As the sun rose over Lake Ontario, volunteers gathered at Ontario Beach Park to prepare for the eleventh annual Pink Ribbon Run and Family Fitness Walk. After an initial threat of rain, the clouds parted and sunshine greeted thousands who arrived to run, walk, cheer and show support for those doing their part to fight breast cancer.

There were some new features at this year’s event. Shuttle parking was added to help alleviate traffic and parking issues. Congestion along Beach Avenue resulted in a new walk route along the Genesee River, but the faithful participants took it all “in stride” as they followed the lead of the pace cart driven by John Frazier and his passenger, survivor, June Weltzer. The 5K Women’s Race followed the same route as in past years along Beach Avenue. Meanwhile, friends and family waited in the park for their loved ones to return, cheering them on as the runners and walkers crossed their finish lines, every one of them a winner.

Also winners that day were the many volunteers who worked so hard,

continued on page 16
Our Executive Director

Holly Anderson

The breast days of summer are fast approaching. As usual in Rochester, the weather has been a topic of conversation in circles everywhere. Mixed in with the familiar “hot enough for you?” and “it’s not the heat it’s the humidity” is an overall concern about environmental trends like global warming, confusion about horizontal hydraulic fracturing (hydrofracking), and an ever increasing awareness about what is done to our food before it is wrapped and placed in beautiful displays. Pink slime anyone? Though we are relieved to learn that our grocers are ahead of us in this area, we cannot possibly know everything about what happens to our food prior to being sold to us. Even our grocers are surprised at times.

As breast cancer survivors, we tend to question everything. After all, we are living beings made up of cells that are as sensitive to environmental toxicities as other organisms. Asthma and allergies are on the rise. Cancers are occurring earlier and earlier. Healthcare costs continue to climb. In spite of the billions of dollars thrown at breast cancer over the years, the mortality rate has hardly budged. Advocates are becoming increasingly frustrated by the slow, incremental movement that leaves us wondering what could possibly be taking so long. I strain to remember the exact words of my then oncologist who, when I asked “When will there be a cure?” responded, “We believe we are within five years.” I shudder to think of the lives lost and the families forever changed by breast cancer since then. Though he is no longer in the area, I wonder if my former oncologist is as hopeful now or if he, thirteen years later, is just as frustrated as I am.

We are grateful to the City of Rochester for passing a one-year moratorium on hydrofracking in Rochester. Though the Marcellus Shale field ends at the Finger Lakes, the Utica Shale field lies deep below us. Until we can be assured of its safety and the proper disposal of the horrendously toxic chemicals used in the process, the brakes must be placed on this method of extracting natural gas. We are optimistic that our leaders in Monroe County will similarly decide that the overall health of our community takes precedence over the far too many unanswered questions the natural gas industry is dodging. The economic health of our region is not nearly as important if one cannot enjoy good health while basking in it.

As advocates, breast cancer survivors (all of us) can lead the necessary change in policy that is protective of our families and ourselves. We can join forces with other like-minded groups and organizations. We can stand up with strong national groups like the National Breast Cancer Coalition, Breast Cancer Action, Breast Cancer Fund, Silent Spring, and the last go on. These groups are successfully forging the way.

The following pages are filled with the ACTION taken by your sisters, mothers, grandmothers, granddaughters, brothers, fathers, grandfathers, grandchildren, friends, neighbors and coworkers. Please read every word and consider joining us. — Pat Battaglia

We cannot do this alone. Everybody counts. YOU count.
The first weekend in May found nine Breast Cancer Coalition of Rochester advocates in Washington DC for the twentieth annual National Breast Cancer Coalition Summit. We were full of energy and eager to learn how the Deadline 2020 Campaign had progressed in the past year.

The Summit kicked off with a rally. Representatives from each state proudly presented local actions taken towards ending breast cancer. New York was one of the states able to claim a majority of congressmen and women, as well as our two senators, supporting proposed legislation to this effect.

Organizations representing all parts of our state are actively procuring signatures on petitions supporting the End of Breast Cancer by 2020. Our own Phyllis Connelly, dressed as Susan B. Anthony, led a proud Rochester contingent into the rally. Carrying signs bearing the likeness of Susan B. Anthony and wearing purple sashes bearing her famous words, we demonstrated that, like the suffragettes, we do believe Failure is Impossible. Our message and spirit were shared by many.

Fran Visco, President of NBCC and a twenty-four year survivor, welcomed the crowd. Her words were a sobering reminder of the importance of Deadline 2020. Despite the billions of dollars and countless hours spent on research, as well as advances in technology and diagnostic tools, breast cancer continues to kill over forty thousand people in the United States each year. Today’s mortality rates do not differ significantly from 1990. What can we do to change this unacceptable statistic?

Plenary sessions focused on initial research to identify viruses, vaccines and lifestyle as steps to preventing breast cancer. Creative approaches to preventing metastasis, the spread of tumors to distant sites in the body, are crucial to saving lives. The House and the Senate are working on the Accelerating the End of Breast Cancer Act, legislation that would support novel avenues of research using current funding.

Please see the accompanying article by Phyllis Connelly entitled “Failure is Impossible” for an overview of this groundbreaking bill. If you support this proposed legislation, let your representatives in Washington know.

Have you been asked to sign the Deadline 2020 petition? Advocates from every state are in pursuit of signatures to send a strong message of support for Deadline 2020 to our President. The Breast Cancer Coalition of Rochester has a goal of three thousand signatures by mid December. We are well on our way thanks to the many supporters who signed during the Pink Ribbon Race & Walk and the Lilac Festival. Look for us at upcoming events or stop by the office to sign. If you are interested in learning more or signing online, visit http://www.breastcancerdeadline2020.org. You can download forms for family and friends to sign or post a link to your Facebook page. Every effort is appreciated. In 1961, John F. Kennedy set a deadline for sending a man to the moon. The Apollo Space Program was created and it accomplished that goal. If we can gather our nation’s leadership with intellectual and creative forces on this matter, couldn’t we be successful, too? We need to do more than hope. »
Accelerating the End of Breast Cancer
- By Phyllis Connolly

In our last issue, Holly Anderson and Patti Cataldi provided explanations of the plan of action developed and being implemented by the National Breast Cancer Coalition (NBCC) called BREAST CANCER DEADLINE 2020 – the end of breast cancer.

As Patti mentioned, this might seem ambitious and unrealistic by many, but we and thousands of others in New York State and around the country have adopted the philosophy of Susan B. Anthony; failure is impossible. We are hard at work changing the conversation about breast cancer.

NBCC knew this goal would be virtually unattainable for anyone trying to go it alone. This plan is a collaboration; a movement. Therefore, anything is possible.

I am very excited to tell you about a bi-partisan achievement by our policy makers on Capitol Hill. House Representatives are advancing a piece of legislation called the accelerating the End of Breast Cancer Act (HR 3067), introduced by Representatives Karen Bass (D-CA) and Charlie Bass (R-NH). The Senate version has just been introduced.

HR3067 focuses on finding methods to prevent both primary breast cancer and metastatic spread of the disease. Metastasis is responsible for 90% of breast cancer deaths. The act would create a Commission charged with identifying promising ideas in fundamental, translational, and applied sciences and epidemiology in these two areas, which are not currently being prioritized by the public or private sectors.

