Health Professionals, Advocates and High School Students joining together, a "first" in the nation has taken place.

A Bill to ban BPA in children’s products passed unanimously March 3, 2009 in Suffolk County, Long Island, setting a precedent for the entire country!

BPA (Bisphenol A) is a chemical commonly contained in polycarbonate plastics, including baby bottles and sippy cups.

Studies have shown that it disrupts healthy human development and can lead to such complications as an altered immune system, hyperactivity, reproductive health problems, increased risk of breast and prostate cancer, obesity and diabetes.

Thanks to everyone who testified and showed support!

What is covered under the lawn notification requirements?

At least 48 hours before treating a lawn or yard with certain pesticides, commercial applicators will have to provide a written warning notice to owners of abutting properties within 150 feet of the application. In most cases, this would mean five properties: one on each side, and three in the rear. See www.nypirg.org and www.monroecounty.gov (entering “neighbor notification” in the search box) to learn more about this law and any exemptions that may apply.
Clinical Advances Made Over The Past Year In The Fight Against Breast Cancer

The American Society of Clinical Oncology (ASCO) has published Clinical Cancer Advances: Major Research Advances in Cancer Treatment, Prevention, and Screening report 2008. Over the past several decades, improvements in early detection and the development of more effective treatments have led to significant declines in breast cancer deaths, improving the outlook for women living with the disease. Increasingly, breast cancer is being treated as a family of diseases, each with its own molecular features and corresponding behaviors, rather than a single disease. Today the molecular characteristics of each woman’s tumor cells are routinely taken into account when doctors consider treatment options.

All information taken from the 2008 clinical cancer advances report from the American Society of Clinical Oncology. The full report is published in the Journal of Clinical Oncology online at www.jco.org

**Major Advances**

**Hormonal Therapy After Five Years of Tamoxifen Reduces Risk of Recurrence and Metastasis**

A major study provided evidence that hormonal therapy after five years of standard tamoxifen reduces the risk of breast cancer recurrence and metastases among all age groups. Previously, this multicenter Phase III clinical trial—called the MA.17 study, led by the National Cancer Institute of Canada Clinical Trials Group—reported that aromatase inhibitor letrozole (Femara) cuts the risk of breast cancer recurrence by 63 percent among postmenopausal women with early-stage disease who completed five years of tamoxifen therapy. A 2008 analysis of the same patient group found that the reduced risk of breast cancer recurrence persisted among all age groups, including women over 70.

Two other studies suggested that continuing tamoxifen beyond the initial five-year treatment period may reduce the risk of recurrence, though this finding needs to be confirmed before longer-duration tamoxifen can be routinely recommended. The international randomized ATLAS study (Adjuvant Tamoxifen, Longer Against Shorter) found that women who took tamoxifen for ten years had a 13 percent reduction in their risk of recurrence compared with those who took the drug for five years. The aTTom study reported a 6 percent reduction in risk with ten years of tamoxifen. The authors of both studies state that the follow-up time (4.2 years) may have been too short to see a significant result, and that longer follow-up is necessary to accurately assess the value of ten-year tamoxifen treatment.

While tamoxifen has been a very important and effective part of breast cancer treatment among women with estrogen receptor positive breast cancer who take the drug, more than half of all recurrences and two-thirds of breast cancer deaths occur following five years of tamoxifen therapy. Together, the new studies suggest that additional hormonal therapy after standard tamoxifen treatment may further reduce the risk of cancer recurrence; this approach is becoming part of the standard of care. It remains unknown if any therapy is beneficial after a five-year of an aromatase inhibitor in postmenopausal women.

**Adding Zoledronic Acid to Hormonal Therapy Reduces the Risk of Recurrence in Premenopausal Women with Early-Stage Breast Cancer**

A study found that giving zoledronic acid (Zometa), a drug used to treat bone metastases and recently approved to treat osteoporosis, to premenopausal women undergoing ovarian suppression and hormone therapy significantly reduces the risk of recurrence of early-stage breast cancer. In this study, zoledronic acid with hormonal therapy reduced the risk of breast cancer recurrence by 36 percent compared with hormonal therapy alone [tamoxifen or anastrozole (Arimidex) plus goserelin (Zoladex)].

