It was a chilly morning on May 14th, Mother’s Day 2006, but that probably made it easier on the runners. Volunteers started to gather right after sunrise at Ontario Beach Park, setting up tables and tents, organizing papers and putting together one of the Breast Cancer Coalition of Rochester’s biggest fundraisers of the year.

But that’s getting ahead of everything! The work started months before Mother’s Day, in the offices of the BCCR; with committees planning and working together to make these entire puzzle pieces fit. During the last few weeks, the phones rang off the hook at the BCCR offices on University Avenue, as race and walk participants called with questions about the day of the event, about registration, etc. “Can I bring my dog?” “Does every person need a separate application?” “What if I get lots of sponsors?” “How do I register online?” With the hard work of the office staff and volunteers, all of the questions were answered.

In the three days before the event, the registration processing had reached a fevered pitch: copiers hummed constantly, paper clips were in short supply. Volunteers showed up to lighten the load and registrations were entered into the system. By Mother’s Day 2006, the Pink Ribbon Race and Family Fitness Walk was ready to roll!

And so they came on the chilly Mother’s Day morning to finalize their registrations, pin on their numbers and get ready to run or walk for the cause dear to their hearts.

Barely 20 minutes after the race began, it was over. Christa Downey of Fairport won the 5K race with a time of 18:0. PCR Timing using the DAG system monitored race times. Heidi Swarts of Alfred Station, NY came in second with a time of 19:2, M. Rowcliffe of Churchville, NY was third with a time of 19:5, and Jenna Bauer of Spencerport, NY was...
“Walking through a haze,” one woman said. “Hanging by a thread,” said another. “I just kept thinking of the number of those who came before me and I knew if they could get through this so could I,” said one more. These were the comments at Brown Bag Friday (see p.16) one afternoon as a woman who was newly diagnosed with breast cancer began telling her story but had to stop and breathe… or lose it all to tears. The others understood and quickly rallied by sharing their own memories of those first days, allowing her time to gather her thoughts.

I am continually amazed and awed by women. Every diagnosis of breast cancer is transforming in some way, but in what ways are we transformed? How do we get through a devastating diagnosis? What do we do with what we’ve learned once we are on the other side?

In the words of the outstanding journalist Dorothy Thompson (1893-1961), “After the earthquake and the fire comes the still, small voice.” And with that, we announce the latest of our offerings “Voices and Visions: A Writing Seminar for People with Breast Cancer,” led by breast cancer survivor Cathy Salibian, who also teaches at Writer’s & Books. Says Cathy:

“A growing body of evidence shows that expressive writing can bring meaning to experience. Truth heals. Shared truth heals deeply.”

So, here is your chance to put your experience into words, to share… or not to share, to explore and express, to move each one of us just a little bit closer to healing. Please let us know if you are interested in participating in this series or in a future series.

The Breast Cancer Coalition is open to all. We strive to offer a variety of programming that will appeal to everyone. If there is something missing, speak up. Our ears are listening, our hearts… open wide.

Comments from Joyce Wichie,
Chair, Breast Cancer Coalition of Rochester

As with any successful organization, I believe the key to that success are the people. We are very fortunate at the Breast Cancer Coalition of Rochester (BCCR) to have so many wonderful, dedicated people who volunteer numerous hours to ensure we are on the path to fulfill our mission: “to make eradication of breast cancer a priority through education and advocacy, to empower women and men to participate fully in decisions relating to breast cancer, to provide support to those coping with a breast cancer diagnosis, and to promote and focus research into the causes, prevention, treatment and cure of breast cancer”.

As you will see herein, there are many committees and venues that address and implement our mission. To meet the many diverse needs, we offer extensive educational programs, have an expansive resource center, and provide

continued on page 13
When I went for my very first mammogram at 36 years old, I never imagined in a million years that I would walk out with a probable diagnosis of breast cancer. I only went for a baseline mammogram because health insurance covered it. I had no lumps, bumps or anything to indicate there was a problem. Well, one biopsy and a long wait over a weekend, I found out that I did indeed have breast cancer.

My husband Bob and I had three young children ages seven, five and three at the time. I was a stay-at-home mom who worked part-time in a day care. I had one child in school full-time, one in half day kindergarten and one in preschool two days a week. I did not have time for breast cancer. But, I learned that I was not in control and had to make time.

After Bob and I dealt with the initial shock, we struggled with what to tell the kids. We did not want to say that I was “sick” because I did not look sick. To the kids, sick was vomiting, taking orange medicine for a fever, and laying in Mommy and Daddy’s bed watching TV all day. I looked like Mommy. I was still getting them ready for school, driving them places, tucking them in at night, and saying prayers with them. But, we needed to tell them something. They were going to have several different people watching them. They were going to have to go to a lot of appointments and my husband still needed to go to work every day to pay the mortgage. We had to figure out who was getting Kevin and Hannah off the bus, who was getting Jennie back and forth from preschool. The kids needed to understand why all of these changes were going to take place. Luckily my husband and I have wonderful family and friends who dropped everything to help us.

When Bob and I told the kids, Jennie at three was really too little to understand. But, to this day, I cannot leave the house without hugging and kissing her goodbye. Kevin and Hannah understood a little more. We told them that I had a sore inside of my breast and that it was called breast cancer. They wanted to see the sore and couldn’t understand why that was impossible. Kevin was seven at the time and looked at me and said,

“People die from cancer, right?”

“Yes,” I said.

“Are you going to die?”

I told him no. I was going into the hospital to have a big operation and would stay there for five days. But then I would be home, and then I would have to move carefully, but things would remain normal.

I think the most important part for my husband and me was that things remain normal for our three children. We needed them to keep their routine. They needed to go to school, do homework, take their baths and go to bed at the same time every night even if it wasn’t Mommy and Daddy doing these things with them. We did not want breast cancer taking over their lives like it was taking over mine.

“I think the most important part for my husband and me was that things remain normal for our three children...We did not want breast cancer taking over their lives like it was taking over mine.”

I think that was the hardest part for me. Finding childcare was not an issue for us as it is with some young mothers who have breast cancer. The hardest part for me was keeping things normal. I wanted to scream, cry, kick holes in the wall and break glasses. But I did not want to scare our three children. They did see me cry but I never did kick any holes in walls. I found the BCCR and started attended Brown Bag lunches. The women there were so supportive. It really helped.