The National Institute of Health (NIH) and the Department of Defense (DOD) Breast Cancer Research Program (BCRP) are long

continued on page 20

Failure is Impossible.
-Susan B. Anthony

In this constant fight against breast cancer, it is critical that we never become complacent. This legislation sets a clear goal for the nation to defeat breast cancer. I appreciate the leadership role that BCCR and NBCC have taken in advancing the accelerating the End of Breast Cancer Act.” - Bill Owens

I support the accelerating the End to Breast Cancer Act. Breast cancer touches us many families. This legislation takes a new approach by prioritizing prevention: both the disease and its metastasis, the stage in which breast cancer is most dangerous.” - Richard Hanna

Everyone knows someone who has been affected with a diagnosis of breast cancer. We must continue to advocate on their behalf so that we can ultimately prevent the disease. This piece of legislation could do just that.” - Ann Marie Buerkle

I believe that H.R. 3067, the Accelerating the End of Breast Cancer Act is an important step with the right direction in our fight against this deadly disease. I truly hope that Congress comes together and passes this critical legislation.” - Kathy Hochul

In order for cancer research to be successful, it must be sustained and funded over the long term. This bill denotes the crucial attention needed. I am proud to join with close to 200 of my House of Representatives colleagues to show our commitment to end breast cancer and its metastasis.” - Brian Higgins

I am so pleased to be a co-signer of H.R. 3067, the Accelerating the End of Breast Cancer Act, and to partner with BCCR and NBCC, to highlight the focus on prevention. How much better off we will be when no one has to experience this fight.” - Louise Slaughter

I applaud the work of NBCC’s Breast Cancer Deadline 2020 and am pleased to lend my support to this effort. I look forward to the day when breast cancer and its metastasis have been presented and are medical history. Thank you BCCR and NBCC, all for all that you do.” - Tom Reed

I am a breast cancer survivor. The past year has been a whirlwind. I shared a room at the hospital after my mastectomy with Kathleen (Kathy) Cook. Funny, I met this person via text message the night before my surgery, and a year later we were on a flight to New Orleans, Louisiana for the Conference for Young Women (C4YW).

We arrived in New Orleans (NOLA as the locals call it) on Thursday. The first order of business was to help with conference preparations. Our group of volunteers was amazing. We all worked together in harmony—smiling and making small talk. The task at hand was completed much more efficiently than we initially thought. It was the first indicator that amazing women can accomplish amazing tasks! We then attended a round table discussion. The discussion was very personal and quite intriguing. We met many women with whom we spent much of our time over the following days.

I attended several workshops over the following days, but the one that spoke to me the most was called “Clearing the Fog: Understanding and Managing Chemo Brain.” I learned an invaluable lesson during this session: everyone has memory lapses. As a cancer survivor, I’m quick to blame my memory lapses on chemo. The fact is we all slip up from time to time. This proved to be true at a work event where a colleague changed the verbiage during a presentation—I am not alone! I learned that I must exercise my brain by solving problems, learning new things, and learning complex tasks. I must also exercise my body. Everything works together.

I also attended a workshop on breast cancer reconstruction options which featured an open house

continued on page 29
Looking Forward to Tomorrow’s Joys - By Fran Mann

It has been an amazing journey. After I was diagnosed with metastatic breast cancer in August of 2006, I decided that I was not going to change my life style. I told my radiation oncologist I was leaving for Colorado on September 20th to attend the 60th wedding anniversary of my in-laws. She immediately set me up for various tests and a bone biopsy. Someone above was watching over me. I ended my course of radiation on September 13th, with a week to recover before departing to attend the wonderful celebration with my family in Colorado.

Throughout this cancer journey of mine, the love and support of my family, my faith, my excellent doctors, the wonderful caring people I have met, and the new friendships I’ve made at the Coalition have helped me to keep positive. Still, I’ve learned there is nothing wrong in letting family, friends, and doctors know you are scared. I have been truly blessed!

Independence has always been extremely important to me. Sometimes it is hard for me to accept help when it is given. But accepting help doesn’t make anyone a lesser person. It helps others share their love and concern for you.

Two of the most important things in my life are having family and friends who believe in me and in what I can do, and helping other advanced breast cancer survivors in their journeys. I would tell anyone newly diagnosed with metastatic breast cancer to take one day at a time, make the most of it, and believe in yourself and in your caregivers. If you are the least bit uneasy about your diagnosis, seek a second or third opinion.

My number one coping tool is travel. Traveling helps me to lose myself, especially on a beach with waves that draws me to the water, allowing me to relax, to dream. We are never too old to dream. Meditation also helps me to cope. I believe in being my own advocate; that may mean using alternative medicine if it will help. Massages and acupuncture have helped me with my pain. Miracles do happen.

Just this past Tuesday, as I had lost most of my hair, I had my head shaved. When my stylist finished, I said, “My smile is the same, but I look like Yul Brynner.” We had a good laugh.

Here I am today, traveling in between treatments, and thanking God for every day I have with my wonderful, supportive family and friends. I feel I’m just an ordinary person treating my cancer as a chronic illness, loving life, and living it to the fullest. I would like to share the following quote by my friend, Tom Baldwin: “Pain is inevitable. Suffering is optional.” Another friend, Ann Ellis, shared this with me: “Worry doesn’t lessen today’s troubles, it lessens tomorrow’s joys.”

Thank you for sharing this time with me. God bless all of you.

You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith, and hope.

- Thomas Merton

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

Thursday 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. This group is led by Peg DelBaise, LMFT. The group meets the 2nd and 4th Thursday mornings at 9:30am each month at the BCCR. There is no need to RSVP - just come when you can!
Our Programs at the Breast Cancer Coalition of Rochester... all FREE of charge!

Tuesday Night Breast Cancer Support Group
This discussion-based support group, led by Claire Gladwell, RN, meets regularly here at the Coalition. 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 for the next meeting date.

Brown Bag Fridays
At the Breast Cancer Coalition! Any given Friday at noon finds a group of women conversing over anything from the latest research on Herceptin to our own locally-funded research initiatives... from hair loss to funky re-growth...from neoadjuvant therapy to the latest clinical trials...from acid reflux to exercise...from recurring dreams to friends and family's behavior...from prosthetics to bathing suits...from American Idol to The Amazing Race...and on and on. Feel free to bring your lunch and BCCR will provide delectable desserts.

For information regarding our programs offered for those living with advanced breast cancer, please see page 9.

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

Peer Advocates Lending Support: P.A.L.S. SM
Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. In that spirit, we have developed the PALS Program. The concept of this program is simple: individual breast cancer survivors reach out to those who are new to the disease, providing a foundation of caring through one-to-one contact, helping them to connect to resources in the community, and working hard to instill confidence in the face of a difficult situation. Please call to learn how you can become involved as a mentor, or…

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 Book Club meets on 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, learn the next book selection, or to suggest a book, call Tracey at 473-8177.

Voices & Vision: A Writing Workshop for People with Breast Cancer
This 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 much loved by participants. Workshops run in five week cycles on Tuesday evenings and advanced registration is required. This workshop is limited to 12 participants.

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

Young Survivor Soiree
What is a young survivor? Only an individual can determine whether or not the term fits. It could apply to a woman of any age, but it usually refers to those between the ages of 20 and 50. A young survivor can identify with those who have been dealt a breast cancer blow in the midst of a career climb, or while raising children; or perhaps with those whose family plans have been derailed by breast cancer treatment. Four times a year, young survivors gather at the Breast Cancer Coalition for our Young Survivor Soirees. These get-togethers are an informal way to meet and hang out with other survivors who have faced a similar journey. The next meeting date will be in September. Please call if you would like to be added to the invitation list.

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.

