The first volunteers arrived at 6:00 A.M. to set up for the eighth annual Pink Ribbon Run and Family Fitness Walk. Their smiles and enthusiasm warmed what could have been a chilly morning. Returning volunteers echoed the now familiar chant, “At least it’s not raining.” Fueled by coffee and doughnuts they were all “running on Dunkin,” and dispersed to their various locations in the park.

We have an amazing staff for this event. Many return year after year, displaying great dedication to the cause and this event. Unexpected bridge maintenance threw a monkey wrench in our well-oiled machine. For the first time in our history, the start of the race was delayed by a few minutes, due to participants being stuck in traffic.

The party atmosphere is tempered by the reason we are all together on Mother’s Day. The love of family and friends versus the hatred of a disease that strikes without warning. We will continue to fight the good fight until we claim victory over breast cancer. While we wait, we celebrate another record-setting event that netted over $140,000 to continue the fight.
Growth and change are nothing new for the Breast Cancer Coalition of Rochester, however this spring has seen some unusual activity in this department!

Joyce Wichie, Chair of our Board of Directors, is stepping down after five amazing years at the helm. During her tenure, our three major fundraisers have increased exponentially, donations have also increased, and we have been able to serve more families coping with breast cancer than ever before. Though I will miss Joyce in her role as Chair, she is not going far. She will continue to serve on the Board of Directors as Past-Chair. We excitedly welcome Anne-Marie Strasenburgh as our new Chair of the Board. Anne-Marie, as one of two Vice Chairs, was instrumental in developing our strategic plan. We look forward to continued growth under the leadership of this vibrant and talented woman. Anne-Marie brings a wealth of knowledge to this position from her role as Vice President of Technical Sales at Addeco Engineering & Technical.

We also say goodbye to Board member Jean Lazeroff, our Advocacy Chair, after four years of service. To our great delight, Jean will continue to be an active member of the Advocacy Committee. The new Advocacy Chair is Marianne Sargent, a retired teacher from the Greece Central School District.

We welcome other new Board members as well. Debra Kusse, formerly of Eastman Kodak, brings extensive operations and leadership experience to the position of Vice Chair-Strategic Plan. Mary Carafos will serve in the position of Secretary. We extend a warmhearted welcome to all. Stay tuned. We anticipate adding two additional Board of Director’s members by the end of summer.

We are also pleased to announce the establishment of an Advisory Council for the Breast Cancer Coalition. Having an Advisory Council has been a long-time goal for as long as I can remember. An Advisory Council connects the Breast Cancer Coalition of Rochester with community members who possess unique knowledge and skills allowing us to supplement and compliment the work of our staff and Board of Directors.

Finally, have you visited our center lately? You will see several new faces! We have recently welcomed Tracey Knapton, as our new Program Coordinator; Janet Wolf, as our new Office Manager; and Amy Connell, as our new Special Events-Development staff member. We said a sad goodbye to Barb Pifer, our Office Manager of seven years, as she and her husband left Rochester for a new home in Kentucky. We also said farewell to Tracy Brown, our Program Coordinator. We wish both of these dedicated employees the very best as they journey on to their new lives!

I was first diagnosed with breast cancer in 1997. My brother was diagnosed with myelodisplasia, a type of leukemia, that same year. He died in 1998.

To say that a diagnosis of cancer is a life-altering experience is an understatement.

Early detection usually offers a less complicated treatment response, but it is difficult to accomplish. It is commonly suggested that diet and exercise can lower the activation threshold of cancer cells, but you can follow these guidelines to the letter and still have cancer.

When the cancer diagnosis touched me again in 2004, it became an all-consuming experience that again involved opinions and directives from the medical profession, insurance groups, pharmaceutical companies and my employer.

After surgery, the next two years were radiation and chemotherapy treatments followed by Herceptin. These treatments stalled the cancer, but left me with muscles and nerves that did not function as before. My body suddenly aged years; it was difficult to know this new self. I retired on disability and continued trying to reclaim my active lifestyle. It will never return.

Physical therapy for muscle and nerve weakness and lymphedema are invaluable. Lymphedema is a side effect that can occur at any time. It requires vigilance and specialized treatment to avoid its disabling effects.

In the years since my father’s death from colon cancer, there have been advances in research, prevention and treatment.

But cancer remains an expensive disease, and not just for the cost of treatment. It costs your time, well-being, health, income and sometimes your self-confidence. When cancer is discovered, it has probably been there for a while. There is an urgency to treat that must be tempered with the need for information and ability to have choices and make decisions.

The experience of cancer is not unlike any serious trauma. The whole person needs support. When treatment ends, family and friends may be ready to move on, but the patient has been physically, emotionally and spiritually scarred.

Things I have learned:

- Peer support groups are invaluable and allow people to talk about their experience of cancer and the aftermath.
- Oncology care is a thin line between treatment and damage. Every cancer is different for every person.
- Physical therapy after surgery retracts muscle systems.
- Cancer treatment is important, and equally important is addressing the environmental causes. Like tobacco companies in the past, most businesses that introduce toxins into our food and atmosphere continue to deny or minimize their responsibilities. They must be held accountable.
- Chemo brain affects many patients by altering brain function. Chemo brain is a serious and debilitating side effect, often overlooked in spite of scientific studies.
- Common knowledge, advanced by advertising and the media, tends to focus on the behavior of the individual to avoid cancer - eating right, getting more exercise, having a positive attitude, taking the right medications. You see more of this in the press than the debate about proven carcinogenic contamination to our environment.
- You may lose your income if you cannot work during or after treatment.
- Know your own body and demand respect for your opinions and awareness.
- Those who survive cancer and its treatment are always aware of the elephant in the room that no one seems to want to talk about. The possibility of recurrence is always there.

continued on page 24
On May 2, eight members of the BCCR Advocacy Committee traveled to Washington DC. Along with eight hundred other attendees, we participated in the National Breast Cancer Coalition Training Conference. Over the first three days we attended a variety of workshops and plenary sessions to learn what is new in breast cancer research and treatment. We heard from well-known leaders in the field including Drs. Susan Love and Dennis Slamon. We had opportunities to network with individuals from other states and learn of their successes and concerns.