A year and a half later, things are pretty much back to where they were. Once my mastectomy and TRAM healed, I was back to being regular Mom. I never needed chemo or radiation so I always looked like Mom. Occasionally the kids ask to see the big scar across my stomach, but breast cancer was a long time ago to them. That is the way it should be for Kevin, Hannah, and Jennie. I would just as soon they keep that innocence for as long as possible. I’m a regular at Brown Bag Fridays at the BCCR, help out at the Festivals when I can and take part in the yearly Pink Ribbon Race and Family Fitness Walk. It all helps me and my children have come to accept this as part of normal life too. In their eyes, I am back to being regular old Mom, and that is okay with me.
You talked, we listened - here are your ideas!

The feedback is trickling in (keep it coming!) and so far here it is:

**We need more focus on men with breast cancer**

The BCCR and “Voices of the Ribbon” editors welcome men’s stories of breast cancer experiences! Send them to Pat Battaglia (pjbattag@netscape.net) or Holly Garver (hbg@bccr.org). We’ll be happy to feature them in our upcoming issues! Identities can be kept private for confidentiality reasons, but first person stories are especially helpful to our readers who are traveling the same breast cancer journey, no matter what their gender.

---

**Cover Story, continued**

fourth with a time of 20 minutes even. There were 701 race participants registered to run that day!

The Family Fitness Walk brought out 1,500 people to Ontario Beach Park. They came with strollers and wagons, baby carriers and, of course, on foot. Pink was the color of the day and many of the children wore their pink bandanas on their heads as they walked with their parents. After the walk, good use was made of the playground equipment at the Park, too!

Wegmans generously supplied donuts and breakfast pastries for all of the race participants and the many volunteers at the Pink Ribbon Race. Starbucks was there bright and early, serving coffee to everyone and staying until the event was completely over. Our other wonderful gold sponsors were WARM 101.3, 98PXY, News 8 and Fox News. The BCCR is grateful to all of these sponsors for their support and generosity!

The Breast Cancer Coalition is also very grateful to those without whom this event would not have taken place: Debra Bonsignore, the chairperson of the Event, Bix DeBaise, the chairperson of the Race, our Executive Director Holly Anderson, Barb Pifer, Charlie Mullen, LuAnn Weinstein, Maria Biemiller, Kim Kircher, Benita Aparo, Traci Cahill, Alex Cheek (whose photos can be seen on pages 14 and 15), Mara Ambielli, and Joyce Wichie. There were also many other volunteers who gave their time and effort to make this event fruitful and we thank them also.

Most of all, the Breast Cancer Coalition of Rochester thanks everyone who took part in the 2006 Pink Ribbon Race and Family Fitness Walk or sponsored someone who did. Your support is the lifeblood of this organization and continues to fund all of our free programs for women with breast cancer as well as provide many other services and contributes to research.

We could not do what we do without all of you!
Karen Russell is the designer of Narratives, a beautiful line of scrapbooking materials for Creative Imaginations. She was contacted by Holly Garver, who was coordinating the May 24th program “Self-Healing through Journaling and Scrapbooking”, asking for leftover papers or other things that might be used. Instead, Karen donated a huge box of her line of transparencies, papers, stickers and ribbon! There was more than enough for all of the participants to receive a generous gift bag, sampling of all of Karen’s products, giving them a great headstart on their scrapbooking and journaling projects!

The BCCR is so grateful to Karen for her kind and generous spirit and for her enthusiasm for our first run program, which was well received by the participants. Thank you Karen! We love you!

Melisande “Mel” Bianchi is special to the BCCR for many reasons. As a Board Member, and an enthusiastic member of Brown Bag Lunches, chair of the Advocacy Committee, active member of the Rare Chair Affairs and now the ARTrageous Affair and for many, if not all of the fundraisers the BCCR has to offer, Mel has worked tirelessly. This year, Mel has taken a bit of a break to focus on another important cause - the marriage of her only daughter Josette on May 27th! On June 4th, however, she was back in the public eye for the Breast Cancer cause, because Mel was named “Local Hero” as part of the John Holtz “Drive for the Cure” fundraiser planned for that day. At a breakfast that morning, she delivered a speech and was a part of the large fleet of BMW’s that were sponsored and whose funds go toward breast cancer research. Mel has been our “local hero” for some time!

Tom McJury had already been supporting BCCR for five years when, in November 2004, his wife Lori was diagnosed with breast cancer. Lori’s diagnosis only served to increase his zeal to help us to achieve our goal of eradicating breast cancer!

Tom’s first career was in teaching health, because of his love of children, but at this time he works for Xerox Corporation. He and Lori have three children; Kyle, Connor, and Moira. In addition to serving on the BCCR board of directors, Tom was recently elected to the Fairport School Board.

Tom is a biker and triathlete and his hero is Lance Armstrong. In fact, Tom was able to get an autographed picture of Lance for our auction at the Rare Chair Affair last year.

Benita Aparo began her involvement with BCCR in 2002 by participating in the Pink Ribbon Run and Walk. She couldn’t think of a better way to celebrate Mother’s Day and honor her Mom’s memory, who had died of breast cancer in March of that year, the day before Benita’s birthday. That time of year is always an emotional one for her.

Benita now serves on the Executive Committee for the Pink Ribbon Run and Family Fitness Walk. She a bright light, full of enthusiasm! Her sense of humor and loving heart are felt by all who interact with her. Whether it is scrubbing spots out of the office carpet or hauling cases of cheese sticks to the race, she is always ready to do whatever needs to be done. Her dedication to BCCR has encouraged her employer, Starbucks, to become involved with BCCR to help support local families who have been affected by a breast cancer diagnosis and becoming a corporate sponsor of the Pink Ribbon Race by donating coffee and serving as a distribution point for registration forms.

Around here, Benita is known as “WW,” short for “Wonder Woman.” We at BCCR are very fortunate to have Benita as our friend and loyal volunteer.
When someone you love asks you what it feels like to lose all your hair during chemo, what do you say? Do you tell the truth? A variation of the truth? Or do you just lie? I faced this dilemma when my mother-in-law asked me this question. As a breast cancer survivor, I underwent chemo a few years ago and now she was looking to me for answers.

She had just learned that she needed to undergo chemo to combat her lymphoma. This is a woman with shiny, thick, naturally wavy, wash and go hair; the kind most of us pay big bucks to imitate.

I've always tried to be a forthright and honest person, but what could I tell her that wouldn't make her feel worse?

She looked relieved when I said, “It's not so bad, you can get a wig, and before you know it all your hair will grow back.” We talked about where to get wigs and how natural they looked (not exactly the truth). I then went on to discuss how nice it was not to have to fuss with your hair, shave your legs and underarms, pluck your eyebrows or need mascara.