Friends & Family Support Group
For those who have a friend, partner, or family member who has been diagnosed with breast cancer, we extend needed support and a pack of goodies. Any given Friday at noon finds a group of women conversing over anything from the latest research on Herceptin to our own locally-funded research initiatives... from hair loss to funky re-growth...from neoadjuvant therapy to the latest clinical trials...from acid reflux to exercise...from recurring dreams to friends and family's behavior...from prosthetics to bathing suits...from American Idol to The Amazing Race...and on and on. Feel free to bring your lunch and BCCR will provide delectable desserts.

Brown Bag Fridays
At the Breast Cancer Coalition! Any given Friday at noon finds a group of women conversing over anything from the latest research on Herceptin to our own locally-funded research initiatives... from hair loss to funky re-growth...from neoadjuvant therapy to the latest clinical trials...from acid reflux to exercise...from recurring dreams to friends and family's behavior...from prosthetics to bathing suits...from American Idol to The Amazing Race...and on and on. Feel free to bring your lunch and BCCR will provide delectable desserts.

Please call to learn how you can become involved as a mentor, or…

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.

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

The first step towards getting somewhere is to decide that you are not going to stay where you are.
- John Piepmon Morgan

It has already been two months since members of the Coalition’s Advocacy Committee returned from Washington, DC, where we attended a three day conference hosted by the National Breast Cancer Coalition. We and about eight hundred other breast cancer advocates learned the latest news about research, treatments, and legislative priorities related to breast cancer. The conference culminates with each state and/or local group meeting with their elected officials in their Washington offices. Before we stride into each office to shake hands with our representatives, so much work must be done to make the appointment happen. Our very own Phyllis Connelly, past Advocacy Committee Chair and past Chair of our Board, has built long-standing relationships with our state representatives and their aides. Throughout the year, Phyllis keeps our legislators informed of any breast cancer related bills that we would like to have them support, or decline support as the case may be. Phyllis takes time to set up the appointments with each elected official so they are expecting us. She makes our arrival “on the Hill” very smooth.

This year, we asked each member of Congress from New York State to continue to support the Breast Cancer Research Fund from the Department of Defense. This money is allocated toward breast cancer research on a national level and provides peer review. Next on the agenda was to thank our Congress members; yes, I said thank them, for standing behind a bill that is now in the House of Representatives. This bill supports the NBCC’s initiative, Breast Cancer Deadline 2020. A target date has been set to end this disease by January 1, 2030. The NBCC has laid out a strategic plan with this goal in mind. One of the facets of this plan is to devote more research toward understanding the advancement of disease. Breast cancer doesn’t kill people, but the metastasis of the disease does. We need to find out why, when, and how this disease progresses. Each and every elected official that we met with – both Republicans and Democrats – were 100% in support of making the end of breast cancer a national priority. It reminded me of our daily work back in Rochester. When a person calls the Coalition who has recently been diagnosed with breast cancer and is in need of support and resources, their political affiliation is a non-issue. What matters is offering the support they need at that moment. Breast cancer knows no political sides and if we can all agree on one thing in this world, it’s that breast cancer must end. If you would like to check out the Breast Cancer Deadline 2020 campaign, the website is: breastcancerdeadline2020.org.

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 Dello Stritto at tracey@bccr.org.

To learn more about our support programs and the information available at BCCR, please call Tracey at 853-473-8177.

Thank you!

Volunteer Reception – March 14, 2012

We are blessed with many wonderful volunteers who give their time and talents to help us and those who have been touched by a breast cancer diagnosis. The efforts of all our volunteers were celebrated on March 14 at a Volunteer Appreciation Party here at the Coalition. We are deeply grateful for the diverse contributions of those generous souls. Whether they serve on a committee, represent the organization at outside events, help out in the office, reach out to someone who is newly diagnosed, and so much more, each volunteer is a treasure.

Pink Ribbon Run & Walk – May 13, 2012

It goes without saying that it takes a great effort by a large number of people to organize an event like the Pink Ribbon Run and Family Fitness Walk, which draws thousands of participants. We always receive compliments on how great and well-run the event is. Much of the credit goes to our dedicated volunteers, many of whom return year after year to help with pre-registration in the days leading up to the event, as well as assisting with the many tasks required on the day of the event. They are a great bunch, and we couldn’t pull off this event without them.

Lilac Festival – May 11-20, 2012

May didn’t bring many lilacs this year, but it did bring a large number of committed volunteers to the Lilac Festival to help “man” our booth. Marcy Lazio spent her Mother’s Day morning helping out. Betty Dibogy took on three shifts. Lisa Tydings brought her daughters, Taylor and McKenzie, to help. Lynn Jones worked alongside her daughter, Chelsea. These were just a few of many, many generous volunteers who gave time and energy that week - more than we have the space to list here. We extend a warm, hearty thank you to each and every person who helped during the event. Yours are the smiling faces behind our organization that festival-goers will remember.

Want to Help?

See page 31 of this issue for a volunteer form you can fill out and mail to us. Or check our website, www.bccr.org, for an online form. Your help will be deeply appreciated.

Volunteer Spotlight

By Pat Banaglia

“Never believe that a few caring people can’t change the world. For indeed, that’s all who ever have.”
- Margaret Mead

Jodi Dietz

Tikkun olam is a Hebrew phrase that roughly translates to “repairing the world.” It’s an ancient expression that has taken on different shades of meaning through the ages, but remains connected with the human responsibility for fixing what is wrong with the world.

When Jody Dieter came through her breast cancer diagnosis and treatment with the help and support of her devoted family and a widening circle of friends, many of whom she met at the Coalition, we learned that she is the embodiment of this expression.

After her diagnosis in 2008, Jody became a regular at the Brown Bag table. She still attends as often as her schedule permits, sometimes arranging her schedule to accommodate a Friday lunch with us. She shares a perspective that is at once optimistic and honest, finding the positives in her walk with breast cancer and expressing herself in words that are powerful, wise, and kind. In fact, Jody has led the luncheon gathering when Tracey, our usual facilitator, had obligations elsewhere.

Jody’s ability to see into the heart of any situation and find the positives has characterized her efforts as a mentor in our PALS Program. Focusing on the best in any person and any situation, she helps others find their way through difficult times.

An active member of the Advocacy Committee, Jody has traveled to Albany with a group from our organization to speak with lawmakers about the
A Very Special Visitor:
CHEF NANCY WALDEK

By Pat Battaglia

Two years ago, Carrie Dailor and Jen Schoen traveled to Atlanta to represent the Coalition at the Conference for Young Women sponsored by the Young Survival Coalition. Afterward, their glowing accounts of their experiences were included in the Spring 2010 edition of this newsletter. Jen happily recounted attending a session called “Fighting Cancer One Meal at a Time,” led by renowned chef and breast cancer survivor, Nancy Waldek. But breast cancer is a capricious thing, and Jen’s disease recurred later that year. Sadly, she passed away in 2011.

Jen’s warm, caring spirit lives on in our hearts, and in her memory we hosted a very special event for our May Evening Seminar. Chef Nancy Waldek traveled from her home in Atlanta to speak on preparing tasty, easy, healthy meals to nurture our bodies and spirits. Carrie Dailor was on hand to honor her friend Jen, and introduce the Chef to the capacity crowd that had gathered in the main room of our center. Chef Nancy prepared some delectable recipes from her new book, Taste and Savor: Delicious Healthy Recipes and Tasty Wine Tips.

“Good food doesn’t have to be hard,” and she demonstrated just how good it can be. As the heady aromas of fresh ingredients, herbs and spices wafted through the room, the Chef exuded warmth and energy while delivering numerous suggestions on ways to maximize the flavor and nutrition of the foods we prepare. Sumptuous samples of her creations were passed through the crowd, with tastings of wines that complemented the flavors of the food perfectly. Chef Nancy’s gracious, easy manner had her audience spellbound throughout the evening. Copies of her book were available for purchase, and the Chef was busy signing them for seminar attendees late into the evening.