Day four took us to Capitol Hill. There we met with New York Senators Charles Schummer and Kirsten Gillibrand. We also met with each of our local House members, Chris Lee, Eric Massa, Louise Slaughter and Dan Maffei or their representative. In each session two legislative priorities were stressed. NBCC is again requesting $150,000,000 for a peer reviewed breast cancer research program. Created in 1992, this program has invested over two billion dollars in breast cancer research. We thanked each member for signing a letter supporting this funding. We stressed the need for all people in our country to have access to quality health care. The members of NBBC believe that a viable health care system will help us achieve the mission of eradicating breast cancer. NBCC’s Framework for a Health Care System Guaranteeing Access to Quality Care for All has been shared with our elected officials and other grassroots organizations. As Congress looks at changes to our nation’s health care system we have an opportunity to demand the best health care from our leadership.

To learn more about NBBC and their efforts please visit their website stopbreastcancer.org.
Local Advocacy Day

April 2, 2009

The Breast Cancer Coalition of Rochester held its bi-annual New York State Local Advocacy Day on April 2, 2009. Members of the committee spent the day meeting with State Senators and Assemblers representing the greater Rochester area.

At each of these meetings BCCR advocates focused on three important issues that have been identified by the New York State Breast Cancer Network as legislative priorities.

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

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

3. Banning BPA (Bisphenol) in products manufactured for use by infants and young children, such as baby bottles and sippy cups.

Next spring the Advocacy Committee hopes to, once again, charter a bus and take a larger Rochester delegation to Albany to be part of the New York State Breast Network’s Advocacy Day in our state’s Capital.

To learn more about the New York State Breast Cancer Network and their 2009 legislative priorities, visit their web site at www.nysbcen.org.

Dr. Jill Biden, wife of Vice President Joe Biden, with Phyllis Connelly meeting at the Vice President’s Residence following the conclusion of NBCC’s annual Advocacy Training Conference in May.

Save the Date!

Please mark your calendars for the Breast Cancer Coalition of Rochester’s

Sixth Annual Terri Schmitt Legislative Reception

Thursday, August 13, 2009
5:00-7:00pm
840 University Avenue

Meet with our elected representatives and members of the breast cancer community in a relaxed, open forum.

Light refreshments
Brief program

RSVP to BCCR by August 14th at 585-473-8177

Top photo: Lila Bluestone, Assemblymember Susan John, Jean Lazeroff, and Marianne Sargent
Bottom photo: Ann Da Silva Tell, Rebecca Solomon, Assemblymember Joe Morelle, Jean Lazeroff, and Lila Bluestone
We were proud to celebrate our sixth year of presenting the Cindy L. Dertinger “Advanced Breast Cancer: Tools for the Journey” Seminar on April 3rd, 2009 at the Memorial Art Gallery. This seminar, our largest of the year and sponsored by M&T Bank and Assemblymember Susan John, focuses on the latest treatment and management of metastatic breast cancer.

While extensive support and information networks are in place for those with primary breast cancer, it is more difficult for those with metastatic disease to find the resources they need. Clearly those living with advanced disease face different issues and challenges than those with early breast cancer diagnoses. This annual seminar hopes to address some of these.

Moderated by Dr. Michelle Shayne, Assistant Professor of Medicine in the Division of Hematology/Oncology at the University of Rochester Medical Center, the afternoon began with Dr. Jessica Malone Kleiner of Interlakes Oncology and Hematology, who presented “Updates in Medical Oncology,” followed by Dr. Susan Bukata, a specialist in Orthopedic Oncology at the University of Rochester, who presented “Orthopaedic Oncology.

continued on page 24
Funding provided by:
M & T Bank Assemblymember Susan John

Community Co-Sponsors
Jon Dertinger Highland Breast Imaging Lipson Cancer Center
Pluta Cancer Center Roswell Park Cancer Institute Wilmot Cancer Center
Gilda’s Club of Rochester Cancer Resource Center of the Finger Lakes American Cancer Society
Camp Good Days & Special Times Highland Hospital

Committee Members
Holly Anderson Mary Casselman Niki Maclntyre Sandy Sabatka
Karen Bapst Jon Dertinger Therese O’Connor Susan Swift
Tracy Brown Tamara Frederico Barb Pifer Susan Vetter
Sara Cardillo Joanne Janicki Bob Riter Chrissy Woods

Our DJ, Paul Anken, spinning tunes
Judy Footer, Linda Malinich, Valerie Amo & Corey Klein

Relaxing after the seminar
Sara Cardillo, Linda Walsh, and Jon Dertinger

Joyce Wichie
Sue Swift, Carmen Signorino, Susan Vetter, Eileen Wolf and Stacy Portella

Holly Anderson, Karen Bapst, Tracy Brown, and Sara Cardillo
Program Coordinator’s Update

Tracey Knapton

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

Thanks!

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

I can’t think of a better week to have started my employment at BCCR – right smack dab in the middle of the Pink Ribbon Run & Family Fitness Walk! My role as Program Coordinator at BCCR began on Wednesday, May 6th and I’m not sure I’d have it any other way. Pre-registration for the race brings many people into the Center two days before so they may drop their donations and pick up their race packs. It’s a flurry of activity all day, but it gave the new girl (me!) the opportunity to meet many integral people invested in this organization. Valuable volunteers working any avenue asked of them, board and committee members meeting late into the evening to offer assistance and support to make programs and fundraisers a success. I was convinced within a few short days that there is advocacy and support on the side of this organization!

I’m thrilled to begin supporting the many programs that are ongoing at BCCR. From individualized sessions (Breast Cancer 101) to support groups (Living with Metastatic Breast Cancer Support Group) to the more non-traditional support groups (Gentle Yoga & Voices and Vision Writing Workshop), all groups have the same theme: to provide support and healing to those with a diagnosis of breast cancer. I look forward to meeting the scores of people involved to make BCCR the success it is!