Zoledronic acid is already used to treat multiple myeloma, lung and prostate cancer. The drug has been used to reduce or delay the onset of bone complications (such as fractures) in women with breast cancer that has spread to the bones. This study suggests that zoledronic acid can reduce metastases in women with early stage breast cancer and that fewer women will develop recurrences; a similar finding was noted several years earlier in clinical trials with another bisphosphonate drug called
tumors need to grow and spread, is also approved for cancer that works by inhibiting the development of blood vessels in breast cancer treatment. If confirmed by other research, the results of this new study could expand the indication for the use of zoledronic acid in breast cancer treatment.

**FDA Approves Bevacizumab for Metastatic Breast Cancer**

In February 2008, the FDA approved the use of bevacizumab (Avastin) in combination with paclitaxel (Taxol) for treating women with previously untreated metastatic breast cancer who are not candidates for trastuzumab (Herceptin) because their cancers do not express the HER2 protein. The approval was based on the results of a Phase III Eastern Cooperative Oncology Group clinical trial reported in 2007, which found that progression-free survival among women who received paclitaxel plus bevacizumab was twice as long (11.8 months) as that among women who received paclitaxel alone (5.9 months). More women in the bevacizumab group (36.9 percent) showed response to treatment (e.g., tumor shrinkage) than in the paclitaxel group (21.2 percent).

Similar findings were reported by the AVADO study in 2008, which found that adding bevacizumab to treatment with docetaxel (Taxotere, which ischemically similar to paclitaxel) improved progression-free survival and increased the response rate from 44.4 percent to up to 63.1 percent. Bevacizumab, which works by inhibiting the development of blood vessels tumors need to grow and spread, is also approved for the treatment of advanced colorectal cancer and advanced non-small cell lung cancer.

**NOTABLE ADVANCES**

**FDA Approves Ixabepilone for Refractory Metastatic Breast Cancer**

Effective treatment options for patients with metastatic breast cancer that is resistant to anthracyclines and taxanes are limited. In October 2007, the FDA approved the drug ixabepilone (Ixempra) for the treatment of advanced breast cancer in patients whose tumors are unresponsive to other types of chemotherapy. The approval was based on an international Phase III randomized clinical trial, reported in 2007, which found that adding ixabepilone to capecitabine (Xeloda) treatment in women with metastatic breast cancer that persisted despite prior therapy with anthracyclines and/or taxanes reduced progression of the cancer by 25 percent (5.8 months with ixabepilone versus 4.2 months). Ixabepilone also more than doubled the response rate (from 14 percent with capecitabine alone to 35 percent for capecitabine plus ixabepilone). The most common moderate to severe side effects seen in the ixabepilone group were sensory nerve problems, fatigue and low white blood cell counts.

This study was the first to demonstrate superior progression-free survival and response rates after the addition of a second agent to capecitabine in patients with metastatic breast cancer that is resistant to anthracyclines and taxanes.

**Vitamin D Deficiency Is Linked to Worse Breast Cancer Outcome**

Canadian researchers found for the first time that women with vitamin D deficiency at the time of breast cancer diagnosis were more likely to experience metastasis of their cancer and more likely to die, compared to women with adequate vitamin D levels. Only 24 percent of the patients in the study had adequate levels of vitamin D when they were diagnosed with cancer. Women deficient in vitamin D (less than 50 nmol/L) were also more likely to have high-grade (more aggressive) cancers. After 10 years, 83 percent of women with adequate levels (more than 72 nmol/L) remained free of metastases and 85 percent were still alive, compared with 69 percent and 74 percent, respectively, of women with vitamin D deficiency.

There is no Recommended Dietary Allowance for vitamin D in the U.S., and high doses can be toxic. This study is of great interest, but it was retrospective in nature, highly preliminary and in need of confirmation.

**References**


4. Gray RG, et al. aTT om (adjuvant Tamoxifen—To offer more?): Randomized trial of 10 versus 5 years of adjuvant tamoxifen among 6934 women with estrogen receptor-positive (ER+) or ER-untested breast cancer—Preliminary results. Presented at the 44th Annual Meeting of the American Society of Clinical Oncology; May-June 2008; Chicago, IL.