During Chef Nancy’s stay, Carrie and the Coalition staff showed her where to taste and savor some of the Rochester area’s finest offerings. Park Avenue shops, Lento Restaurant, the Public Market, and Schoen Place were some highlights of a whirlwind tour. It is our hope that Chef Nancy returned home with happy memories of the many sights and tastes available in our region.

Thank you, Nancy Waldek, for showing us there is no need to feel deprived when preparing healthy meals. Thank you, Jen, for introducing us to Chef Nancy. Your influence remains strong among us.

**FRESH TOMATO BASIL DRESSING**

*Chef Nancy’s kitchen smidgen for seeding tomatoes: Cut a large ripe tomato in half and then in fourths. Use your thumb to run between each section of the tomato and remove the seeds.*

**Ingredients**

- 1 Large ripe tomato, seeded*
- 1/4 Cup fresh parsley, chopped
- 2 TBs fresh basil, chopped
- 1/4 Cup balsamic vinegar
- 1/2 Cup light mayonnaise
- 1 TB dijon mustard
- 2 Garlic cloves, grated
- 2 TB extra virgin olive oil
- Sea salt & black pepper

**To make the dressing,** In a food processor, puree all the ingredients except for the oil, salt and pepper. With the processor running, add the oil slowly. Taste for salt and pepper.

Makes about 1 1/2 cups.

**Make it an Italian Tomato Salad**

- 2 Heads romaine, chopped
- 1 Cup shredded skim mozzarella
- 1/4 Cup grated fresh parmesan
- 1 Can garbanzo beans, rinsed and drained
- 1 Roasted red pepper, cut into thin strips
- 1 Cup chopped tomatoes
- 1/4 Cup capers, rinsed
- 2 Cups fresh croutons

Toss all the ingredients together, drizzle with the dressing and toss again.

Chef Waldeck continued

were some highlights of a whirlwind tour. It is our hope that Chef Nancy returned home with happy memories of the many sights and tastes available in our region.

Thank you, Nancy Waldek, for showing us there is no need to feel deprived when preparing healthy meals. Thank you, Jen, for introducing us to Chef Nancy. Your influence remains strong among us.
Race photos taken by Ria Tafani

PINK RIBBON RUN & FAMILY FITNESS WALK

Continued from cover

before and at the event, to help make everything go smoothly and safely. We want to thank all of our volunteers, especially the Pink Ribbon Committee members who spent so many hours planning and improving on this year’s event, led by Debra Bonsignore, Event Director, Bix DeBaise, Race Director; and our new Walk Director, Benita Aparo.

A big “thank you” goes out to our generous sponsors: Wegmans, a gold sponsor who provides the refreshments and prizes; WROC Channel 8, FOX Rochester, WARM-FM 101.3, WFKL-FM 93.3 (Fickle), The ZONE 94.1, Freetime Magazine, Clark Moving and Storage, Ashby Madison Salon, Tom and Maria Cook, Rockcastle Florist, Dunkin’ Donuts, and Jam&Jemz Studio.

We also extend our heartfelt thanks to the University of Rochester female acapella group Vocal Point for lending their lovely voices to entertain participants while they waited for the race results.

We are so grateful to all who turned out to support this great event and our mission to end breast cancer.

U of R acapella group Vocal Point adding to the after race festivities!

CORRECTIONS:

Annette Schaff  Third place age 60-64
Dayle Lavine   Third place age 70-74

OVERALL FASTEST TIME CATEGORY

WINNER
Sarah Loerch, Age 26, 18:07
$500 Cash - Sponsored by Wegmans

SECOND
Katie Sanders, Age 20, 18:13
$100 Wegmans Gift Card

THIRD
Kathleen Hayden, Age 46, 19:29
$50 Wegmans Gift Card

BREAST CANCER SURVIVOR CATEGORY

WINNER
Jean Weber, Age 45, 24:30
Pharoah’s Hairum Spa Rejuvenation Package & Jim Dalberth Sporting Goods Gift Certificate

SECOND
Heather Garigen, Age 34, 24:35
Park Avenue Salon & Day Spa “Spa Retreat Package” & Jim Dalberth Sporting Goods Gift Certificate

THIRD
Sharon Radak, Age 45, 24:58
Woodcliff Hotel & Spa massage Certificate

FOURTH
Alison Currie, Age 55, 25:53
Massage Certificate from Jean Van Etten

CORRECTIONS:

Annette Schaff  Third place age 60-64
Dayle Lavine   Third place age 70-74
Thank you to our generous race sponsors!

A hearty thank you to all of our dedicated volunteers!

Biggest Fundraiser: Tracy Mendan

Members of Chris Schiano’s Buccaneers soccer team lend their support!

ipad Touch Raffle Prize Winner: Steven Foisy

Above, his family receives his prize from Cindy Dykes

A Personal Journey continued

“The whole experience was pretty scary,” Jeanne recalls of her diagnosis and the long, convoluted journey that followed. “I was convinced there was every chance for me to follow in my aunt’s and mother’s footsteps.” Jeanne responded to her fears by gathering as much information as she could, and what she learned helped her to move forward. “I was greatly relieved to hear that I had caught it at an early stage. It gave me a lot of hope.”

The people close to Jeanne rallied around her throughout her extended walk with breast cancer. “My friends and family were so much a part of my healing,” says Jeanne. Her husband, her twin sister (who is doing well and shows no signs of cancer), and her co-workers completed a circle around Jeanne that made her feel “well cared for,” in her own words. “They’re part of the reason I healed as fast as I did. I thought, ‘I can get through this.’”

Jeanne has become a regular at the Brown Bag table on Fridays, where she shares her calm, level-headed wisdom with others who may be full of their own questions and uncertainties. She also reaches out through the PALS Program to women who are just beginning their own passage through breast cancer. “Every person is so different when it comes to receiving that news,” says Jeanne. She lends a much-needed listening ear, realizing that while her own strategy in the face of fear could potentially be frightening, Jeanne counters that “To me, it’s a call for action.” With her eyes wide open, she says Jeanne. She lends a much needed listening ear, and what she learned helped her to move forward. “I was convinced there was every chance for me to follow in my aunt’s and mother’s footsteps.” Jeanne recalls of her diagnosis and the long, convoluted journey that followed. “I was convinced there was every chance for me to follow in my aunt’s and mother’s footsteps.”

Jeanne’s attitude of respect leaves the door open for others to carry forward in the best way possible for them.

For Jeanne, the best way possible through her repeated diagnoses and treatment decisions was to arm herself with knowledge. Unfazed when information she discovered could potentially be frightening, Jeanne counters that “To me, it’s a call for action.” With her eyes wide open, she formed a solid base of understanding and was empowered to advocate for herself. Seeking the support and counsel of others along the way, Jeanne forged ever onward.

In spite of the tragic losses she has endured, Jeanne is a smiling presence among us at the Coalition. Underlying her calm demeanor is a spirit of determination, a solid strength that extends deeply. Always willing to reach out a helping hand to those who are confronted by their own challenges, Jeanne honors the experiences of others, instilling confidence at a time of uncertainty. We at the Coalition are happy to count ourselves among those who are grateful that her story has not mirrored the past. Jeanne’s story is truly her own.