Join us for an afternoon filled with summer fun, frozen smoothies, and fresh finger foods!

Advanced Breast Cancer Summer Blast
for those living with metastatic breast cancer

Saturday, August 15th 2:00pm – 4:00pm

RSVP will be appreciated. Watch for upcoming details! Questions? Please call Tracey at 473-8177.
Reserve Your Tribute!
in this Year's ARTrageous Affair Program

We all know at least one person who has dealt with the breast cancer diagnosis and treatment with extraordinary courage and persistence. Maybe you know a medical professional who steps outside the box to provide inspired personal care to breast cancer patients. Or you might be aware of a special person who anticipates a need and offers support in a unique way without ever being asked. We’re looking for exceptional stories to share and inspire as part of the 2009 ARTrageous Affair program.

BCCR invites you to acknowledge your personal champion in the special Tribute section of the program. This new section will be dedicated to personal stories and photos of people who you feel deserve special recognition or a loving remembrance. We hope to give the community a distinctive way to acknowledge great strengths and courage.

Your contribution to the program will make it a treasured keepsake long after the event.

Tributes can include text and a photo. (Photos should be submitted in JPG format.) Rates for space are: $150 for a full page, $100 for ½ page and $50 for ¼ page. All tributes must be received by September 11, 2009.

To reserve your tribute space please e-mail susan@bccr.org or call (585) 473-8177.

Calling all Artists!

Rooted in HOPE

YOU can help by donating an ARTrageous piece of artwork to the Breast Cancer Coalition of Rochester's 2009 ARTrageous Affair.

Help the Breast Cancer Coalition continue to offer its many services to the women and their families in the greater Rochester area who are affected by breast cancer. Research grants, education, support and advocacy are all funded by your art donations.

Items may include 3-dimensional art and furniture, whatever your courageous imagination can conceive! Wall art is welcome as long as it is framed and ready to hang.

Copyright laws are the responsibility of the artist. The Breast Cancer Coalition of Rochester is not responsible for copyright infringements on donated pieces.

Thank you!
“Volunteers do not necessarily have the time; they just have the heart.”
~ Elizabeth Andrew

Let’s talk about the party!! BCCR was honored to hold its 1st Annual Volunteer Appreciation Celebration in March. The plan was to eat, drink and be merry, I believe we accomplished all three goals. The elegant tea sandwiches, appetizers and wine followed by fabulous desserts made the merrymaking possible. Knowing we would need help hosting this event, our staff was happy to volunteer their husbands! Donnie Pifer, one of the helpful husbands, bartended the wine and soft drink table with panache. It was fun to meet, mingle and toast each other for all the fun and rewarding work we do throughout the year.

April was busy with our annual “Advanced Breast Cancer: Tools for the Journey” Seminar held at the Memorial Art Gallery. Our volunteers were on hand to help in many different ways including time keeping, packing and moving, handing out gift bags and arranging the lovely hydrangea centerpieces donated by Wisteria. The centerpieces also included delicious cookies from Kokopelli (is that why I had so many volunteers helping?). I do want to thank Kathi and Greg Johnson, Jim Munnings, Steve MacIntyre, Pat and Carl Focht, Karen Destino and Jon Dertinger for all their assistance. The seminar was a truly successful and enlightening event.

Rose Agins, Betty Miller, Leah Kohler, Jennifer Murray and Jean Lazeroff have been busy representing BCCR at health fairs these past few months. With the weather turning warmer, I expect the number of health fairs to increase. Please let me know if you are available for weekend volunteering at these health fairs. I also look forward to talking about Lilac Festival escapades in the next newsletter. If you haven’t been able to help at this event, please remember us next year. The music, the food, the flowers and the people watching make for a great time.

To volunteer call Niki at 585-473-8177 or email her at Niki@bccr.org
BCCR is looking for VOLUNTEER MUSICIANS for our 2009 Holiday Open House
Wednesday, December 2nd, for more information contact Tracey at 473-8177

Program Coordinator’s Update continued

Consultation. Rochester General Hospital’s Lipson Cancer Center now offers Acupuncture services in their Linden Oaks Radiation/Oncology Center. Service may be booked through the RGH Lipson Cancer Center.

Do you know of other complementary therapies being offered at our local treatment centers that we can provide to our community? Let us know! Email Tracy at tracey@bccr.org.

An Evening With Sandra Steingraber, PhD
An Environmentalist and Cancer Survivor Addresses a Full House at BCCR

Scientist and best selling author, Sandra Steingraber, PhD was featured at the Evening Seminar at BCCR on March 25, 2009. As expected, Dr. Steingraber addressed a standing room only crowd of people concerned about increasing exposures to environmental toxins. An inspired speaker, Dr. Steingraber approaches the link between cancer and the environment as a human rights issue, seamlessly bridging the gap between science and advocacy. Noting the astonishing increase in cancer rates during the twentieth century that corresponds to the increase of the use of petrochemicals in industry, farming, and homes, she went on to make the simple observation that our bodies consist of rearranged molecules of food, air, and water. The Silent Spring Institute has identified 216 environmental chemicals that cause breast cancer, 73 of which are commonly found in food. We are products of our environment in every sense.

Estrogen fuels the growth of the majority of breast cancers, and many commonly used chemicals mimic the action of estrogen in our bodies. Falling rates of breast cancer may be due to the 75 percent decrease in the use of hormone replacement therapy, Dr. Steingraber said, but there are other exogenous estrogens to which we are exposed daily from sources such as plastics, cosmetics, fertilizers, and water. She posed the rhetorical question, what if there were a similar drop in environmental estrogens, the ones to which we are involuntarily exposed?