She looked a bit happier, and since I was on a roll, I continued. “You won’t need to buy shampoo or conditioner, or spend money at the hairdressers. And there are a lot of really cute hats and stylish scarves you can wear.”

(Maybe I should tell some funny stories?)

So I launched into the “amusing anecdotes” of my own hairless days. One Saturday morning, when no one was home, I decided to treat myself to an avocado facial. I was wearing my bright red fleece bathrobe, was bareheaded and decided to run a load of laundry down to the basement. I didn't hear my son and one of his friends coming down the stairs. As they descended the stairs, I started up. What these two boys saw in the middle of the dimly lit staircase was a completely bald woman with lime green goop all over her face. We all screamed.

(Okay, this is good, she's laughing. I'll tell more stories.)

Then there was the time I was driving the boys home from a Little League game. It was a hot July night and my wig was really uncomfortable. I stopped at a red light, whipped it off and threw it into the back seat.

continued on page 8

Do the News Media Get the Breast Cancer Story Right?
by Kathy Reilly

In recent newsletters, I have reviewed movies and books that I felt might be sending the wrong message or could be the cause of anxiety for fellow survivors. When I attended the National Breast Cancer Coalition Fund’s Annual Advocacy Training Conference in Washington, DC at the end of April, one of the sessions dealt with media and I thought that I would share what I learned from it with you.

First of all, it is not the role of the media to educate you! They want to tell stories that people want to hear. What they are looking for are issues that feature NEW HOPE or NO HOPE, because that gets the attention of the public.

Occasionally, another H word is used and that is HYPE. If there is just a little bit of hope in the story, the editors aren’t interested, but hype tends make it more attractive while unfortunately distorting the subject. The fourth H is HUH??! In these articles it is obvious that the author is totally confused about the issue! They sway back and forth so that eventually you end up discounting everything. Either that or the program is so complex that it is unintelligible.

What we really need from our news people is focused and skeptical reporting.

continued on page 13
The medical terms for the problems you are experiencing are cognitive dysfunction or cognitive impairment. Many survivors call them “chemo-brain.” Until only recently, very little research had been conducted that measured the cognitive changes of patients following breast cancer treatment. Numerous research studies have now shown that cognitive impairment is very common for women who have undergone chemotherapy or radiation for breast cancer. While research is beginning to shed some light on this real phenomenon, we are only beginning to get an understanding of what is actually a complex, and often embarrassing, problem. Symptoms can include difficulty concentrating, difficulty remembering things that occurred recently, and difficulty with completing tasks, confusion, and inability to think clearly.

Meanwhile, the good news is that regardless of the causes or whether the changes are reversible, there are many things you can do to improve your memory and other cognitive functions. First, it’s important to simply take care of your health with adequate sleep and rest, moderate exercise, good nutrition, and avoiding stressful situations. Second, there are a number of strategies you can use to help. You may find it helpful to keep track of any cognitive problems in a journal by noting the problem (ex, memory, concentration, “fuzzy” thinking), the circumstances, date and time of day. You may begin to see some patterns as to when these problems are more likely to occur. By acknowledging and documenting the problems you can begin to take steps to deal with them. You may decide to do tasks that require more concentration only at a time of day when you tend to think more clearly. It may be that you are more easily distracted by sounds so you need to keep certain stimuli to a minimum. Write everything down. Use calendars, post its, and notes regularly. Allow friends or family to give you reminders about appointments. Some people find electronic reminders with PDAs or computer programs such as Outlook to be very helpful. The main thing is to find what works for you!

Finally, be sure to report your cognitive changes to your health care providers. Some providers are beginning to prescribe medications that are used for other conditions that involve cognitive symptoms, such as Attention Deficit Disorder. The use of Ritalin and similar medications can help with staying focused as well as with another common side effect of chemotherapy—fatigue.

Our question this month is: I finished chemotherapy eight months ago. I was warned that I might experience some memory loss with the chemo and afterward. Unfortunately, it’s happened. I forget names and appointments; I forget things people have told me just moments before; and so many times I’ll walk into a room and forget why I went there. I have trouble concentrating, and often lose my focus on what I’m doing. We all have our “senior moments” from time to time, and I’ve never been an exception to that, but this happens to me a lot more often than it did before treatment. Is this mental fuzziness the price I have to pay for surviving cancer? Is there anything I can do to improve my memory?
There’s no corn at Corn Hill...  

(but we’ll be there)

Come to the BCCR Booth at the Corn Hill Arts Festival
July 8th and 9th
Rochester’s Historic 3rd Ward District

---

Janet Wolf is a breast cancer survivor from Webster, NY who researches topics, interviews people and writes articles for a variety of local not-for-profit organizations.

Debra Marquart
It was just a matter of time, Betty Miller felt, before her turn would come. Her niece, Terri Schmitt, had been battling breast cancer since 1998. Betty’s half-sister, Marie, who was diagnosed in 1975, did not survive. Terri’s mother (who was Betty’s sister-in-law) and grandmother were also breast cancer warriors who had succumbed to the disease. Betty’s daily walks were a time of prayer and inner reflection for her, and she couldn’t help wondering when her number would be up.

Yet, when the diagnosis came late in the summer of 2000, Betty was unprepared for the shock. Up until then, it had been the best year of her life. In June, the youngest of her five sons was married. She bought her first new car in July, a PT cruiser with an “ah-ooh-gah” horn, which she decorated with bullet hole decals, and she laughingly dubbed it her “gangster car.” Then in August, she took the vacation of a lifetime -- a luxury barge cruise on the Seine River in France. Shortly after her return, she received her diagnosis. Her gynecologist detected a lump during Betty’s yearly exam, and a mammogram confirmed her suspicions; it was, indeed, breast cancer.

Betty had a mastectomy a few weeks later. Both the sentinel and axillary lymph nodes were clear, so no further treatment was needed. She had won this round, and was able to ring in the new millennium joyously with her husband and all five of her sons and their wives in Florida, at a restaurant called the Wine Cellar which is owned by one of her sons. Her niece, who Betty lovingly refers to as her “angel,” was a member of BCCR from its early days, and made sure that Betty got the support and help she needed during her ordeal. Betty came to be affectionately known as “Aunt Betty” among the membership of BCCR, and the title held for some time.

She returned to the active life she loved. Her time is filled with an eclectic array of interests -- gardening, tennis, kayaking, knitting, sports, and traveling. She works as a tour escort for AAA. She has thirteen grandchildren whom she adores, and spends as much time with them as she can, making frequent trips to other parts of the country to do so. Betty is a voracious reader, and also has an extensive background in theater. She has taught acting and voice lessons, and is a biblical and historical dramatist. Life went on for her after cancer, and life was good.