A Personal Journey continued

Advanced Breast Cancer Seminar continued

M&T Bank. In addition, there were many community co-sponsors: Jon Dertinger, Highland Breast Imaging, the Lipson Cancer Center, the Plata Cancer Center, Roswell Park Cancer Institute, the Wilmot Cancer Center, Gilda’s Club of Rochester, the Cancer Resource Center of the Finger Lakes, Interlakes Oncology, the American Cancer Society, Camp Good Days and Special Times, Highland Hospital, and the Anthony Jordan Health Center. In addition, generous donations of goods were received from Wisteria Flowers and Gifts, Classy Cookie and Deli, and Schutt’s Apple Mill.

When a community comes together to honor one of its own, and to inform and inspire those who face unique challenges, amazing things can - and do - happen. Engaging speakers, old friends re-connecting and new friendships forming, and both tears and laughter were the order of the day. The overall theme of the seminar was living with metastatic disease, with the strongest emphasis on LIVING.
There is an inner beauty about a woman who believes in herself; who knows she is capable of anything that she puts her mind to. There is a beauty in the strength and determination of a woman who follows her own path, who isn't thrown off by obstacles along the way. There is a beauty about a woman whose confidence comes from experiences; who knows she can fall, pick herself up, and move on.”  - Unknown

The one word that best describes my mother is “free.” She was able to say what she felt and do what she wanted without worrying what the world thought. Her confidence grew from faith. She never hesitated to pray with anyone and would always lend an ear. What stood out most about my mom was the love she showed towards others. Her heart was always open. My mother strived to bring people together because that’s what she valued most. She taught my brother and me to pray together and never fear the world.

There is nothing good to say about cancer but I believe that every individual’s journey is filled with meaning and purpose. A lot of joy came out of these past 6 years since my mother’s diagnosis. My family and I are blessed to have fought along with my mother. We were at her side throughout her journey. Now, I would even say that our family is closer than ever. Yes, there have been pain and tears, but all these things work together in life. There is no end, only an end to cancer. My mother is free; she is free from disease and suffering. Her soul lives on in heaven and her spirit will always live eternally in our hearts.

Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle’s. Psalm103:2-5

Mom called it kicking the can. It was her metaphor for the various treatments that she endured; trying to kick the can of her life ahead in advance of the cancer. The can got harder and harder to kick, and in late April she passed away. She had a great life, and we are so grateful for that part of it. She was so alive.

And the love of her life, John, brought us six kids together and gave us family, love, and living examples of constructive and vibrant life. She and John enjoyed 33 years together of good health, friends, travel, adventure, and family. Cancer took both of them away from us; John a year ago and now Mom. Sometimes it’s hard to tell which loss is more painful, the loss of them together as parents or of each separately as an individual.

Mom first taught English and later was Director of Development for Allendale Columbia. She served on the boards of the Hillside Children’s Center and Garth Fagan Dance, and was active in TWIG, the Rochester Garden Club, The Chatterbox Club, Writers and Books, and many other activities. Some of her happiest memories were of being with Garth Fagan dance when the Lion King came out.

She made and cared for dear friends everywhere she went. Late in life she was still in touch with her high school friends from Pittsburgh and attended reunions with them. She made friends from all areas of her life: her early years lived in Princeton and Providence, colleagues from work, her clubs and charities, from church and the Steven Ministry. She was an accomplished pianist, and played for many churches, clubs, and schools but was happiest playing and singing with her beloved Grandchildren.

She was graceful and dignified in her affect and demeanor. Manners mattered to her. Grammar and spelling mattered. She wanted her children and her grandchildren to be articulate, presentable, smart, kind, and sensitive; and to care for others as deeply as she did. As one of the Grandchildren said “no one can outclass Amah.”

Years ago, after a happy trip to the Caribbean with John, she wrote a letter to all of us kids that she wanted us to read at some point in the future, after we got married and had kids. My brother and sister found it tucked away in a drawer after she died, and my brother read parts of it at her service. It was amazing and moving to hear what were so clearly her words. The most important thing that she wanted to tell us was to try and let go of the day to day worries and troubles so that we could fully experience joy and happiness in the moment. This is just one of many lessons that we continue to learn from our dear wise old Amah.

Goodbye, our beloved Mom, Amah, Ann. We love you so much, and we will always remember your words: to be ever mindful of the needs of others.
Throughout history, cancer has baffled humanity. Siddhartha Mukherjee, an oncologist and cancer researcher, has spent a great deal of time in the trenches of the battle against cancer, often finding himself administering devastatingly strong therapies to his patients to help them overcome their disease. When one of these patients, who was faced with another round of continuing treatment, said “I’m willing to go on, but I need to know what it is I’m battling,” that the seed for this book was sown.

The Emperor of all Maladies is an exhaustive answer to this query, a detailed tracing of the track cancer has made through the ages, and of our attempts to understand and deal with it. This Pulitzer Prize winning book delves deep, going back to the earliest known records of cancer by the Egyptians. It winds its way through the ages when cancer was thought to be caused by an “imbalance of humors,” and on to the myriad discoveries that have shaped the knowledge and treatment of all forms of cancer today. It’s a complex story, told by Dr. Mukherjee in intricate, sometimes dramatic detail.

From discoveries in murky basement laboratories, to the paternosteral bravado of surgeons performing ever more invasive and disfiguring procedures, to the apartment of a Manhattan socialite turned cancer crusader, to hospital cancer wards with barred windows to prevent patient suicide, and more, this is a riveting story of “Eureka!” moments intertwined with heartbreaking failure and humbling setbacks. Finally, the unraveling of the human genome, which has provided a clearer picture of the complex mechanisms of cancer, has given rise to the hope that this understanding will pave the way to therapies that will stop the disease in its tracks. Bridging the chasm between what is known about cancer and our ability to transform that knowledge into effective preventatives and therapies is an ongoing challenge.

At nearly 600 pages, this book is not a light read. Still, with 470 of those pages devoted to the text, while the remainder is a list of sources, glossary, bibliography, index, and an interview with the author, the heft of this book is slightly misleading. And it is a page-turner. Dr. Mukherjee’s unraveling of the history of cancer plays out in well-documented detail. Woven throughout the historical narrative are the stories of those who have been diagnosed with cancer, some who are alive to this day and some who are not, and the stories of those who sought to cure them. Iconic figures such as Drs. George Papanicolaou and Sidney Farber, Marie and Pierre Curie, and many names both familiar and obscure, are portrayed in their fallible, human, and many names both familiar and obscure, are portrayed in their fallible, human, sometimes unadorned, but deeply resonant detail.

For example, he cites those in Breast Cancer Action and the National Breast Cancer Coalition for their part in accelerating the introduction of the drug herceptin to those with early stage breast cancer. Used to treat certain forms of breast cancer, herceptin was made available to those who can benefit from it by “an uneasy triangle of forces - academic researchers, the pharmaceutical industry, and patient advocates – united by a deadly disease.” The Emperor of All Maladies focuses on all types of cancer, and breast cancer figures heavily throughout its pages, just as it does in real life. This book offers its readers access to the vast legacy left by many of our board members at the time was fighting this disease. I thought it would be the perfect match to take the ideas behind a couple of other benefits that the Women’s Association had held and start a new path to strike out breast cancer.

How did Bowl for the Cure begin?

Bowl for the Cure was developed approximately eleven years ago through the Women’s International Bowling Congress in conjunction with the Susan G. Komen Breast Cancer Foundation. A lot of bowlers have been lost to breast cancer, and one of our board members at the time was fighting this disease. I thought it would be the perfect match to take the ideas behind a couple of other benefits that the Women’s Association had held and start a new path to strike out breast cancer.

Tell me a little about the event...

The first event was an invitational, it was twenty teams, sixty people, held down at Sunset Lanes, and that event raised $1250. It had some raffles, and everybody who participated received a gift. I had a couple silent auctions, and everybody had a great time. I had a waiting list for that event.