5. Gnant M, et al. adjuvant ovarian suppression combined with tamoxifen or anastrozole, alone or in combination with zoledronic acid, i premenopausal women with hormone-responsive, stage I and II breast cancer: First efficacy results from ABCSG-12. Presented at the 44th Annual Meeting of the American Society of Clinical Oncology; May-June 2008; Chicago, IL.


7. Mile D, et al. Randomized, double-blind, placebo-controlled, phase III study of bevacizumab with docetaxel with placebo as first-line therapy for patients with locally recurrent or metastatic breast cancer (mBC): AVADO. Presented at the 44th Annual Meeting of the American Society of Clinical Oncology; May-June 2008; Chicago, IL.

Fond Memories
From Our 2008 Holiday Open House

A great time was had by all!
With beautiful harp music played for us by Ann Ellis, a visit from Jim Redmond, Senator Robach and Reverend Mo; and a special “ho, ho, ho” when we were presented with the generous check raised from the Batavia Downs Fundraiser. Thank you to all our BCCR friends and family who took time to celebrate the holidays with us!

Sean Patton, Barb Pifer, and Lee Cordero

Ann Ellis entertaining the crowd with her beautiful harp playing

The McJury Boys

Connie Schmeer

Jim Redmond and Holly Anderson

Judie Waldert, Reverend Mother (Phyllis Contestable) and Joanne Ciacciuch
Phyllis Connelly, Mel Bianchi, Joyce Wichie, Todd Haight and Holly Anderson with the donations check from funds raised through Batavia Downs fundraiser.

Cinthia Garcia and Jean Lazeroff

Dore and Don Udvarchek

Our student holiday helpers, Jen Murphy and Leah Kohler of Webster Schroeder High School

Nancy DeWitt and Josie Abdella

Jeanne Verhulst enjoying the evening with her sister Janet Tile

Mary Gross

Holly Anderson, Joyce Wichie, Mel Bianchie, and Senator Joe Robach
Young Women Generate BIG Ideas to Raise Funds Foe BCCR!

These two creative young ladies work out of a basement studio in their home. For this particular project, art they created was sold during an open house event at Temple Sinai in fall 2008. They raised $143. This is the second donation Briell and Hannah have made to BCCR. We are grateful for their thoughtful support!

Hair Salon Raises Funds

Thank you to Ashby Madison Hair Salon for their promotion to raise money for local charities! A $10.00 coupon was given out and when used the salon donated $10.00 to either the Rochester Family Mission or The Breast Cancer Coalition of Rochester. The salon raised $100 for BCCR!

Allstate Foundation Donates For The Fourth Year To BCCR

Ann Breen from the Allstate Foundation spreads the holiday spirit as she presents BCCR with her organization’s generous donation of $500.

Musical Talents Put To Good Use at the “Color Me Happy” Fundraiser

Through surgery and chemo treatments, I have been fortunate to have my husband, daughter, mother, sister and friends to care for me and my every need. For our out of town 22 yr.old son Rob, however, wanting to help and the matter of 400 miles interfered. As his way of contributing to the family crisis, he chose to use his talents and designed a fundraiser to benefit the cause.

On December 27, the “Color Me Happy” concert took place at the new Lovin’ Cup restaurant in RIT’s Park Point. The restaurant donated their space and talent in the form of music: The jam band "The Niche" performed with a reunion concert as the highlight of the evening, following "Doja", a hot Rochester jazz group. The highlight for me, of course, was the first group "Blue Mountain," featuring my husband Larry Compa and his friends, and Rob’s group from Boston, "Dopapod" who donated time, extreme talent and airfare to get here. This was my first time hearing my son’s group, which is experimental funk.

Almost $2000 was raised, half of it designated to BCCR, and half to SIS program. For me, it was a taste of old and new friends, as well as new music. (I am used to acoustic folk sounds.) For Rob, it was trying his own "thing" in a new light-that of promoting a cause, instead of his group. He loved it! Let’s hear it for young people putting their talents to good use!!! We also hope more people have discovered a great new restaurant whose owners are willing to give up profit for a cause.