There is no unexposed control population, so the only means of proving the link between environmental estrogens and breast cancer is to stop using them. The same holds true for all environmental toxins and cancers in general, and this is exactly what Dr. Steingraber proposes. To stop using the chemicals that are making us sick is a tall order. It will take scientific research and grass-roots activism working hand in hand to accomplish this. We can seek non toxic alternatives for the products we use in our homes, gardens, and for personal care. We can patronize those who use environmentally sound methods to produce the food we eat. We can let the producers of products containing cancer causing chemicals know that we will not use their products. And, very importantly, we can become informed on legislation that will support a less toxic world and lend our voices and votes to these issues.

Sandra Steingraber’s view is honest and straightforward, with deep roots in scientific study. She is able to communicate her understanding of the many facets of the environmental issues we face in a clear manner while providing her listeners with the means to take action. Hers is an important and prominent voice in the discussion about cancer and the environment, and it was a privilege to hear her speak.

A video recording of Dr. Steingraber’s talk is available for loan from the BCCR Resource Center. Call the office (473-8177) if you are interested in viewing it.
Healthy YOU

There has recently been a lot of talk about eating more locally produced food, both for the health as well as economic benefits. What better time to start than NOW when we are entering our local growing season! To help you on your way, check out the list of Monroe County farmer’s markets below.

**Brighton Farmers’ Market**
Location: Brighton High School parking lot, 1150 Winton Rd. S.
Time: Sun., 9am - 1pm
Season: June - October

**Brockport Farmers’ Market**
Location: Market St. between Main & Water Sts.
Time: Sun., 8am - 2pm
Season: Mid June - October

**Chili Farmers’ Market**
Location: Chili Paul Plaza
Time: Sat., 8am - 2pm
Season: Mid June - October

**North Chili Farmers’ Market**
Location: United Methodist Church parking lot, 2200 Westside Dr.
Time: Sat., 8am - 1pm
Season: July - October

**East Rochester Farmers’ Market**
Location: Techniplex Plaza parking lot, 300 Main St.
Time: Sun., 8am - Noon
Season: Mid May - Mid November

**Fairport Farmers’ Market**
Location: Parking lot behind Bank of America, on S. Main St., Fairport
Time: Sat., 7am - Noon
Season: May - Mid November

**Foodlink Farmers’ Market**
Location: Washington Square Park, Clinton Ave., Woodbury St. & Court St., Rochester
Time: Wed., 11am - 2pm
Season: Mid June - September

**Greece Ridge Mall Farmers’ Market**
Location: Ridge Rd. West & Long Pond Rd., at Sears lot
Time: Thur. & Sat., 9am - 3pm
Season: June - Beginning of Nov.

**Hamlin Farmers’ Market**
Location: Town Hall parking lot
Time: Sundays, 9am - 1pm
Season: Mid June - Oct.

**Irondequoit Farmers’ Market**
Location: Town Hall, 1280 Titus Ave.
Time: Thursdays, 4pm - Dusk
Season: June - Sep.
(No market July 4th week)

**Monroe Village Farmers’ Market**
Location: Church of the Blessed Sacrament, 700 Monroe Ave., Rochester
Time: Wed., 4pm - 7pm
Season: Mid June - Mid October

**Penfield Farmers’ Market**
Location: Home Depot parking lot, 750 Panorama Trail S.
Time: Fri., 2pm -7pm
Season: Late June - Mid October

**Pittsford Farmers’ Market**
Location: Pittsford Colony Plaza, 3400 Monroe Ave., Pittsford
Time: Tues. & Sat., 8:30am - 2:30pm
Season: May - Late November

**Rochester Public Market**
Location: 280 N. Union St., Rochester
Time: Tues. & Thurs., 6am - 1pm
Sat., 5am - 3pm; plus additional days for special events
Season: Year round

**Rush Farmers’ Market**
Location: United Methodist Church, 6200 Rush-Lima Rd.
Time: Thurs., 3pm - 6:30pm
Season: Mid June - Early November

**South Wedge Farmers’ Market**
Location: 100 Alexander Street, lot at South Clinton Ave., behind Boulder Coffee Co.
Time: Thurs., 4pm - 8pm
Season: May - Mid November

**Scottsville Farmers’ Market**
Location: Ice Arena at 1800 Scottsville-Chili Rd.
Time: Sun., 9am - 1pm
Season: Late June - Early Oct.

**Webster/ Joe Obbi Farmers’ Market**
Location: Village parking lot, behind Gerard P. Smith Agency, 4 E. Main St.
Time: Sat., 8:30am - Noon
Season: Mid June - Oct.

**Westside Farmers’ Market**
Location: 34 Monica St., Rochester
Time: Tues., 8pm - 8pm
Season: Mid June - Oct.

For information on markets in surrounding counties, please visit the website [www.nyfarmersmarket.com/regionwest.htm](http://www.nyfarmersmarket.com/regionwest.htm)

### 10 Reasons to Eat Local Food

**Eating local means more for the local economy.** According to a study by the New Economics Foundation in London, a dollar spent locally generates twice as much income for the local economy. When businesses are not owned locally, money leaves the community at every transaction.

**Locally grown produce is fresher.** While produce that is purchased in the supermarket or a big-box store has been in transit or cold-stored for days or weeks, produce that you purchase at your local farmers’ market has often been picked within 24 hours of your purchase. This freshness not only affects the taste of your food, but the nutritional value which declines with time.

**Local food just plain tastes better.** Ever tried a tomato that was picked within 24 hours?
Book Review

I remember reading a restaurant review in the newspaper one cold January day years ago. The particular establishment that was being featured lost points for the mealy consistency of the tomatoes in their salad. I thought about the quality of tomatoes that are available in this area in mid winter and wondered how a restaurant could possibly be expected to serve anything better. Since then, an increasing emphasis on fresh produce seems to have taken over our national consciousness, and grocery stores offer delicacies that were unheard of until recently such as fresh strawberries and asparagus during months when we have to drive our purchases home quickly before they freeze in the car.

The benefits of fresh produce are undeniable, but what is the price we pay when our salad ingredients have traveled across a continent or two to get to our tables?