But cancer wasn’t through with Betty. In 2001, her sister’s daughter, Debbie, was diagnosed with ovarian cancer. Then, in January, 2002, a new primary site was discovered on Betty’s remaining breast. However intense the shock was for her the first time around, it was mind-boggling when she got the news for the second time. But Betty had another “angel” niece to help her through her ordeal. She affectionately calls her nieces the “daughters she never had.” She also reached out to BCCR, where she had a home to come to, a place to turn, and friends to lend their comfort and support. She underwent a second mastectomy followed by chemotherapy and hormonal treatment.

Sadly, Terri died shortly after Betty’s second diagnosis, but continued to whisper in her ear as Betty faced cancer for the second time. Betty stayed on with BCCR, having found a place to be heard and friends to be there through the ups and downs of the difficult path she’d encountered. Her involvement with BCCR is her way of giving back to the organization that has given her so much. She lends her unquenchable energy to all she does, and brings a generous measure of compassion to her dealings with women who are newly diagnosed, and to those who have become old friends.

Her zest for life and sense of humor are inspiring. This comes through loud and clear in the playlet she wrote about the breast cancer experience. The setting is the Brown Bag Lunch table at BCCR on any given Friday, the dialogue is frank, honest, and often quite funny, and it’s been read in round-table fashion during several Brown Bag sessions. Writing the playlet was a

---

If you lose your love for life, you lose your life

Betty Miller
Advocacy … and Something New!

The sheer amount of exciting advocacy news has prompted us to begin a bold new feature for *Voices of the Ribbon* and BCCR! In order to bring you every bit of the developments on the political front, the issues that our Advocacy Committee work long and hard on that impact everyone that is affected by breast cancer, whether male or female, family member or concerned friend, we are extending Advocacy News onto our website, [www.bccr.org](http://www.bccr.org).

**NBCC Conference 2006, April 29 – May 2, 2006 by Rebecca Solomon**

The National Breast Cancer Coalition’s 15th Annual Conference was held in Washington DC from April 29th to May 2nd, a nationally recognized gathering of experts from the worlds of medicine, science, government, and media who present three days of information and discussion from divergent points of view. The conference culminates in a fourth day of lobbying on Capitol Hill, which includes meetings each year with New York’s senators, currently Hillary Rodham Clinton and Charles Schumer, and smaller meetings with local representatives.

While 2005 was labeled as a year of advances, NBCC Director Fran Visco reiterated that advances are useful only in the context of consumer perspective. We are living on the edge of exciting potential discoveries for earlier diagnosis and better treatments; in the end, however, it is what is usable to the individual patient that is the measure of advancement.

Where is Breast Cancer research going? In what direction are researchers looking for better diagnostic techniques and better treatment? What are the newest markers? What are the barriers that stand in the way of ongoing research? Also, what is happening with the FDA? And what is happening with the development of Health Information technology (HIT)? How is Breast Cancer affected?

In the next few issues, you will be reading articles that will focus in detail on recent advances in treatment, complementary therapies, and Breast Cancer in the media. Before they appear, an overview of the conference, including some of the cogent points taken from the many excellent and diverse presentations, can be found on our website, [www.bccr.org](http://www.bccr.org).

A call to action: This conference is powerful not only in its dissemination of information and for the chance to network with others from across the country, but also for the opportunity to mount an energetic and articulate presence with our own federal legislators. This year’s challenge+: In 2007, let each attendee bring a second person back with them for an even more powerful voice. The 2007 conference is April 28 to May 1st in Arlington, Virginia. Are you in?
The conference culminated on the 4th day – Lobby Day On the Hill.

Armed with information digested during the previous 3 days, hundreds of attendees “shuttled” off to the Hill for the day. We were ready and anxious to keep our appointments with our elected Congressmen, or their Health staff person, in order to gain support for the NBCC priorities for the Second Session of the 109th Congress.

**#1 Priority - Guaranteed Access of Quality Health Care for All.**

NBCC staff is being ever watchful as various incremental bills surface. Each is carefully measured for its ability to address the eight principles, which are essential to achieving this goal. The 8 principles are spelled out on NBCC’s website: [www.stopbreastcancer.org](http://www.stopbreastcancer.org)

**#2 Priority - the Department of Defense (DOD) peer-reviewed Breast Cancer Research Program for fiscal year 2007.**

Chairman James Walsh proposed budget to the House Military Quality of Life appropriations sub-committee included a line item amount of $115 million for the BC Research Program which passed in the House. Action now shifts to the Senate. We are pressing for $150 million. We should know the answer before the Fall BCCR newsletter goes to print.

**#3 Priority – Enactment of the Breast Cancer and Environmental Research Act**

This bill has been referred to the appropriate committees of the House and the Senate. Senate co-sponsors currently number 64, including NYS Senators Chuck Schumer and Hillary Clinton. House co-sponsors moved from 200 pre-Lobby Day to 239 as of 5/25. This is well over half. Our area House Representatives Tom Reynolds, James Walsh and Randy Kuhl are co-sponsors. Congresswoman Slaughter, although not a co-sponsor, is expected to vote YES when it is brought to the House Floor.

**#4 Priority – Preservation of the Medicaid Breast and Cervical Cancer Treatment Program**

The Good News, at this point in time: NYS is retaining money in its budget to cover treatment costs – so the program is not being threatened here.

The Bad News: This is not true in several other states.

An update re: the FACT Act – Fair Access to Clinical Trials: This priority has been removed from this year’s agenda due to a lack of bi-partisan support.

So those, my friends, are the latest happenings on the hill. But don’t go far. Read our Fall and Winter Newsletters to find out how the 109th Congress “treated” our Breast Cancer Issues.
As some of you know, Dr. Jennifer Griggs is leaving Rochester this summer for Ann Arbor, Michigan. Before she leaves, we wanted a last interview to find out her plans and get a few parting thoughts from one of our area’s most beloved oncologists.

Where will you be going? This summer I will be moving to the University of Michigan in Ann Arbor, Michigan to join the Department of Medicine in the Hematology/Oncology Division. My primary job will be to conduct research in breast cancer care. I will be joining a large team of researchers who do some of the same types of research that I do.

What lead to your decision to relocate? This opportunity will allow me the chance to work with a large group of breast cancer physicians and researchers in the areas I’m interested in—disparities in breast cancer care, optimal dosing of chemotherapy (particularly in heavy women), and communication between doctors and patients. There are many researchers who share my interests at the University of Michigan. My husband will be going to graduate school to get a PhD in English and Education at the University of Michigan, which is a wonderful opportunity for him as well. His plan eventually is to conduct education research to address public policy issues in education.