We’d like to thank BCCR for the endorsement, and any of you who came to enjoy the music...and here’s to Recovery in the New Year!
In 1999 when Chris Chapin was a Saints hockey player at Churchville-Chili Central School, he elected as his senior community service project to raise funds for the Breast Cancer Coalition of Rochester (BCCR) in memory of his mother, Elffie. Since that time the Saints players, coaches, parents and friends have continued to hold their annual fundraiser for the benefit of BCCR by selling awareness ribbons throughout the community. Thanks to this wonderful effort, this year the ‘Saints Community’ donated $1,191.00, making their total to date over $6,700.00, in support of local women and families dealing with a breast cancer diagnosis.

Our sincere thanks to the Churchville-Chili Saints family and the Tom McJury family for representing BCCR at the presentation game.

Hats Off To Waterloo High School!

Through their advisement program, Waterloo High School sponsored a “hat day”. Students paid one dollar to wear a pink ribbon and their hat for a day. They also included a different statistic about breast cancer each day during that week during announcements to raise awareness.

Thank you to our friends at Waterloo High School for raising over $150 for BCCR!

Correction

The Batavia Downs photo published in the winter 2008 newsletter did not correctly show the Crazy 8’s group as stated.

The Group - Phillie’s Crazy 8s - sponsored a race. Those from the group who were at Batavia were Rosemary Shea, Barbara Zimmerman, Helene Ehmann, Joanne McDonald, Mary Meisenzahl and Phyllis Connelly.
Our Programs at the Breast Cancer Coalition of Rochester

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

Brown Bag Fridays

At the Breast Cancer Coalition! Any given Friday at noon finds a group of women conversing over whatever they brought to eat and a delectable dessert provided by BCCR. 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.

Men’s Night

Facilitated by Jay Nittoli, LCSW, this group is for men whose wives, daughters, sisters, mothers or significant others have been affected by breast cancer. It meets on the 4th Thursday of every month from 6 to 7pm at BCCR.

Breast Cancer Support Group I

This discussion-based support group, led by Claire Gladwell, RN, meets regularly here at the BCCR. Join with others coping with a diagnosis of breast cancer, share your experiences and lend your support. We meet every three weeks on Tuesday evenings from 5:30 to 7 pm. Though no registration is required, please call BCCR for the next meeting date.

Breast Cancer Support Group II

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

Gentle Yoga

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

Living with Metastatic Breast Cancer Support Group

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

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.

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

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

Young Survivor Networking Group

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

The Sister Sak Project

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

Book Club

What if a traditional support group isn’t for you, but you still like the idea of participating in a supportive community following a breast cancer diagnosis? Join our Book Club! The BCCR Book Club will meet the 4th Thursday of the month, from 6:00-8:00 p.m. Participation is limited and sign-up is required. To reserve your seat and learn the next book selection, call Tracy at BCCR.
When someone you care about is diagnosed with cancer, what should you say? What should you not say? You want to be supportive, but how? How do you help children understand what is happening? What about holidays … birthdays … celebrations … mortality? What do you do, what do you say?

When Life Becomes Precious is filled with advice that’s likely to escape your mind during this time of stress such as the 11 common reactions – shock, anger, fear, burdens, loss of control, grief, guilt, anxiety, reevaluation, desire to bargain, and hope - the 14 questions to ask before surgery, the medical and legal documents to have handy at all times, and the 8 reasons for switching doctors.

When Life Becomes Precious helps answer the uncomfortable questions. It includes specific tips for cultivating a support network, avoiding caregiver burnout, managing fear and anger (in both yourself and the cancer patient), finding the best doctors and other health care professionals to plan treatment, preparing for hospital visits, and, for the patient, dealing with cancer when at the workplace.

I Am Not My Breast Cancer is a book that helps women realize they are not alone when dealing with a breast cancer diagnosis. It addresses what women are really feeling during this time when their health is at risk and their emotions are running high. It gathers the warm, loving, frank, and informed voices of more than eight hundred women who offer the companionship of other women from every state in the nation and from continents as far away as Australia and Africa. They reveal their fears, trade advice, share experiences, and express their deepest, most intimate concerns. This book takes readers through stages of diagnosis, treatment, recovery, and self-discovery, offering women a deeper understanding of themselves and living with cancer.

While I Am Not My Breast Cancer does not have your name in the index, it does have a table of contents that reflects the process of your journey.