Locally grown fruits and vegetables have longer to ripen. Because the produce will be handled less, locally grown fruit does not have to be “rugged” or to stand up to the rigors of shipping. Meaning produce that was allowed to ripen until the last possible moment on the vine.

Eating locally is better for air quality and pollution. The miles that food often travels to our plate creates environmental damage.

Buying local food keeps us in touch with the seasons. By eating with the seasons, we are eating foods when they are at their peak taste, are most abundant, and the least expensive.

Buying locally grown food is fodder for a wonderful story. Whether it’s the farmer who brings apples to market or the baker who makes bread, knowing part of the story about your food is such a powerful part of enjoying a meal.

Eating local protects us from bioterrorism. Food with less distance to travel from farm to plate has less susceptibility to harmful contamination.

Local food translates to more variety. When a farmer is producing food that will not travel a long distance, will have a shorter shelf life, and does not have a high-yield demand, the farmer is free to try small crops of various fruits and vegetables that would probably never make it to a large supermarket.

Supporting local providers supports responsible land development. When you buy local, you give those with local open space- farms and pastures - an economic reason to stay open and undeveloped.

Visit the Eat Local Challenge website to learn more: www.eatlocalchallenge.com

Animal, Vegetable, Miracle: A Year of Food Life
- by Barbara Kingsolver; Reviewed by Pat Battaglia

Author Barbara Kingsolver and her family have taken on that issue in a very personal way, and have documented their efforts in the book, Animal, Vegetable, Miracle: A Year of Food Life. The book chronicles events that began with the family moving from Tucson, Arizona to take up permanent residence in a small farm in the hills of western Virginia; until this time the farm had been the family’s summer home. After spending a year doing general repairs to the property, they resolved in earnest to grow as much of their own food as they could, and relied on local farmers for most of the rest. A few family favorites such as organically grown fair-trade coffee, flour for bread baking, spices, and judicious amounts of boxed macaroni and cheese (a childhood favorite) were included in the mix, but by

continued on page 24

SHoppers Guide To Pesticides

DIRTY DOZEN

1. Peach
2. Apple
3. Bell Pepper
4. Celery
5. Nectarine
6. Strawberries
7. Cherries
8. Kale
9. Lettuce
10. Grapes (imported)
11. Carrot
12. Pear

CLEAN 15

1. Onion
2. Avocado
3. Sweet Corn
4. Pineapple
5. Mango
6. Asparagus
7. Sweet Peas
8. Kiwi
9. Cabbage
10. Eggplant
11. Papaya
12. Watermelon
13. Broccoli
14. Tomato
15. Sweet Potato

DIRTY DOZEN

1. Peach
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Learn more about pesticides, visit www.foodnews.org

“Animal, Vegetable, Miracle is a positive, life affirming eye opener.”
The 2009 Young Survival Coalition Annual Conference in Dallas, Texas  
written by Amy Weetman

When I was diagnosed with breast cancer in 2007 I found the Young Survival Coalition (YSC). YSC is the premier international organization dedicated to the critical issues unique to young women and breast cancer. Along with informational pages on their website, www.youngsurvival.org, is a message forum where women who have been diagnosed, who have fears, who are beyond treatment, and who are living with metastatic disease come together to offer support, information and camaraderie. It was here that I first became aware of an annual conference celebrating, informing, and supporting young women who have been diagnosed with breast cancer.

In 2009 the YSC annual conference became a reality for me. I saw women from all over the United States and a few from outside the US come together with the common thread of a breast cancer diagnosis. Many young women, myself included, are the first of their peers to be diagnosed with cancer. Many feel alone with their diagnosis. Coming together with over 800 women and supporters brings the knowledge: you are not alone.

The sessions were informative and interesting. Many had topics tailor made for the young survivor. Attending sessions was only a part of the whole conference experience. Between these amazing sessions attendees had the chance to meet friends from the message boards and network with each other. Because so many of us have gotten to know each other through the message boards, it’s as if we know and recognize each other, yet have never met before. It is quite a feeling.

Each participant was given a plastic lei that had significance. A green lei signified being 1-5 years since diagnosis. This was what I wore. There were many others signifying more years or less and one for health care providers. When meeting all the young women, it was clear who was a survivor and for how long. At any time throughout the hotel you could find survivors grouped together chatting, making plans for breakfast, dinner, or going out on the town. Many of us came by ourselves and quickly made numerous new friends.

It’s hard to not speak about each session in depth, but I will try to share some highlights. Janet Gray,
PhD gave a packed talk about breast cancer and the environment. She shared research study highlights and gave concrete examples of ways to reduce our exposure such as avoiding Endocrine Disrupting Compounds (EDCs). EDCs are in many things such as lotions, plastics, pesticides, detergents, radiation, etcetera.

Eric Winer, MD gave a medical update for young women saying again what I have heard so many times in reference to cancer, “what we do know…what we don’t know…” During the review of the current research, it became clear what new studies could be pursued.

Wendy S. Harpham, MD, FACP coined the phrase “Healthy Survivor” and discussed what that means exactly. She discussed her book, Happiness in a Storm: Embracing Life Through and After Cancer. She made many interesting points about surviving and truly finding happiness. Survival alone is not enough.

There were many more sessions to attend including sessions on fertility, sexuality, diet and nutrition, health care reform, genetics, breast reconstruction, DCIS, chemo brain, advanced breast cancer, triple negative breast cancer, anxiety and depression and more.

Another aspect of the conference experience was the exhibitors. They were stationed at long tables in the main hall for the duration of the conference. Highlights from the exhibitors included Bright Pink, a national non-profit organization that provides education and support to young women who are at high risk for breast and ovarian cancer. “What’s Your Story?” at BreastCancerStories.org offers a place for women to share their stories and connect with others who may have similar experiences. Someone I Love Is Sick is a new storybook for young children with a parent or grandparent who has been diagnosed with cancer. It is a customizable binder that can be adjusted for your family’s situation. I learned about the Department of Defense’s Congressionally Directed Medical Research Programs where patients, survivors, and family members of people living with disease play a pivotal role discussing program priorities and making funding recommendations. Another organization which seemed to play such an important role is patientadvocate.org. This organization works to point people in the right direction to get the services they need. A breast cancer event could not be complete without the color pink and this conference was without exception. Many exhibitors contributed to the gift bags each participant received. There were also many different t-shirts and accessories in pink with a variety of messages such as “Feel Your Boobies,” “Check these out! At least once a month,” “Stupid Cancer,” and “Save 2nd Base.”