What are your plans in Michigan? My research program is focused primarily on the care of women with breast cancer and ways to improve cure rates. I’ll have a small clinical practice. It is, after all, my patients that inspire my research ideas and make it all worthwhile! I also plan to start a training program for doctors who are interested in focusing their practice on the care of the cancer survivor, but I won’t start this for a couple of years.

What will you miss in the Rochester area? Well, besides the obvious (Wegmans), I will of course miss my patients and colleagues here in Rochester. The Rochester area is home to me and my family, so this is a big move for us. I am grateful for the years I have had here in Rochester.

It goes without saying (but I’ll say it anyway) that I will miss my friends and soul mates at the Breast Cancer Coalition of Rochester. The BCCR is such an important resource for women with breast cancer and their families and friends. I am honored to have been involved in the BCCR.

When will you be back and how can we maintain ties? I’ll be back for the ARTrageous Affair on October 7th and of course for holidays to visit family. I am also maintaining my research collaborations with colleagues here in Rochester, so I expect I’ll be back occasionally to meet with colleagues. I’ve also been asked to speak at the BCCR Symposium on April 13, 2007 and am very much looking forward to that Symposium.

Anything else you want us to know? I have been blessed to serve in the Rochester community for 16 years, beginning in 1990 with my residency. I am both excited about our new opportunities and sad about leaving Rochester. I will never forget my patients and fellow warriors in the fight against breast cancer. Thank you to the BCCR for all that you do.

Please Note:
A reception will be held for Dr. Griggs on Tuesday, July 11th from 6:30 to 9pm at the Breast Cancer Coalition of Rochester Center at 840 University Avenue, Rochester, NY 14607.

Introducing the newest leaf on the tree!
The NYS Ovarian Hotline
SHARE
1-866-53SHARE
1-866-537-4273
When evaluating stories they should use the format PPPM:

People – who are they?
Power – who wins, loses, wins, or decides?
Passion – who would care?
Money – follow the money (who would profit from this?)

As consumers, we should know our reporters and challenge mistakes. We should ask them to, please, not use the words “breakthrough” or “cure” until there is a true cure!

On a recent CBS evening news program they stated that “33% of women with breast cancer will eventually have metastases in their brains”. If I were a newly diagnosed person, that would have been a frightening statement to hear. But, since I have become more informed, I realize that what that reporter should have said was, “33% of women who have metastases from breast cancer, will eventually have it in their brains.” There is a huge difference, since fortunately, most of us will not have metastases!

There is a website called www.HealthNewsReview.org, where they apply 10 standardized criteria each day to claims regarding health care. They look at each of the top 50 papers each week, plus television shows to check on their accuracy. Another website called “www.MedicaDoctor.org” rates news programs and articles and they found that only 14% did a satisfactory job.

So I guess the old adage holds true: “Don’t believe everything you read (or see on television)”!

**ARTrageous Affair Update**

The ARTrageous Affair plans continue to gain momentum. An informal wine and cheese event was held on June 20th, where artists came to hear what was new about the ARTrageous Affair as compared to the Rare Chair Affairs of the past, pick up forms and ask questions. Letters to other artists with the necessary forms for submitting work to the ARTrageous Affair will arrive soon. We are looking forward to the wide variety of artwork that defines ARTrageous. Bring it on!

The committees are hard at work planning the Dinner itself, the Silent Auction and working with donors, printers and all the others that, when put together, make for another exceptional gala in October. More volunteers are always needed! Please call 473-8177 if you can lend a hand. Check our website www.bccr.org for committee details.

**Joyce Wichie Comments, continued from page 2...**

one on one counseling. In addition, we have awarded 4 major research grants in as many years.

I am very proud and humbled to be the Chair for BCCR. The people I have met through BCCR provide me with inspiration and optimism. Please feel free to participate, selecting something that matches with your interests and talents. I guarantee it will be a worthwhile experience.
Dee Alexander of WARM 101.3

Maureen McGuire of News Channel 8

Thank you Wegmans for the delicious donuts and pastries for our participants and volunteers!

Family Fitness Walkers along Lake Ontario

Our Ambassador Haley Tidwell

Thank you to all of our sponsors!

Photos by Cynthia Fay unless otherwise noted

A “Mom in Motion”
The 2006 Pink Ribbon Race and Family Fitness Walk

Evelyn Frazee’s Pink Ribbon Race Team

Thank you Starbucks for the wonderful coffee on the morning of the Pink Ribbon Race!

This group of ladies from the Heritage Christian Services Homes completed the entire walk! Congratulations!

Senator Joe Robach

Let the race begin!
Our Programs at the Breast Cancer Coalition of Rochester

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 the BCCR. 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 Meynadsay, 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. 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 Dombokski, 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.
Scrapbooking and Journaling Comes to BCCR

If it’s trendy, we want it here at the BCCR, so on May 24th scrapbooking and journaling came in the form of a workshop entitled “Self-Healing through Journaling and Scrapbooking”. It was a joint presentation between Karen van Meenen of Writers and Books, a Rochester organization specializing in everything literary, and Holly Garver, the BCCR Artist-in-Residence.

Along with this new workshop came another new service, interpreting for breast cancer survivors who are deaf so that they can join us for our programs. Laura Braggiotti did a wonderful job providing interpreting services and fit right in with the BCCR women!

Karen VanMeenen took half the group into one room to work with them on journaling, providing a quieter environment. Holly Garver had large tables set up with workstations of scrapbooking materials: papers, glue, scissors, cutting mat and blades, and more. Each participant received a gift bag mostly filled with scrapbooking goodies generously donated by Karen Russell of Creative Imaginations. Karen, after hearing about the workshop from Holly through an email, sent a huge box of her products to the BCCR office, which included the latest transparencies, scrapbook papers, ribbons and stickers. Everyone also received a blank book to start decorating and journaling in.

“Self-Healing Through Journaling and Scrapbooking” received good reviews and plans have been made to continue workshops in both but separately, since everyone wanted more time in both activities. Beautiful books were begun and creative spirits were awakened. Future times for scrapbooking and journaling will be announced!

Time for Tea at the BCCR!

On Saturday, June 10th BCCR hosted a tea for those of our community living with metastatic breast cancer. We served tea in bone china tea cups and saucers, and served scones with clotted cream and jam and petit fours. We had antique hankies that our guests filled with lavender and tied with a ribbon.