What should I do if pesticides are applied to a neighboring lawn and I believe that I have not been properly notified?

To report a violation or to have questions answered about the Pesticide Neighbor Notification Law, call the Monroe County Department of Public Health at 753-PEST (753-7378) or by e-mail at mchealth@monroecounty.gov. If reporting a violation, please be prepared to provide:

- date when product was applied
- approximate time when product was applied
- address where the product was applied
- name of company applying the product
- your name, address, phone number or e-mail, so we can follow-up with you

Commitment to the Cause “Runs” Deep In This Family

My mother Mary Picciolo died from complications from Breast Cancer in March 1993. I have participated in the Pink Ribbon Run since its inaugural run at St. John Fisher College (yes, in the pouring rain/lightning/thunder!)

My daughter, Valerie, and I run it each year in honor of my mother. My daughter currently serves in the US Navy, but comes home each year to run the race with me. One year, she was deployed to the Persian Gulf, but called me from the ship during the race because she couldn’t be there.

- Jaci Riorden
My sister in law, Lisa Flaxman, passed away after a vigilant fight against breast cancer on January 14, 2009. Lisa was an incredibly gifted writer and a talented musician. She put her skills to good use as the founder of "Musikids," a business that served more than 500 children under the age of 5 in the Washington DC area. Despite the demands of her business, Lisa was always involved with many community projects. Throughout her illness she continued to reach out and help people through her volunteer work. She started "Musikares," a non-profit organization that brought music to adult and pediatric cancer patients through the collection of used CD's. She even managed to co-write a cookbook. Her remarkable efforts certainly paid off, and in 2007 Lisa was recognized as one of Maryland's top 100 women for the year. She was clearly an inspiration to many people; over 500 people came to her funeral. Lisa was a wonderful mother and a warm, genuine woman with a great sense of humor. Her family was always her top priority. We all miss her so much. Her spirit will live on through her husband, extended family, friends, and three wonderful children.

Wishes

There’s a wishing fountain beneath the balcony
That looks at the frothy ocean beyond spiny palm leaves
And it’s full of coins
I don’t have a penny to toss
But I make a wish anyway
Piggybacked on everyone else’s
Under the orange moon
As I walk back to put my three children to sleep
And perhaps lean into my husband’s arms for a moment
I make a wish
There used to be so many
Now I just want the chance to enjoy just one
The orange moon's promise is beautiful
I want to gaze at it for as long as I can

Please find a cure...soon.
Donations ending December, 2008

The name of the individual honored or remembered is shown in bold type. The Breast Cancer Coalition thanks donors for these gifts made since our last listing. (Donations made after September 30th will be included in the winter newsletter.) We apologize for any errors and/or omissions on our donor pages.

In Honor of:

Heather, Betty & Kathy
Connie Hotchkin

Holly Anderson
Arlene Davidson
V. Sumati DeVadutt

Jeanette Atkinson 40th B’Day Raffle
Ben & Jeanette Atkinson
Michael & Jo Slovak

Marisa Bennett
Marc & Anne Dottore

Lila Bluestone
Evan Lowenstein

Mary Bordynski
VanGellow Family

Barb Compa
Enspirit-Gwen Mazza

Lillian Conlon
Janette Winn

Marjorie Dirk & Felicia Stevenson 16th B’Day
Dirk & Stevenson families

Patricia Egolf
VanGellow family

Stephen Evangelisti

Shannon Ferguson
John Ferguson

Edda Frankel
Evan Lowenstein

In Memory of:

Diana Gartz 40th B’Day in Memory of Stephanie Gebo
Roger & Christine Bennett
Ken & Jean DeBuck
Eric & Diana Gartz
Kenneth Gartz
Andrea Hicks
Robert & Linda Lagree
Tracy Linton
Christopher Nelson
Russ & Marie Nichols
Lois & Terri Phillips
William & Kathleen Porter