Our Fundraising Friends

Bowling for the Cure: A Talk with Kathy O’Neill - By Pat Battaglia

As a Rochester Women’s Bowling Association Hall of Famer and a Director for the Rochester USBC (United States Bowling Congress) Women’s Bowling Association, Kathy O’Neill is a force to reckon with in the bowling community. Her average score of 206 speaks for itself. But Kathy is also a force to reckon with in the breast cancer community, raising money to benefit the Coalition and other groups through Bowl for the Cure, an annual event that was held for the tenth time this past February. Kathy was kind enough to sit down with me one day and talk about her work.
Angels Among Us

Have you ever met an angel? The Coalition has and her name is Mallory Dixon! On a sunny, busy day Mallory Dixon walked in to the Breast Cancer Coalition office with her grandmother and aunt. She was accompanied by boxes filled with gorgeous beaded bracelets. She had single piece different and unique! Mallory created each bracelet in memory of her dear Aunt who passed away from breast cancer 2 years ago. The Coalition was able to sell each and every bracelet and make thousands of dollars due to her donation. What an angel!

The Sounds of Generosity

On May 11th, the Flan Auditorium at the University of Rochester Medical Center, was filled with beautiful music performed by the Rochester Medical Orchestra. Three times a year the Orchestra selects one charitable organization and, in lieu of admission, donations are given to the organization. While strings played and brass bellowed people were moved. The show raised $742.

Comedy Club Fundraiser

A huge thank you to Chris Sanzone who organized a comedy show benefit. Many Breast Cancer Coalition staff members attended and laughed all night! The show raised $742.

Thank you again Chris for your ongoing support of the Coalition!

Bishop Kearney Senior Project

Thank you to Bishop Kearney seniors, Kathleen Baten, Taina Graham, and Tyler Davis for choosing the Coalition as the recipient of their fundraising efforts. They raised $219 during various fundraising events for their senior project.

Thank you, job well done!

Striking Out Breast Cancer & Kicking Its Butt Too!

The women’s softball team of SUNY Geneseo held a “Strike Out Cancer Game” on April 21st. The ladies raised $225. Thank you to head coach, Tony Ciccacello and his team for going out to bat! The team of SUNY Geneseo held a “Strike Out Cancer Game” on April 21st. The ladies raised $225. Thank you to head coach, Tony Ciccacello and his team for going out to bat!

Grand Master Avent Self Defense and Fitness held a Kick-a-Thon on January 21st in memory of his mother, Lula Mae Williams Avent. This event raised $205 for the Coalition.

Thank you for selecting us as a charitable partner and donating $214 dollars to our cause.

Nazareth Golden Flyers

The Nazareth Women’s Lacrosse team played a game in a game on April 10th. Through sales of raffle tickets, t-shirts and donations they raised $1,264 for the Coalition.

These generous women felt compelled to donate to our organization to show support to their sisters, mothers, grandmothers, aunts and friends who have fought breast cancer. Thank you!

Zumbathon

On May 12th, Marisa Mercorne organized a Zumbathon in honor of Gail Fallico, a two time breast cancer survivor. Five hours of zumba, raffles, refreshments and good times raised $1,724.

Thank you for your generous support!

Jewelry and Aromatherapy Sweetheart Show

On February 4th, sisters Carrie Heintzelman and Laura Zachbik donated $60 to the Coalition from the sales raised at their sweetheart show. Thank you for thinking of us!

Redneck Woman Night

In memory of their dear friend, Maria Migliore, her friends got together for a night of fun and raised $700 for the Coalition. Thank you Kimberly Levine for organizing this event.

Odyssey vs. Athena B-ball Game

On March 30th, the faculty of Odyssey and Athena Greece Schools held their second annual charity basketball game. They raised $100. Thank you to all who attended and participated.

I Dance For Life

Olivia Moran, a Hilton High School student held a benefit in honor of Lisa Tylings on March 24th. She raised $1,500 for the Coalition. Thank you!
In Honor of:
Holly Anderson
Carrie Dzial
Sandra Monahan
Patti Catadi
Jessica Catadi
Kathy Cook
Kristen Williams
Christine Garvey
Rosaun Legno
Sam & Phyllis Gerace
Gwen Zannie
Jane Harrison
Gwen Zannie
Ellen White-Harrington
Carol White Llewellyn
Irene Hochreiter
Chastity Chastity
Nona Kraus
Gail Burge
Bonnie Koerner
David & JoAnn Cavuoto
Carpenter Family
Bruce & Karen Capan
Ann M. Schafer
Pink Ribbon Run
Mary Ann Benincasa
Aurelia Ranno
Susie Schoellkopf - SBS Farms
Hasty Hills
Cindy Hadfield - C.M. Hadfield
Beth Congel - Up the Creek Farm
Bokor Family
Karen Destino
Claudia Potter
Jeffery & Ruth Peck
Barbara Pallistine
Bonnie Koerner
Gwen Zannie
Holly Anderson
Phyllis Connolly
Founder's Circle $5,000 +
Bowl-for-a-Cure Tournament
Friends of Pittsford Hockey - Annual “Pink the Rink” game
Visionary Circle $1,000-4,999
Churchville Chili - Saints Varsity Hockey Team
Ryan Conklin
Highland Breast Imaging - Pink Ribbon Run & Walk Sponsorship
Insurance Auto Auctions - James Aylesworth Auto Donation
Sandra Monahan
Tiffany Stapleton
Advocate’s Circle $500-999
American Rentals - Vermillion’s
Christopher Chapin
Steven Comstock
Fetter Collision, Inc.
Cigi’s Italian Kitchen - Girls Night Out
Michael Grewe
Greece Athena HS & Hilton HS

Basketball - BC Awareness Celebrate Laura
Andrew Maltese
Kathy O’Neill
Marie Orlando
Road Ridge Fire District - Greece Ridge Washington DC, Buffalo Bills Backers - All Things Pink Ribbon Sponsorship
Pink Ribbon Circle $100-599
Active Network - Cycle for Charity
AE Spa - Open House Raffles
Durene Castellano
Charlotte High School Athletics
Department - Varsity Club
Bonita Daugherthy
Hover-Davis
Bill Fortino
Susan Fox
Gateway & Company
Jennifer Genciman
Joan & Joseph Gerber Advised Fund
Doris Gladden
Michelle Grandy
Michael Holloway
ESSA&C Hearing & Air Conditioning
Julia Jeffries
Dennis Lohouse
Joseph Louis
Arlene Cooper
Brandon Cowley
Mary Cowley
Cynthia Cummings
Judith Darling
Patrick & Marie D’Alessandro
Heidi D’Aurizio
Stacey Dean
Donald & Diane Delorm
Elizabeth Desantis
Jean Diament
Elizabeth Dopp
Christine Eggleston
Gene Eichas
Aurra Ferris
Colleen Fogarty
Kathy Rowley
Jeanne Kuse
Susan Smoke
Doris Stranzenberger
Genevieve Vanbisse
Alysa Welch
Women’s Gynecology & Childbirth Association - Dress Down Day
Jonathan Zwerka - Chiropractic Solutions
Zion Episcopal Church - Liey Windus Fund
Friend’s Circle $50-99
Holly Anderson
Anonymous
Wanda Barber
Jessica Brael
Pat Capelatzi
Laura Coman
Kathleen Conroy
Ben Cowley
Donald & Rose Drehrer
Vicki Flora
Mary Anne Gardine
Sarah Goodman
James & Carol Giffi
Parri Ann Hyman
Innovative Technical Solutions
Kathleen Larson
Suzanne Levare
Deborah Liana
Lynne Licisbyk
Dale Mallory
Kenneth & Sarah McJury
Kim Miller
Elizabeth Mulvehil
Wildemar Nieves
Julie Overbeck
Cindy Pappert
Sharon Peet
Cheryl Shintarian
Christopher Wells
Barbara Winku
Contributor’s Circle $51-$499
Bonnie Allen
Victoria Bancroft
Lorraine Bove
Lori Brady
Linda Brenner
Alexandria Brown
Dolores Burger
Martha Condon
Joseph Louis
Arlene Cooper
Brandon Cowley
Mary Cowley
Cynthia Cummings
Judith Darling
Patrick & Marie D’Alessandro
Heidi D’Aurizio
Stacey Dean
Donald & Diane Delorm
Elizabeth Desantis
Jean Diament
Elizabeth Dopp
Christine Eggleston
Gene Eichas
Aurra Ferris
Colleen Fogarty
Kathy Rowley
Jeanne Kuse
Susan Smoke
Doris Stranzenberger
Genevieve Vanbisse
Alysa Welch
Women’s Gynecology & Childbirth Association - Dress Down Day
Jonathan Zwerka - Chiropractic Solutions
Zion Episcopal Church - Liey Windus Fund