The ambiance was lovely with roses on the table and at each place setting but the best part was the sharing that took place among our guests. Some of them have opted to join the support group that is facilitated by Nancy Cooper on two Thursday mornings each month, but this was another way for them to support each other. I think that everyone left that day feeling pampered!
**Book Reviews** by Jane Beamish

Jane works full-time as a teacher of the deaf and hard of hearing. Her husband and their two girls, ages 3 and 5, live in Webster. Jane was diagnosed in September 2005 with breast cancer. She spent most of this past year in treatment, having had a lumpectomy, chemotherapy, and radiation. Now that she’s completed treatment, Jane is enjoying her “punk” hairdo and Brown Bag Lunches at BCCR.

*Our Family Has Cancer Too* by Christine Clifford
(University of Minnesota Press, 1998)

This reads like an advanced chapter book. Its 54 pages pack in lots of explanations and black and white cartoons. This book would be great for late elementary students, grades 4-6 through junior high students, possibly even high schoolers. It is definitely family-oriented with “stop and talk” suggestions for parents. One such notation reads, “Discuss with your children who they can and cannot tell about your family’s situation...” A glossary and family journal section add to this family-friendly style.

*Sammy’s Mommy Has Cancer* by Sherry Kohlenberg
(Magination Press, 1993)

Terrific for little ones! This book’s audience is small children, from the time children can understand a story to about kindergarten or even first grade level. With colorful illustrations and just a few sentences per page, it is a perfect introduction to a cancer journey with chemo and surgery. It includes ideas for activities with your child(ren), as well as a glossary written in kid terms and a comprehensive list of resources, including other books, videotapes, and organizations.

*Our Mom Has Cancer* by Abigail and Adrienne Ackermann
(American Cancer Society, 2001)

Written and illustrated by kids, for kids, this is the story of the Ackermann family’s journey through breast cancer discovery, surgery, chemo (two types!), radiation, and recovery. Abigail and Adrienne, the authors and illustrators, were 9 and 11 at the time of publishing, and the book would do well for the same level of audience. The girls emphasize many positives of the cancer experience, such as throwing a hat party for their mom, and “all the wonderful dinners that our friends have been making...” It is a fun read with bright, terrific crayon illustrations.

*The Hope Tree* by Laura Numeroff and Wendy S. Harpham, M.D.
(Simon & Schuster, 1999)

Definitely for families, this is an illustrated “scrapbook” of quotes from children who are in a support group called KIDS TALK. The ages of the children are from 5-12, also a good age range for the audience. There are ten topics, ranging from “The day my family found out” to “Looking for good things in the changes” to “An ocean of emotion”. David McPhail, the illustrator, uses a variety of warm and fuzzy animals to illustrate each topic. Though not an introduction to cancer, this is a great book to deal with the complicated emotions that children may encounter as their family members go through the cancer experience.

*The Paper Chain* by Blake, Blanchard and Parkinson
(Health Press, 1998)

This book is a storybook with several short paragraphs per page. It is appropriate for mature preschoolers or primary (K-2 or 3) level children. It contains straightforward explanations of cancer, surgery, chemo and radiation.


**Fundraising ...**

**Dancing with Rochester’s Stars Live**

The Arthur Murray Dance Studios, along with 13WHAM-TV, WHAM Radio, the Rochester Red Wings and George Eastman House danced their way to raising $3,341. for the Breast Cancer Coalition of Rochester. Leaping off the popularity of ABC’s “Dancing with the Stars”, these local groups put together their own live performances of professionals mixed with amateurs, hosting a night of entertainment on March 26, 2006 at the St. Mary’s Orthodox Church on St. Paul Blvd. in Irondequoit.

Taras and Wendy Denysenko, 2005 Arthur Murray Rising Star Champions and Arthur Murray instructors, donated their time and talent to the event, while the audience danced on their own in between numbers.

A formal presentation of the donation was made to Holly Anderson of the BCCR by Taras Denysenko and televised on Channel 9 News.

Thank you Arthur Murray Dance Studios, 13WHAM-TV, WHAM Radio, Rochester Red Wings and George Eastman House for your generosity!

---

**Laugh’s the Cure - an affair to remember**

*Laugh’s the Cure*, a musical theatre review benefit was held, May 5 & 6th in honor of *Guys and Dolls* director, Nancy Johns-Price, a much loved friend and breast-cancer survivor. The cast of 13 presented comedy, song and dance giving all in attendance a wonderfully enjoyable evening of laughs! The cast asked, in lieu of admission fees, that donations be made to the Breast Cancer Coalition of Rochester in honor of Nancy. Office Manager Barb Pifer was presented with a check in the amount of $1,845.00!

---

**Day of Caring**

Wednesday, May 5th was a special day at the BCCR center. A team of workers from Xerox arrived and not only cleaned our huge windows facing University Avenue and washed our blinds, but painted a good deal of our main room! The caring was palpable and it was a day full of pleasant conversation, sharing and the sounds of music as they worked. By the end of the day, the BCCR center was on its way to looking brighter and prettier. We are so grateful for the caring showed by these Xerox helpers!
Sarah Danles’ second grade class made big strides toward growing up in 2005 when they decided to decorate a chair in memory of Dr. Patricia Di Nitto, Sarah’s mother, and donate it to the 2006 ARTrageous Affair. Dr. DiNitto, a radiologist at the Elizabeth Wende Breast Clinic, died of breast cancer November 25, 2005.

Council Rock Elementary School, where Sarah attended Mrs. Jackie Dalton’s 2nd grade last school year, designated “caring” as their character trait for the month of December 2005. This was perfect for Sarah’s class, who wanted so much to help her through the difficult days following the death of her mother.

The students in Sarah’s class decided to decorate a chair in memory of Dr. DiNitto to donate to this year’s ARTrageous Affair, formerly known as the Rare Chair Affair. Naturally, rare chairs are always welcome and this one especially so!

The chair’s theme is animals and the students each took time to sand, paint and decorate the chair. They worked together on a letter to Dr. DiNitto, which was placed under the seat of the chair. While they worked, Mrs. Dalton, their teacher noticed them sharing their thoughts with one another and, most importantly, with Sarah.

“I like it because it is very special to me, it helps bring memories of my mom,” Sarah said.

Penley Danles, Sarah’s father, stated about his wife and Sarah’s class project in an article published by the Brighton School District that provided the information for this article, “I am amazed by the love, caring and support the school and class has shown throughout her illness. The chair is just another example of their caring. I always say to the children, if you can do one kind thing a day for someone, it may be the only nice thing that’s done for that person today.”