Attending the YSC annual conference was an experience I will not soon forget and would highly recommend to any young survivor. Next year the conference will be in Atlanta, Georgia from February 26-28, 2010 and is certain to be another unforgettable event.
Cecilia (left) and Victoria (right) Burke relaxing after walking with their mom, Rachael.

Below, Alicia Tyrell, Wendy Strauss, and Jillian Miskinis.
Mel Bianchi, Judge
Ken Fisher, Monroe County Executive
Maggie Brooks

Team Mary Gross

Leigha Kircher

The finish line in sight!

“BOA-utiful!”

Best seat in the house!
More Race Memories

Sidewalk Marhalls: Hunter Riebesehl, Griffin Anderson, John Deming, and Emmett Ozminkowski

It was a royal affair!

Patti Cataldi walking with her "BFF's"

Race afterglow

Race photos taken by Michael Riebesehl Photography, Richard Cataldi, and other various race participants
Thank you to our generous sponsors!

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Scott Nicholas Salon
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Party City
Dunkin Donuts (Empire Blvd)
Bonsignore Studio and Spa

OVERALL FASTEST TIME CATEGORY

WINNER
Rachel Sweet, Age 23, 18:11
$300 Cash

SECOND
Dana Woody, Age 39, 19:47
$100 Wegman’s Gift Card

THIRD
Josie Cancilla-Spadafora, Age 37, 20:02
$50 Wegmans Gift Card

BREAST CANCER SURVIVOR CATEGORY

WINNER
Annette Schaff, Age 59, 24:35
Pharoah’s Hairum Spa Rejuvination Package & Medved Gift Certificate for a new pair of running shoes

SECOND
Michele Davidson, Age 50, 25:30
Scott Nocholas Salon European Facial & Medved Gift Certificate for a new pair of running shoes

THIRD
Anne Mowrer, Age 38, 25:52
Great Harvest Bread Gift Basket

THIRD
Anne Mowrer, Age 38, 25:52
Great Harvest Bread Gift Basket

FOURTH
Alison Currie, Age 52, 26:18
All About You Salon & Day Spa $25 Gift Certificate
Bowling Tourney Raises $6,412 for BCCR!

The 7th Annual Bowl for the Cure was held on Friday, February 20th at Clover Lanes. United States Bowling Congress- Rochester WBA Director, Kathy O’Neill was proud to present BCCR with a donation of $6,611.00 and announced year’s event shattered past records!

94 teams participated to show their love and support for those afflicted with Breast Cancer. There were 12 breast cancer survivors on hand that received pink carnation corsages (thanks to the official florist of the Rochester Bowl For the Cure, Dave Schum of Schum’s Florist) and a bottle of wine to start the evening off! Dave Schum also donated 3 beautiful breast cancer awareness arrangements.

The night was packed with exciting raffles to take chances on. There was competitive bidding on a number of silent auction items, along with plenty of gifts for participants. Local radio station Fickle 93.3 were on hand for the evening and also Senior Vice President of Consumer Affairs for Wegmans, Mary-Ellen Burriss was Honorary chairperson.

The Breast Cancer Coalition, was represented by Mary Gross with a wonderful display of items that were for sale as well as informational pamphlets.

Save the date - February 12th 2010

Amerks Turn the Ice Pink!

March 27-28 was “Pink in the Rink” weekend. The Amerks and Knighthawks had fun playing their games in pink jerseys. The rink was also turned pink for the hockey game! Jerseys were auctioned off and a portion of ticket sales went towards Breast Cancer research.

The first two years the event raised somewhere in the range of $5,000-$7,000. This being the third year of the event, the Americans and Knighthawks had a personal goal of $10,000 to reach. This was very happily surpassed in great amounts as they raised a gross amount of $27,954! BCCR received $4,482.82 of the total proceeds!

“This event is one that truly has a place in my heart as I was on the organizing group since the beginning of this annual fundraiser. The idea was born through a group of ‘Hockey Moms’ that threw the idea past me while watching their kids play prior to an Amerks game. This is truly a testament to how great things can happen when we all come together to support a worthy cause.” - Kyle

- Nate Snyder, Ticket Sales Manager
Webster Seniors Hold a Successful ‘Shot 4 a Cure’

Webster Schroeder seniors, Maria Garbach and Mark Saltrelli (pictured left) conducted a lacrosse shoot out charity event. Both of their families have been affected by breast cancer, so there was no question where the proceeds would go. Pink lacrosse balls abounded! They held a raffle and also sold pink t-shirts with the “Shot 4 a Cure” slogan on them. The event was a lot of fun and a great success.

A big thank you to Maria and Mark! They raised $605.00 for the Breast Cancer Coalition.

Volvo Rents Pink Day is a “Sky-High” Success!

On Friday April, 24 2009, Barb Pifer, Betty Miller & Benita Aparo were invited as guests of Volvo Rents to the ‘Contractors Caring for the Community Campaign’ during the company’s annual open house. Volvo Rents has painted a boomlift pink to raise funding and awareness for Breast Cancer. The pink boomlift will be rented to Volvo Rents customers and a percentage of the revenue earned will be donated directly to BCCR. Owner Dave Terry, presented a check from Volvo Rents employees to BCCR in the amount of $3,000.00. Benita, Betty & Barb were overwhelmed at the generosity of the contractors & customers at the open house who donated over $1,525.00 during the afternoon, and especially enjoyed the sky-high ride in the pink boom! Volvo Rents is a locally owned company and feels it’s important to give back to the community where we live and work; the BCCR is also a locally operated organization which makes this collaboration a great fit. Many thanks to Dave Terry, Michal Jenkins and Kevin Holahan for coordinating this amazing event.