Gifts in Kind:
Michael Ames
Arena’s Florist
Mar & Carrie Delban - Fickle 93.3
Monthe Chang
Community Wishbook - Anonymous
Jennifer Di’Lee
Ann Ellis
Linda Gaylord
Geneseo Valley Club House - Comfy & Comfort Quilt Project
Chris Henningsen
Rose Marie Jaen
Harriet McGlyer
Cindy Mullin
Old Navy - Webster
Rockcastle Florist
Donna Rodger
Jean Ruedis
Schuarts Apple Mill
Kathy Velekakkan
Margarita Maurer Zucotti - Reading for Reassurance

Donations ending March 31, 2012
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 March 31st will be included in the autumn newsletter.)
We apologize for any errors and omissions on our donor pages.

In Memory of:
Martino Bosworth
Leah Root
Elisabeth Daugherty
Bonita Daugherthy
Elise DiRaddo
Harald & Vivian Michel
Gary & Monica Tjakowski
Laura Frazier
Robin Cunningham

Loretta Garland
Darnell & Gail Garland
Susan Henkel
Debbie Wagner
Frederick Holderle
Phyllis Levy
Anne Kniffin
Barbara Pallistine
Karen McCarthy
Jane Risolo
Maria Migliore
Redneck Woman Night 2012
Lesley Schneider
Virginia Serrian
Paula Waymire
Barbara Moran
Jeffery & Ruth Peck
Claudia Potter
Karen Destino
Nancy Powers
Bosker Family
Beth Congel - Up the Creek Farm
Cindy Hadfield - C. M. Hadfield
Saddler
Hans Hill
Liz Keller - TSG Equine Events, LLC
Susie Schoellkopf - SBS Farms
Kitty VanBorell & Family
Aurra Ranno
Mary Ann Benincasa
Tom & Maria Cook - Pink Ribbon Run & Walk Sponsorship
Ann M. Schafer
Bruce & Karen Capan
Anthony Carnevale
Carpenter Family
David & JoAnn Cavuoto
Robert & Jacqueline Estephan
Vic Lobb
Morgood Tools, Inc.
Morgood Tools, Inc. Employees
Vincent Petrali
Pauline Porcello
Jen Schoen
Leah Shearer

This is the end of the document content.
Our Fundraising Friends: Bowling for the Cure Continued

Tell me a little about the event...

out, and the next thing I knew, I was calling and saying, "I could use 36 lanes." And by the third call he said, "Don't worry, Kath, I've already got 50 lanes booked for you." And I said, "Perfect!" That second year and also the third year, I raised close to $4000.

Dave Meyers came back and said, "I'm going to challenge you. I'm going to cancel my leagues on Friday evening. I'd like to see if you could pack 100 teams in here." So from year four on, there have been two squads at Bowl for the Cure, one at 6:30 and one at 9:00, featuring 50 teams on each squad. We're now up to about 500 people participating.

That's incredible. I read that this year's event raised $16,000.

This year's event raised $16,750. That's the largest to date that I have raised. It's unbelievable.

How did you first connect with the Coalition?

It was ten years ago through my cousin, Barb Pipher, who was the office manager here. Barb brought me here to meet Holly and it's been a joint venture since.

There must be an incredible amount of planning and work that goes into this.

It seems to be down to an organized/unorganized way that it goes. Usually I start in late summer or early fall. I go out and start collecting donations of gift certificates and merchandise and so forth. By the end of January I have quite an assortment of items. I have a team from Bryant and Stratton that takes merchandise and makes beautiful baskets that are raffled off. I work part time at the Pittsford Wegmans. I have a terrific team there in produce that puts together fruit baskets for me. By the time the event comes together, there are plenty of silent/raffle auction items. I hand our gifts to each squad just to say "Thank you for coming out and spending your Friday night with us." The last couple of years, I've had a band on hand that wanted to participate. I have a number of corporate folks that come out with their work force. Every year it kind of takes on a new life of its own.

Thank you, Kathy, for everything you do.

Don't let a lack of health insurance stand in the way of your good health! FREE SCREENINGS for men and women, ages 40-64, with little or no health insurance.

585-224-3070

The Cancer Services Program of Monroe County pays for:
• Colon cancer screenings
• Mamograms
• Clinical breast exams
• Pelvic exams and pap tests

later that same day. I learned that breast cancer reconstruction has many available options. I was able to meet with a plastic surgeon who felt that my results were quite good, considering the radical actions I had instructed my doctors to follow. Many women feel as though they must accept the end results of surgery and spend years dealing with the sadness. It's just not true -- we are empowered to tell someone we want a change and then make it happen. We wandered down to Bourbon Street many evenings while in NOLA. We were in search of a mask for the upcoming dance party on one night. We had so much fun trying on masks! There are so many styles and colors to pick from. Between most sessions and activities, there was a huge exhibit that included many vendors with merchandise to sell, organizations that educated on cancer awareness and treatments, non-profit organizations raising funds for breast cancer patients, and so many more. It was here that our paths crossed the 2nd Baseman, Dusty Showers -- a grown man wearing a cowboy hat and pink bra - and Mara Gordon, his smiling partner. Even in a venue such as this he stood out. We learned that he joined this group to fight with his mother in law and later for his wife. He is a sign of strength to women and men. During one of the presentations, a young survivor asked when it is acceptable to discuss a previous breast cancer diagnosis with a potential mate. Dusty encouraged us to get a few meetings in before discussing our individual situation. The survivor asked, "What if telling them damages your chances with them?" Dusty shot back that they weren't worth our time!

Saturday evening featured a "N'awlins" Dance Party. We excitedly got ready and put our masks on. We had so much fun dancing with so many strong and beautiful women. We were all linked by pink! Dusty Showers was quite the spectacle on the dance floor. He was one of less than a dozen men at the conference. We kept those beautiful masks on throughout the evening and had a blast!

We made so many friends at C4YW 2012. I can hardly wait for the upcoming C4YW's and I hope to see all of my "pink sisters" again!

Don't let a lack of health insurance stand in the way of your good health! FREE SCREENINGS for men and women, ages 40-64, with little or no health insurance.

585-224-3070

The Cancer Services Program of Monroe County pays for:
• Colon cancer screenings
• Mamograms
• Clinical breast exams
• Pelvic exams and pap tests

The next session was "Reclaiming the Stairs." A lot of these women are in remission or have been and now they want to reclaim what was once a challenge and then make it happen.