Holly Hungerford
Janice Hanson

Lisa Kubby
Judy Emerson, Woody Packard and the Emerson family

Mary Jo Maier
Dawn Ciccolone

Dee Miller
Marilyn Tedeschi

Sandy Monahan
Milt, Jeff, Zach, Brian & Todd

Mary Pellegrino
Frances Bellave
Carl & Frances Grande
Lorraine Grande
Kathleen Guarino
Rochester General Hospital, Quality Improvement Dept. – Carol Watson, Anne Kretovic, Patty Johns, Linda Nicholson, Anne Ross, Catherine DiNicola, Mary Costantino, Linda Greene, Cynthia Bileschi, Karen Malecki
Bessie Romagnola Trust
Ann Spallina
David & Rene Spallina
Daniel & Ann Marie Turner
Olivia Versage

Special Friends of Greg & Kathy Johnson;
Robin Banker family, Mr. & Mrs. Ron Bottori, James Ding family, Marlene Goehle, Mr. & Mrs. Stephen Henry, Mr. & Mrs. Dennis Jacob, Randy Jacob & Amy, Mr. & Mrs. Douglas Johnson, Nona Kane & Vu, Paul LeClair family, Joanne Lipinski, Eve O’Brien, Rich Parker Family, Mike Perrotta Family, Tom Romanoski, Frances Service, Lorri Strem, Stephanie Tisa

Special Friends of John & Anne Staviskys
Marylu Andrews, Bill & Pat May, Sars & Mary McNulty, John & Ann Stavisky, Jim & Karen Unckless, Phil & Donna Yawman

In Memory of:

Pauline
Connie Hotchkin

Kristy Adams
Evan Lowenstein

Grace Agnello
Adeline Bruno
Mary Martello
Ann Mazzarella

Joanne Agnello
Adeline Bruno

Marilynmae Anderson
Robert & Dawn Schreiber

Kathy Castellana
Tiffany Stapleton-Red Jacket BOCES fundraiser

Mary Ann Conte
Frank & Jacqueline Bellavia
Maria Bonfiglio
Michelina Calle
Richard & Catherine Figaro
Bonnie Howlett
Barbara Leary
Janine Marchner
Lisa McCormick
Sande Riley
Phyllis Sinisgallo
Nancy Ann Skiba-Evert
Michelina Valle
Mary Jo D’Angelo
Joseph & Patti Scarlata

Patricia DiRienzo
George & Ann Privitera

Barbara Dobrowski
Tiffany Stapleton-Red Jacket BOCES fundraiser

Joseph Donovan
Vincent & June Carfagna

Mary Grandone & Louise Grandone Lauf
William Dodge

Arlyn Grossman
Joanne Siegle & Reuben Epstein

Anne Jackle
Kristin Hunt

Paige Langhorne
Evan Lowenstein

Kim Miller
Dee, Karen, Rob, Ken & Kathy

Lucille Mirabella
Carmella Bianchi
Alfred Censullo
Stephen & Oksana Fedyk
Scott & Janet Hunt
Paul & Mary Claire Killion
Wayne & Beverly LeChase
Lawrence & Florence Millerd
Virginia Ranaletta
Joe & Diana Saladzuis
Donald & Annette Smith
Andrew & Susan Vorrasi
Bob, Lucille & Jim Votry
Xerox Team:
Scott & Deb Huber
Wanda Humphrey
Mike Nwelkelo
Diane O’Connor
Judy Taylor
Susan Westlake
Jeanette Zambrana
Paul & Marjorie Yarrows

Lorraine Monnier
Tony & Jackie Colicchio

Laurie Pask
Allis Family Trust, Donald Allis
Betty Anderson

Holly Anderson
Joyce Antes
Susan Bakolas
Randy & Nancy Benedetto
Dennis & Annmarie Boike
Bruce & Darlene Bozard & family
Patsy Brown
John & Mary Jo Coniglio
Nancy Curme
Mary Ernst
Carl Fougarty & the Passion for Life
Doris Gaskill
Tom & Margaret Hanford
Dr. David & Elena High
Enid Hymes-Schaefer
Frances Kessler
Lois Klett
Glen & Ellen Knight
Medina Garden Club
Alice Morse
Marcia Noble
Steve & Sue O’Dea
Orleans Correctional Facility
Business Office – Kim N, Darla,
Rene’ & Ann
Kathy Parrinello
Penta & Co., P.C.
Nina Richards
James & Anne Robotham
Roch Otologyngology Group, P.C.
Dale & Helen Root
Ross & Mary Scusa
Kathy Schmitt
Steven Simpson
Cindy Smith
Strong Surgical Center
Roberta Swingle