Above: Barb Pifer, Betty Miller, and Benita Aparo get a ride in the pink boomlift.

Left: Betty Miller accepts the check for BCCR from Dave Terry of Volvo Rents.

2nd Annual BCCR Dice Run
August 30, 2009
Rain or shine ALL bikes welcome!

$15.00 for Riders
$5.00 for Passengers

Includes food, entertainment & gift
Registration 10:00am - Noon

End of ride party at THE ROOST
4853 west Henrietta Rd.
Live music, food, chinese auction & more!

Presented by: Cycle Stop Harley-Davidson of Rochester & Breast Cancer Coalition of Rochester
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.
The Sister Sak Project

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

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

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

Young Survivor Networking Group

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

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

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

Book Club

What if a traditional support group isn’t for you, but you still like the idea of participating in a supportive community following a breast cancer diagnosis? Join our Book Club! The BCCR Book Club will meet the 4th Thursday of the month, from 6:00-8:00 p.m. Participation is limited and sign-up is required. To reserve your seat and learn the next book selection, call Tracy at BCCR.
Mourning the losses that come with a diagnosis takes time. You can lose your innocence, body function and abilities, privacy, health, self-esteem, place in society, family and positive attitude. These are just some of the things that come with the experience of cancer.

There are also wonderful people to meet and new strengths to find in yourself, your loved ones and your support system. My family and friends are a great comfort, and I could not get through all this without them.

Be good to yourself and see what life still has to offer.

Before you consider my family a victim of genetic predisposition, know that Monroe County has the highest incidence of breast cancer in all of New York State. Many of these cases have no family history.

If there is something I’ve learned from being a cancer survivor, it’s that we have to learn about and eradicate the causes of this disease.
BCCR is Proud to Announce the Members of Our New Advisory Council.

Join us in thanking them for agreeing to serve the breast cancer community and our organization in this capacity.

Joyce Wichie, Chair  Avice O’Connell, MD
Dee Alexander  Therese O’Connor, ACBSW
Meri Atanas, MD  Sean Patton
Liz Brown  Diana Palotas
Christopher Caldwell, MD  Sandra Sabatka, LMSW
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Howard Langstein, MD  Susan Vetter, SW
Julie Lewis, Esq.  Staff
Marilyn Ling, MD
Paula Martin, CPA
Maureen McGuire  Holly Anderson
Tom McJury  Niki MacIntyre

The Advisory Council connects the Breast Cancer Coalition of Rochester with community members who possess unique knowledge and skills allowing us to supplement and compliment the work of our staff and Board of Directors.
We always called her our “cool Aunt Kat.” My brother and sister and I thought our father’s youngest sister, born Kathleen, was cool because she used a nickname, had left Rochester years before we were born, and always sent handwritten letters and interesting presents from her home in Portland, Oregon.

She often sent her five nieces and nephews region-specific gifts crafted by local artists. She also often made unique and thoughtful gifts for us by hand. I remember all five of us getting many hand-sewn stuffed animals over the years: my sister received a squirrel she named Squimpsy, a couple of us received dragons, and I received a beautiful large red patchwork teddy bear that survived more than 30 years, as well as a giraffe hand puppet that still looks down on me at night from a bookshelf in my bedroom. At some point we were given access to my grandparents’ attic and I, a pre-teen who had never been interested in dolls, discovered Aunt Kat’s Barbie dolls and a cache of ’60s-era handmade clothing, from groovy paisley mini-dresses to kitschy gold lame gowns, all of which I was of course gifted.

And then there was “She Who Watches.” I visited Kat and her life partner Paula Bramwell in Portland several times before they moved back to Rochester to live near and support my grandmother after my grandfather passed away. On one trip, Kat took me to see ancient petroglyphs in the Columbia River Gorge. In awe of the entire scene, I was particularly struck by one petroglyph, a depiction of an ancient female visage that has guarded the valley for eons, known as “She Who Watches.” On my next birthday, I received a heavy package from Kat. I opened it and there she was, “She Who Watches,” in a faithful depiction on slate by a Portland artist, staring up at me, ready to serve as my sentinel.

Aside from the physical gifts, Kat gave her nieces and nephews (and everyone else she knew) the gift of love in so many ways: never forgetting a birthday, letting us all know how special we were any and every day, gifting us with her infectious laughter. Kat was passionate about the community she and Paula found at Christ Unity Church, and her family there took loving care of her, especially as her cancer spread.

Kat continued to give such gifts to those around her until—and, in other ways, since—her passing in December. And I am certain she continues to watch over all of us.

---

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

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

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

**What is Brown Bag Friday?**

Beginning at noon on Fridays at BCCR, you will find a supportive, non-judgmental group of women (a variety of breast cancer survivors – some newly diagnosed, some in treatment, some several years out) conversing over whatever they have brought to eat for lunch & coffee, tea, and dessert made possible by a donation from a Brown Bag Friday Lunch sponsor. Our topics are varied! This is a non-traditional breast cancer support group hosted by BCCR staff. There is no need to call ahead or RSVP. Just grab a sack lunch and join us!
I met Ryuko Mizutani on the first day of my first class in pottery making for breast cancer survivors in late 2007. Ryuko was one of two students in the group who were undergoing treatment for metastatic breast cancer. I was impressed that a person with metastatic disease would make the effort to learn a new, and somewhat challenging craft like pottery. What Ryuko and her fellow student were doing seemed a bold affirmation of life.