The Breast Cancer Coalition is grateful for the kindness of Sarah Danles’ 2nd grade class and is looking forward to seeing this very rare chair!

---

### Eastside Retailers Association Event a great success!

The Eastside Retailers Association held its first ever benefit for the Breast Cancer Coalition of Rochester at the Woodcliff Lodge Resort and Conference Center on Sunday, March 5th, 2006. More than 30 vendors were on hand so that participants could purchase their products. A raffle was held that was very successful, earning more than $3,600 for the BCCR! Donations were accepted at the door.

Event producers were Sarah McGough of Thread Count and Patt Ronvalle of Big Kids Productions. Sponsors included The Lodge at Woodcliff Spa Elan, City Newspaper and WARM 101.3 radio. It was a well attended afternoon that the BCCR is most grateful for. We are all looking forward to next year’s event on January 20-21, 2007!
Friends Remembered...

Stephanie Gebo
Rod Stark
Nick Agnello
Patty Trill

"...To live in this world you must be able to do three things:
to love what is mortal;
to hold it against your bones knowing your own life depends on it;
and, when the time comes to let it go, to let it go."
from In Blackwater Woods by Mary Oliver, 1983

Voices of the Ribbon, continued from page 9

thatric for Betty, enabling her to express many of the complicated feelings and frustrations of being a breast cancer patient in her own unique way. It allowed her to go home with a sense of peace, to set new goals, and to understand that life does go on. “Life is worth living,” she says and quotes Helen Hayes, who said “If I rest, I rust.” Betty goes on to say, “If you lose your love for life, you lose your life.”

Betty and her husband will be celebrating their fiftieth wedding anniversary in June of this year. She plans to continue traveling and will keep up her dizzying schedule of activity. Life is an adventure to Betty, and she will continue living and loving it in spite of all she’s been through. She’s a true cancer warrior in every sense of the word.

Cancer picked the wrong enemy when it picked her. After two rounds, the winner and still champion is … Betty Miller!

Each day while out for his run, Brendan Rooney passed by the BCCR offices. Living in Rochester because of work, that daily run brought thoughts of his Mom, a breast cancer survivor since 1994. Trying to think of a way to honor her and extend some fun to local families, Brendan stopped in with an idea.

Using his connections with the local professional basketball team, the Rochester Razorsharks, Brendan offered a family ticket package for four for each home game to a family touched by breast cancer. Living through the experience with his Mom, Brendan understood how families are affected by that unexpected diagnosis and how a night out could be a therapeutic time just to have fun! Brendan had no idea how much his generosity would be appreciated. Once the announcement was made, the BCCR offices were inundated with calls and the tickets were quickly grabbed up! Feedback has been incredible and a great time was definitely had by all. Brendan got to meet each and every family that came to the games and he has even kept in touch with some of them.

Thank you Brendan for your most generous heart to reach out to families in our community. We know your Mom is very proud of you, as are we!
Passing the Torch ...

Nancy De Witt, who worked at the BCCR Center for two years, recently resigned her position as Programs Coordinator so that she could pursue other endeavors. But first, she plans to spend the summer with her daughter Josie.

Everyone at the BCCR wishes her the very best of luck.

The post of Programs Coordinator was accepted by Kathy Reilly.

Hi! My name is Kathy (actually Kathleen) Reilly, and I am the new Programs Coordinator for BCCR. You may have seen me at the office already, because I’ve been volunteering quite a bit for the last two years. It is not my education that qualifies me for this position, but my “life experiences” that do!

I have worked as an interior designer for 23 years. I have loved my work and never considered doing anything different until just recently. In 1983, I was working at Ethan Allen and had three children: two sons, Tim and Jeff aged 7 and 5 and a three year old daughter named Tessa. On July 1st, Tessa woke up with a fever. What started out like the flu, was actually acute myelocytic leukemia. We lost Tessa six months later and my life was forever changed.

I became very involved with the organization that was so helpful to me during her illness: CURE Childhood Cancer Association. While working on my own as a designer, I spent two days a week volunteering for CURE. I was their volunteer coordinator, wrote articles for the newsletter and formed CURE’s first Bereaved Parents Support Group. I joined their board and at one time was a second vice president, who’s role was program development.

After about five years, it seemed time to move on and I concentrated more on my business at that time. However, I always had this nagging feeling that I needed to be “giving something back”. Therefore, the timing was perfect in 1999 when their then chairman of the board called and asked me to return to the board. I served as the chairperson of their 25th Anniversary Committee. Part of the celebration was their first gala and that was a huge commitment.

By 2003 my term was up and once again my focus was on business when one day I found a lump in my breast. This was another event that would change my life! A friend had mentioned the Breast Cancer Coalition to me, but I felt that I had already “done” support groups. Besides, my sister was diagnosed a year before me and we had our own little support group! But my sister had a lumpectomy and I was facing a mastectomy with reconstruction.

The day I met with the plastic surgeon, I cried all the way home. I couldn’t imagine how anyone had survived such an operation. That’s when the BCCR came to mind. I dug out the brochure that I had picked up in a doctor’s office and called to see if they still had that Brown Bag Lunch on Fridays. Of course, they did, and still do, and the rest is history!

I felt so much love every time I entered this office! Even before I finished my treatment, I knew that I had to be part of that! I would not have chosen to have breast cancer, but this diagnosis has changed my life in a positive way. I have met such wonderful women and I am continually amazed at the strength and resiliency of these women!

I loved decorating people’s homes, but I have a passion for BCCR. Our programs enable the women in our organization to do what they do best: take care of each other!

As Programs Coordinator, I hope to maintain and continue the great programs that we have, and also to reach out to our underserved populations. The most important aspect of my job is to be available to our members when they need me. When I tell people about my new career, I tell them that I’ve been training for this all my life!
Donations from January to March 2006

In Honor Of:

Nancy Anselm
Susan & Mark Hosken

Jane Beamish
Florine Digiovanni
Pamela Iannone
Millie Ippolito
Marie Lapple
Dianne Reilly
Michelle Ryan
Scott Steinberg
Kathleen Uchal
Arlene Weis

Patricia Briars
Susan & Mark Hosken

Sylvia Cappellino
Ann Mazzarella

Chrysa Steenberg Charno
Ellen & David Bacon

Kathy & Rich Clark
Jacquelyn Canute-Goss
Kathleen DeGoey
Suzanne Duggan
Denise Howell
Anne Kastberg
Beth Lapietra
Sandra Lenzi
Donald Luther
Janet Simpson
Kathleen Wambach