Ellen Sand
Sue DeRose

Terri Schmitt
Tim, Marybeth & Jack Allyn
Daniel Deckman, Cleary, Gottlieb, Steen & Hamilton
Tim Deckman

Anna Siragusa
Cynthia Bileschi
the Collins Dobrowski Family
Mary Costantino
Catherine DiNicola
Linda Green
Mary Ham
Patti Johns
Joan Kent
Anne Kretovic
Bertha Langdon & Ruth Kinslow
Karen Malecki

Monroe Piping & Sheet Metal, LLC
Morry & Millie Natal
Linda Nicholson
Ann Ross
Raymond & Kathleen Siena
Carol Watson

Kat VanMeenen
Holly Anderson
Pat Bartaglia
Melisande Bianchi
Kathleen Michniewicz
James & Sharon VanMeenen

Linda Williams
Gregory Williams

Susan Zingerella
Robert & Janice Clement
Charles & Dorothy Dumbleton
William & Joyce Hooker
Janice Rine
Floyd & Marcella Schanke

**Contributor’s Circle $1-$49**
Anonymous
Mary Ann Courtright
Creative Outlook
Stacey Greenberg
L. David Salon & Spa
Tony & Chris Loperfido
K.A. Luke
Jean Marshall
Pam McInerney
Madeline Merkl
Joseph & Patricia Monopoli
Pamela Rosen
Jamie Rottger
Kelli Schwert
Shrewsham Ltd.
Jill Stranger
Marc & Kathleen Zicari

**Friend’s Circle $50-$99**
Lena Adams
Buckeye Enterprise, Inc.
EZ Bottle & Can Return
Susan Hoyser
Catherine Luke
Second Bloom –
Gold Rush Fundraiser
Beijo - Michelle Ladd
Second Bloom
The Source
Philoptochos Society
Ann Schaefer
Seniors on the Move –
Connie Schmeer
Becky Simmons
Think Pink Sunday Scrapbooking
Fundraiser –
Heidi Aberi
Jenna Cowie
Karen Hockenberry
Stephanie Richie
Star Headlight & Lantern Co., Inc.

Advocate’s Circle $500-$999
Allstate Foundation
Simon and Josephine Braitman Foundation
Max & Marian Farash Charitable Foundation
Louie & Mary Jo Maier
Suzanne Martin
Second Bloom
Josephine Trubek
Think Pink Sunday Scrapbooking Fundraiser –
Heidi Aberi
Jenna Cowie
Karen Hockenberry
Mom’s Club of Henrietta-West NY
Stephanie Richie
Star Headlight & Lantern Co., Inc.

Visionary Circle $1,000-$4,999
Batavia Downs ‘All-Star Drivers Challenge’ Fundraiser
Western Regional Off-Track Betting Corporation
A & J Consulting
Adcco
Andy Miller Stable, Inc.
Mary Anne Arena
Bayou Bar
Travis Betters
Betty Tauber Stable
Richard & Melissa Bianchi
Ron & Lelen Billiter
Ted & Rose Bocuzzi
Pete Bonnaci
Ficarella’s Pizza
Todd Haight
Richard Hare
Butch & Janet Herdegen
Phyllis Connelly Crazy 8’s
Kent Conshafter
Joe Gerace
Geraci Construction
James Graham
Great Lakes Plastic Co.
Kircher Family
Max Pies Furniture
Normal Communications
Ollenga LLC
Howard Oriel
Odd Fellows 251-Bill Crosby