We later learned that Ryuko was also an internationally known professional musician, playing the Japanese Koto. While she was among us, we saw Ryuko travel to Taiwan, Japan, and Denmark to give Koto concerts, and to Boston to teach. She did this despite the physical strain of traveling. We were delighted the evening Ryuko brought everyone a copy of her latest CD -- and stunned by its beauty. Ryuko also invited us to a performance by herself and her Rochester students, outdoors at the Starry Nights Café. She performed in Japanese costume, with a long-haired wig, and we saw how truly vibrant she was as a person and a musician. Ryuko affirmed life through her music, especially.

There was so much more to Ryuko than we ever knew. But we knew her always present smile, her endurance through treatment side effects, her interest in everyone else’s wellbeing, her quiet way at the wheel. By the end of the year, Ryuko was making serving bowls and plates. After she died, we sadly watched for the last of her pots to come through the kiln, and gave the final two bowls we found to her husband.

Ryuko taught our entire class a lesson in grace, and living, and I doubt if any of us will ever forget that lesson.

You Are Me

You are me and
I am you.
It is obvious that
we are inter-are.
You cultivate the
flower in
yourself so that I
will be beautiful.
I transform the
garbage in
myself so
that you do not
have to suffer.
I support you you
support me.
I am here to bring you peace
you are here to bring me joy.

- Thich Nhat Hanh
Donations ending March, 2009

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:**

**Cathy Bishop’s B’Day**
Suzie Smith
Robin Vavrina

**Brown Baggers**
Holly Anderson

**Barbara Compa**
Barbara Compa
Lance Compa
Lawrence Compa
Timothy & Kim Duffy
Timothy Greene
David & Linda Oertel
Jane Oertel
Judith Patchen
Sarah Tice
Samuel & Helen Tortorici

**Anne Marie Graham**
Amelia Templar

**Deb Urtz-Gleason & Kristen Feck**
Jennifer Mechler

**Sherrie Valentino & Memory of Sue Henkel**
Diane Campoli
Sharyn Leahy
Deborah Wagner

**Kathy Wurzer**
Marianne Sargent

**In Memory of:**

**Cindy Dertinger**
Teresa Miller

**Pat Doohan**
Lucy Babish

**Holly Ferstler**
Gary & Linda Kircher

**Herbert Frank**
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C. John & Carol Wellman
Brian Winslow, DDS
Wayne & Dorothy Wolfe
Ray & Jacalyn Yingling

**Elisabeth Gaskill**
Susan Crawford

**Stephanie Gebo**
In lieu of favors for Tina Gebo’s Shower Donations

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Ronny Frishman

**Frances Grover**
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Studio Expo Salon & Day Spa
Michael & Sherri Valentino

**Laurie Pask**
Debbie Eberhardt
Robert & Cathy Leonard
Family of Laurie Pask – Ruth Allis
Ellen Pfeiffer
Lee & Tandy Reussner

**James Rumsey**
Betty Miller

**Barbara Ryan**
ATOCC Girls
Friends Remembered...

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!

Tributes Welcomed

Mary Lundberg
Russ MacArthur
Margaret Alston

Kat VanMeenen
Lena Adams
Carrie Dailor
John & Margaret Dever
Ed & Pauline Van Epps
Karen, Michael & Kirsten Van Meenen
Esther Yovanoff
Richard Moraluto

Contributor’s Circle $1-$499
Marie Dellaquila
Tim & Kim Duffy
Cynthia Flynn
Susan Jenkins
Patricia Kellar
Judith Lawyer
Jean Lazeroff
Helen Tortorici
Dr. Kenneth & Tracy Meyer III
Judith Patchen
Roberta Pilato
Sarah Tice
Judith Wood

Friend’s Circle $50-$999
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Lucy Babish
Lance Compa
Lawrence Compa
D&D Remodeling & Design Inc.
Kristen Feck
Kathleen Garbach
Beth Gillette
Lynne Manuel
Margaret McIrvine
R. David Oertel
Sarah Tice
Women’s Club of Webster

Pink Ribbon Circle $100-$499
Jodi Ciccarelli
Barbara Oertel Compa
Jacqueline Cushman
Robin Damrad Frye
Timothy Greene
Robert & Jeanette Guenther
Laborer’s International Union, Local 435
Margaret McIrvine
Margo Novak
Jane Oertel
Rochester Alumnae Chapter of Delta Gamma
Shorewood Garden Club
Tiffany Stapleton & Work Friends

Advocate’s Circle $500-$999
Churchville Chili Saints Hockey
Maria Garbach & Mark Saltrelli

Visionary Circle $1,000.00-4999
Rockcastle Florist – Keith & Wendy Rockcastle

In-Kind Donation
Paula Martin, Schifferli & Martin, LLP

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Marion Dunn
Candice Kraemer
Lisa Landry
Andrew Maltese
David Pagel
Marcel Secours
James Weidman

Friends Remembered...
Monday, July 20, 2009
‘Tee’d Off at Breast Cancer’ Golf Tournament
This event will be held at Shadow Lake Golf Club. Tee-off is at 12 noon with a shotgun start. Register online to participate! Visit our website today at http://www.bccr.org and click the “golf picture”!

Wednesday, July 22, 2009
Evening Seminar:
Topic: Triple Negative and Inflammatory Breast Cancer, with presenter Dr. Zachary Kramer 7:00 - 9:00pm

Thursday, August 13, 2009
Sixth Annual Terri Schmitt Legislative Reception
An evening out with our decision makers. 5:00-7:00pm.

Saturday, August 15, 2009
Living With Metastatic Breast Cancer Summer Blast!

Wednesday, August 26, 2009
Evening Seminar:
What Do We Do About Stress?, with presenter Jennifer Klein, PT

Wednesday, September 23, 2009
Evening Seminar:
Topic: Lymphedema: Perspectives from a Breast Surgeon & an Oncology Physical Therapist, with presenters Dr. Lori Medeiros and Susanne Callan-Harris, PT, MS, LLCC 7:00 - 9:00pm

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

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

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

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

Take Action!

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

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- 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.
Best of luck to Barb Pifer, our office manager for the past seven years, and her husband Donnie as they begin a new chapter of their lives in Kentucky. WE’LL MISS YOU BARB!!!