C4YW 2012 Continued

Kathy

Cancer Institute. Afterward, I attended "Lymphedema Prevention and Management," presented by Jill Brinkle, PT, of TurningPoint Women's Healthcare. Immediately following the workshop, there was a group photo on the staircase. I didn't make it in time to participate, but what an amazing sight it was to see the sea of people on the lower level and flooding the escalators. Afterwards, Angie and I attended a workshop entitled "Triple-Negative Breast Cancer: Understanding Your Options." Carey K. Anders, MD, presented the information in a clear and easy to understand manner. She shared some of the latest research and treatment options on the horizon. I felt much more positive about my own TNBC diagnosis upon leaving her workshop.

The next session was "Reclaiming Your Sexual Mind & Body," moderated by Sabitha Pillai-Friedman, PhD at Widener University. Sabitha touched on topics that would make my grandmother roll her eyes! But I felt comfortable in a room full of breast cancer survivors, knowing that everyone surrounding me could relate.

After the close of day remarks, I had a surprise visit from my brother and his girlfriend, ate dinner with them, then headed back to our room to get ready for the evening. We had bought some Mardi Gras masks the night before to wear to the "N'awlins" dance party. We made many memories and took a lot of photos.

Sunday morning, I attended the workshop, "It's Easy Being Green! Controlling Your Environment" with presenters, Nancy Buermeyer and Connie Elgie, both of the Breast Cancer Fund. They shared things we can do in our homes and everyday lives to make safe and healthy choices. I gathered some good ideas that I have instituted in my home.

In the afternoon, Elayne Spatz Caplan from Living Beyond Breast Cancer and Jennifer Merschdorf from Young Survivor Coalition gave a host greeting prior to a young woman sharing her story. The last plenary session followed, moderated by Dr. Ro, Nutrition Coach on Dr. Oz Show. She talked about the importance of healthy eating and regular exercise. Dr. Ro told us her age, and I am still in awe of how fabulous she looks!

Closing remarks and a grand prize drawing for a cruise wrapped up the conference. A small group of us took a street car ride to the famous Café Du Monde, a coffee shop in the French Quarter. Souvenir shopping completed our day and an early bedtime was in order so we could catch our seven AM flight the next day.

The sheer magnitude of what I experienced that weekend remains irreplaceable and I am grateful for the opportunity to attend such an awesome event.
Wednesday, July 25, 2012
Evening Seminar: Mamography Screening After Breast Cancer
Posy Seifert, D.O.
7:00 - 9:00pm

Monday, July 30, 2012
2012 Tee’d Off at Breast Cancer Golf Tournament
10:30 lunch & registration; 12:00 shotgun start

Saturday & Sunday, August 4-5, 2012
Park Avenue Festival
To volunteer contact Angie @ bccr.org

Wednesday, August 8, 2012
Legislative Reception
Join Us! RSVP 473-8177
5:00 - 7:00pm

Wednesday, August 22, 2012
Evening Seminar:
Updates on Ovarian Cancer
Cynthia Angel, M.D.
7:00 - 9:00pm

Wednesday, September 26, 2012
Evening Seminar:
Genetics and Breast Cancer
Chin-To Pong, M.D.
7:00 - 9:00pm

Saturday, October 6, 2012
2012 ART rageous Affair
6:00pm

All events unless otherwise noted are at:
THE BREAST CANCER COALITION OF ROCHESTER
840 University Avenue
(Between Culver and Goodman)
Questions? Contact the Coalition at (585) 473-8177

Volunteer Information form
Name ____________________________
Address ____________________________
Phone ____________________________ Work/Cell
E-mail ____________________________
☐ I am a breast cancer survivor

I am interested in learning more about (check all that apply)

Programs:
☐ Advocacy Committee
☐ Research Committee
☐ PALS (Peer Advocates Lending Support) Mentor
☐ Annual Advanced Breast Cancer Seminar

Representing the Breast Cancer Coalition at:
☐ Health Fairs
☐ Festivals
☐ Public Speaking (Churches, Schools, Community Groups)

Fundraisers:
☐ Pink Ribbon Run & Family Fitness Walk
☐ “Tee’d Off” at Breast Cancer Golf Tournament
☐ ARTrageous Affair Gala
☐ Community Event Fundraisers

Other:
☐ I am bi-lingual in ____________________________
☐ I am a deaf interpreter
☐ I am able to deliver newsletters (Quarterly)
☐ Other ______________________________________________________________________
☐ Days
☐ Evenings
☐ Weekends

Other ways I would like to volunteer: ___________________________________________
____________________________________________________________________________
____________________________________________________________________________

Take Action!
Become a Supporter of the Breast Cancer Coalition of Rochester by making a gift today!
Your donation will ensure that you will receive a subscription and invitation to all general meetings,
educational forums, and special events. Additionally, you will help support our goal of creating an active voice in
the Greater Rochester Region in the fight against breast cancer through advocacy, education, and support.

Gifts of $100 + receive a complimentary Comfort Heart.

Name ____________________________
Address ____________________________
City __________________ State __ Zip
Phone ____________________________
E-mail ____________________________
☐ I am a breast cancer survivor

☐ $5000 Founder’s Circle
☐ $1000 Visionary Circle
☐ $500 Advocate’s Circle
☐ $100 Pink Ribbon Circle
☐ $50 Friend’s Circle
☐ $25 Contributor’s Circle
☐ Other _________________
☐ I am not able to make a donation at this time but would like to be on your mailing list.

I would like to make a gift of $ ____________________________
☐ In Honor of ____________________________
☐ Memory of ____________________________

Please send notification of my gift to: ____________________________
____________________________________________________________________________
____________________________________________________________________________

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 • 585.473.7689 fax
info@bccr.org • www.bccr.org

Gifts of $100 + receive a complimentary Comfort Heart.

Becoming a Supporter of the Breast Cancer Coalition of Rochester

Please send notification of my gift to: ____________________________
____________________________________________________________________________
____________________________________________________________________________

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 • 585.473.7689 fax
info@bccr.org • www.bccr.org

Gifts of $100 + receive a complimentary Comfort Heart.

Becoming a Supporter of the Breast Cancer Coalition of Rochester

Please send notification of my gift to: ____________________________
____________________________________________________________________________
____________________________________________________________________________

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 • 585.473.7689 fax
info@bccr.org • www.bccr.org

Gifts of $100 + receive a complimentary Comfort Heart.

Becoming a Supporter of the Breast Cancer Coalition of Rochester

Please send notification of my gift to: ____________________________
____________________________________________________________________________
____________________________________________________________________________

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 • 585.473.7689 fax
info@bccr.org • www.bccr.org

Gifts of $100 + receive a complimentary Comfort Heart.
Voices of the Ribbon
Published Quarterly by the Breast Cancer Coalition of Rochester
Tel. 585-473-8177 • Fax 585-473-7689 • E-Mail: info@bccr.org • Online at bccr.org

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

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

Breast Cancer Coalition of Rochester

Breast Cancer Gala 2012
Calling All Sponsors • Donors • Artists

Artrageous Affair October 6, 2012

You can help by donating an Artrageous piece of artwork, gift basket, gift certificate, becoming a sponsor and/or attending the event!

Art submission deadline: Friday, August 31, 2012

Toabc golf tournament

Teed’ off at breast cancer golf tournament

Brooklea Country Club
891 Pioley Road Rochester, NY 14624

Monday, July 30, 2012

10:30 Lunch & Registration; 12:00 Shotgun Start
Sponsorship Opportunities Available!

For more information on these events:
e-mail cindy@bccr.org
call 585.473.8177
or visit our website at www.bccr.org

Register online for the golf tournament!