Purple Haze Stable
Saratoga Gang
Schiano Law Office
Richard Siebert
Sports and Leisure Magazine
William Switala
Mike Torcillo
Gregg Torrey
Marcia Tuohy
Upstate Thermo King
Tom Wamp
Western NY Harness Horseman’s Assoc.
Joyce Wichie
Joe Zambito
Big Oak Driving Range & Golf Shop, Inc. – Fall Golf Tournament Fundraiser
Ross & Aime Brown – Tees and Tunes Charity Golf Fundraiser
Chloe Brown
Russ & Amy Brown
Tom Chamot
Christine Cibella
Clarence Cibella
Michael & Gale DePaolis
Fairview Gold Club-James Millar
Linda Flynn
Charlie Fitzsimmons
Matt Ford
Craig & Beth Gamble
Mark Gruba
James & Donna Hammer
John Hohen
Mary Pat Keith
Robby Kreiger
Mayers Paint & Hardware-Tom Green
Bill Middlebrook
Mill Creek
Thomas & Misty Neilson
Benny & Charlotte Ralph
Michael Ralph
Ravenwood Golf Course - Brian Jacobs
Sherwin-Williams-Norman Zonneville
SU Club of Washington DC - Mary Anagnost
Sara Tartaglia
Bill & Erika Thomolaris
Christine VellaCabella
Ron & Shari Winer
Wisteria-Jennifer Ralph
Cyclestop, Inc.–Dice Run Fundraiser
CycleStop, Inc.
Dinosaur BBQ
FedEx Kinko’s – Jefferson Rd
G. Frederico Wrecking, Co.
Friends Remembered...

CeCe Beutel
June Conway
Karen Carson Crane
Lisa Flaxman
Danielle Grustina
Lisa Kubby
Ryuko Mizutoni
Christine Rumfola
Andrene Tomkowski
Kat VanMeenen

Tributes Welcomed

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

Please send your submission with a digital photograph to Susan Meynadasy, BCCR Voices of the Ribbon Newsletter Editor, at susan@bccr.org.

We look forward to hearing from you!
Upcoming Events & Programs at BCCR

Wednesday, March 25, 2009
Evening Seminar:
Author of Living Downstream: An Ecologist Looks at Cancer and the Environment, Sandra Steingraber will present “From the Lab Bench to the Streets and Back Again - The Reciprocity of Research and Activism in Preventing Breast Cancer”
7:00 - 9:00pm

Friday, April 3, 2009
Advanced Breast Cancer Seminar
This event will be held at the Rochester Memorial Art Gallery. Presentations will be held from 1:00-5:00pm.
Panelists Reception: 5:00-6:00pm.
Presenters will include: Dr. Susan Bukata, Dr. Jessica Kleiner, and Dr. Meri Aranas. The afternoon panel moderator will be Dr. Michelle Shayne.
*RSVP required!*
Call 585-473-8177

Wednesday, April 22, 2009
Evening Seminar:
Topic: Updates in Screening and Diagnosis, with presenter Dr. Avice O’Connell
7:00 - 9:00pm

Sunday, May 10, 2009
Pink Ribbon Run & Family Fitness Walk
This event will be held at Ontario Beach Park. Race and Walk both begin near the bandstand. Register online to participate! Visit our website today at http://www.bccr.org and click the “running lady”!

All events unless otherwise noted are at:
THE BREAST CANCER COALITION OF ROCHESTER
840 University Avenue
(Between Culver and Goodman)

Questions? Contact the BCCR at (585) 473-8177
Our larger pin, above, is in color on wood and measures 2 inches square. The smaller pin, shown below, measures 1 1/2 inches square and is also in color on wood.

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

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

Take Action!

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

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/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 or more receive a free Comfort Heart.

Remember the BCCR Library:
Browse,
Borrow,
Read!
Pink Ribbon Run & Family Fitness Walk

Sunday May 10, 2009

Register online to participate this May!

Go to http://www.bccr.org & click the “running lady”

---

You can help local women and families who are coping with a diagnosis of breast cancer through the donor options program of the United Way!

Designate your United Way gift to Breast Cancer Coalition of Rochester, it’s as easy as 1 2 3...

1. Obtain a 2009 United Way Donor Designation Form from your employer or by visiting www.uwrochester.org and typing donor designation in the search line.

2. Please choose the option to give to an organization on your United Way form.

3. Write Breast Cancer Coalition of Rochester and enter our organization ID number: 2334

---

Remember...

- 100% of your donation is focused on Breast Cancer issues.
- 100% of your donation stays in the Rochester area.
- 100% of each dollar donated is appreciated by those of us working towards the eradication of Breast Cancer.

---

Breast Cancer Coalition of Rochester
840 University Avenue
Rochester, New York 14607