Meredith Colwell
The Pampered Chef

Kathleen Legg
Donna & Gordon Klein

Ann Mazzarella
Josie Agnello

Diane Mazzarella
Ann Mazzarella

Mazzarella Family
Ann Mazzarella

Dr. Elizabeth Montgomery &
Al Pulcino
Tamara & Mark Allen
Lisa & Mark Crough
Katherine & Lawrence
Fedick
Caroline & Michael Fullen
Kathleen Foti
Barbara Giles
Pamela Kunzer
Jennifer & Craig Litt
Shannon & Linda McNally
Michelle & Michael Orvek
Darlene Paris
Lorraine Saulsbury
Mary Jo Spallina
Roberta & Arthur Stollery
Eloise & Donald Wendt

Martha Price
Peggy Mudd

Betsy Simpson
Marianne Sargent

Karen & Rob Winterkorn
Lettyanne Miller & Kristin Hunt

In Memory Of:

Deborah Bour
Jane & William Amey

Elizabeth Connaughton
Kim Emanuel
Susan Holland
Mary Menzie
Rosemary & Gerald Oesterly
Marjorie Paterson
Marcie Shapiro
Patricia Sullivan
Barbara Swigert

Margaret Buhl
Dolores Crouse
Jean Friedman

Elaine George Hill
Barbara Bucher & Family

Jeanette Hoffman
Judy & John Recktenwald

Arlene Impson
Donna Buelt-Condon
Carolyn Engels
Kim Gagie
Cheryle Kulikowski
June Meteyer
Doris Miles
Doreen & Thomas Robb
Esther Vogelstein
Ingeborg Vogelstein
Karen & Edward Wackerle
Ruth & Lawrence Weykman

Ann Collings Dorwart Leech
Monica Kress, Nancy, Connie,
Anita, Kathy, Betsy, Kim, Anne
& Michelle

Kim Miller
Lettyanne Miller & Kristin Hunt
Cynthia V. Pratt
Ann Schaefer

Teresa Rubens
Pearl Cytryn
Rita & Gene Johnson
Dennis Scurletis

Dorothy Sperling
Olive Hiller
Elaine Hirschler
Jacquelyn Licata
Louise McLaughlin
Patricia Parkhurst
Phyllis Siembor
Linda & Mark Woodruff

Dr. Joseph Spoto, DDS
Marlene Dattilo

Founders Circle - $5,000.00 +
Women’s Council of Realtors

Visionary Circle $1,000.00-4999.
Arthur Hengerer & Laura Pask
Churchville Chili High School
Saints Hockey Team

Advocate’s Circle $500-$999
Carla & Jim Froehler,
People’s Pottery
Creative Outlook, Dorothea Hillis
& Kim Kircher
Jon Dertinger

Pink Ribbon Circle $100-$499.
Clear Channel Mgt. Services
Eastside Retailers Show,
Sarah McGeough & Patti Ronsvalle
Piece Makers Ascension Church
Mark Ryan
Scott Steinberg
Scrapbook Creations
Deborah & Paul Swanton

Friend’s Circle $50-$99
Florine DiGiovanni
Maria Furgiuele
Stephanie & Donald Haase
Millie Ippolito
Marie Lapple
Beth Sestito
Pamela & Rodney Stark
Charles White

Contributor’s Circle $1.-$49.
Jane Beamish
Deborah Beardslee
Jennifer Culver
Faye Fredrick
Elizabeth Hollinger
Pamela Iannone
Margaret Kaves
Wendy Kidder
Sandra Monahan
Maryann Platania
Dianne Reilly
Sandra Ross
Ann Schaefer
Kathleen Uchal
Hayley VanDusen
Arlene Weis
Mary Lou Zeitvogel

Fundraising Partners:
A Different Point of View
Creative Outlook
Kim Kircher & Dorothea Hillis
Rowe Photo

United Way Donations –
Donor Choice #2334
Candice Kramer
Adair McCarthy
Sandra Monahan
Judy Palmer
Marie Rowe

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!
July

3 Holiday - BCCR closed
4 Holiday - BCCR closed
7 Brown Bag Friday
10 Gentle Yoga
11 Jennifer Griggs Reception
13 Living with Metastatic Breast Cancer Support Group
14 Brown Bag Friday
17 Gentle Yoga
18 Voices & Visions: A Writing Seminar for People with Breast Cancer
21 Brown Bag Friday
25 Voices & Visions: A Writing Seminar for People with Breast Cancer
26 Evening Seminar - Lives Touched, Lives Celebrated
27 Living with Metastatic Breast Cancer Support Group
28 Brown Bag Friday

August

1 Voices & Visions: A Writing Seminar for People with Breast Cancer
4 Brown Bag Friday
7 Gentle Yoga
8 Voices & Visions: A Writing Seminar for People with Breast Cancer
10 Living with Metastatic Breast Cancer Support Group
11 Brown Bag Friday
14 Gentle Yoga
15 Voices & Visions: A Writing Seminar for People with Breast Cancer
18 Brown Bag Friday
21 Gentle Yoga
22 Voices & Visions: A Writing Seminar for People with Breast Cancer
23 Evening Seminar - BRCA I & II with Kim Provenzano
24 Living with Metastatic Breast Cancer Support Group
25 Brown Bag Friday
28 Gentle Yoga

September

1 Brown Bag Friday
4 Gentle Yoga
8 Brown Bag Friday
11 Gentle Yoga
14 Living with Metastatic Breast Cancer Support Group
15 Brown Bag Friday
18 Gentle Yoga
25 Gentle Yoga
27 Evening Seminar - Panel of Nurse Practitioners
28 Living with Metastatic Breast Cancer Support Group
29 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
www.bccr.org

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!
Non Profit Information

We are listed in the “Organizations Not Subject to United Way’s Review” section of the 2004 United Way Donor Designation Form. Please choose Choice #4 on your United Way form.

Our organizations non-profit identification number is 2334.

Our organization can only continue to do our work with your generous support. We are, at present, the only independently operated organization focused specifically on Breast Cancer in the Greater Rochester Region. When you donate to our organization, 100% of the donation is focused on Breast Cancer issues and 100% of your donation stays in the Rochester area. Each dollar donated is 100% appreciated by those of us working towards the eradication of Breast Cancer.

As you know, we are a grassroots organization dedicated to eradicating Breast Cancer through action and advocacy. We formally organized as a 501(c)(3) not-for-profit organization in 1997. We are a member organization of the National Breast Cancer Coalition and the New York State Breast Cancer Network.

The Voices of the Ribbon is published quarterly by the Breast Cancer Coalition of Rochester.

Tel: 585.473.8177
Fax: 585.473.7689
www.bccr.org

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