The 7th Annual ARTrageous Affair

The hum of excitement, the anticipation of fun and shopping, and the glamour of a beautifully decorated ballroom all coincided on October 18th at the Crowne Plaza Hotel. Guests quickly purchased pink balloons in the hopes that they would be the lucky winners of a beautiful set of diamond earrings donated by West and Company.

There was a diverse array of items to bid on – and bid we did! The artwork, the restaurants, and the jewelry tempted everyone who attended. Of course, all were prodded along by special guest Reverend Mother (Phyl Contestable) who offered words of dire consequences along with loads of laughter.

The evening progressed with a welcome from Emcee Ginny Ryan of 13WHAM-TV, an informative new BCCR DVD/Video produced by Gold Ribbon Sponsor Mikaren Media, and the presentation of the 2008 “Advocate’s Spirit Award” to Maggie Brooks. Auctioneer Mike Deming’s lively Live Auction enticed many to bid on such items as a San Francisco Trip, a Diamond Watch, and Rachel Ray Tickets. The fabulous Buddhahood topped off the evening with song and dance.

Thank you to all who attended and to all the volunteers who worked so hard to make this the best Affair ever!
Our Executive Director

Holly Anderson

Just when we thought we could not possibly survive another “October: Breast Cancer Awareness Month,” we did! And not only did we endure the frenetic-paced, pink-ribboned hurricane of October, we landed gently and on our feet. Thank you to everyone who joined us in an effort to keep breast cancer at the forefront.

People often ask if October is hard for us, “us” being breast cancer survivors, and “us” being the ones in the trenches providing support, programs and resources for those coping with a diagnosis of breast cancer. The breast cancer survivor community is comprised of people from all walks of life holding a variety of pink-ribbon opinions, so though I can’t speak for them, I can speak for myself.

Breast Cancer Awareness Month (BCAM) often overwhelms me. These awareness campaigns have been critical to early detection and screening programs, and there is little doubt that these have saved lives. During October, I am also reminded of how much work still needs to be done. To that end, those of us at BCCR get very busy. There are so many myths about breast cancer and, in part because we are the only full-scope breast cancer organization in the region, we are often called upon to speak to groups and organizations about breast cancer. The end of the month usually finds us satisfied, but exhausted.

...we become stronger on the path toward healing.

Though this is a busy time for us, the month of October also becomes a time of reflection. Each October, BCCR holds a candlelight walk “Lives Touched, Lives Celebrated” (see story, pg 3). This walk is not on the scale of fundraising walks. It’s an itty-bitty walk in comparison. Joined by friends and family members, we walk through our ARTwalk neighborhood at dusk with little fanfare, no media presence for this one, reflecting on the journey we have taken with breast cancer. While walking, we celebrate every step we are taking toward wholeness, healing, and wellness. We also feel the strong presence of those who are no longer with us.

This year, upon returning from our walk, we entered our building under a cascading bridge of dangling fabric that served to connect two fabric-wrapped trees (see photo, back cover). As I passed under this bridge, I could not help but think about the symbolism of those pieces
Many people joined in our 8th annual Lives Touched, Lives Celebrated event which included a candlelit walk down University Avenue.

Avenue in a beautiful, luminous show of support for all who have been affected by breast cancer. Survivors and their families, friends, and caregivers walked side by side, dispelling the damp, dismal darkness. In the same manner they tread the uncertain road of a breast cancer diagnosis, shedding light on a difficult path while finding strength in each other.

So began the evening of the 8th annual Lives Touched, Lives Celebrated. What a fitting way to end Breast Cancer Awareness Month, by honoring and celebrating all the lives that have been forever altered by this disease. An evening is set aside by BCCR each year to honor the courageous spirit of women and men who have faced breast cancer, bringing all of their being into the battle. Those who have been handed this diagnosis, along with those who support and care for them, are included in this amazing group of warriors that no one wants to join.

The walkers looped around and made their way back to the BCCR office, where hot mulled cider and other treats helped make chilly bodies as warm as the hearts that beat within. The soulful music of singer/songwriter Lisa Winter, accompanied by Laurie Leenhouts on the violin, set a tone that was both thoughtful and uplifting. Words spoken by local clergy, Rev. Susan Shafer of Asbury First United Methodist Church and Kaaren Anderson of the First Unitarian Church of Rochester continued in the same vein. The Reverends spoke of hope, of healing, and of celebration. Their vision of these things that are within and around us all, but which can become obscured by the fog of fear that follows a breast cancer diagnosis, added to the peaceful, reflective spirit of the evening.

Interspersed between the music and inspirational talks was the reading of cards. These cards had been filled out by participants as they arrived, and were in commemoration, honor, celebration, or appreciation of someone who

From Lives Touched... honoring Kathi Johnson.

“You are a beautiful and rare flower that grows in the garden of our hearts.”

continued on page 23
From the Chair of Our Board of Directors...

**Wow,** what a year 2008 was for BCCR! Three very successful annual fundraisers: Pink Ribbon Run and Walk, T’eed Off at Breast Cancer Golf Tournament, and the ARTrageous Affair. We have been very fortunate with the generosity of the community in these trying economic times. The success of these fundraisers is a direct result of the contributions from the tireless volunteers, dedicated staff, and everyone else who supports by attendance and donations. In addition, there are many successful events and fundraisers that people organize on our behalf. Many heartfelt thanks to one and all!

Our mission remains to provide support to those touched by a diagnosis of breast cancer, to make access to information and care a priority through education and advocacy, and to empower women and men to participate fully in decisions relating to breast cancer.

Demand for programs in support of our mission continues to grow. And, we have listened to your feedback. We now offer an expanded variety of regular programs, 12 in total! (For details please go to pgs 24-25.) Please feel free to participate or share these opportunities with others as you feel appropriate.

BCCR is looking forward to another full year in 2009. Once again, we have many events scheduled and welcome your attendance and participation. Thank you all for your continued support. Our accomplishments are a result of everyone working together toward the common goal of fulfilling the mission of BCCR. I am extremely proud to be working with such a wonderful group of people.

Joyce Wichie

Finding Resources on Complementary Therapies . . .

BCCR is constantly gathering information and resources that are of interest to breast cancer survivors. Many of our members have expressed an interest in learning more about complementary therapies to go along with their medical treatment. In response, we are listing some of the options being offered at a few of our local treatment centers. Pluta Cancer Center offers massage therapy, Reiki, nutritional counseling, cooking classes, relaxation, and meditation. We have learned that Wilmot Cancer Center provides a series of monthly integrative oncology lectures. Topics include qi gong, integrative oncology, meditation, palliative care, massage therapy, and mandalas. Lipson Cancer Center also refers outside of their center to certain complementary services.

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

From Lives Touched . . . honoring Hilda Biernbaum.

“*She demonstrated strength & hope as her legacy to her family.*”

Our new Book Club is receiving wonderful reviews! Meeting the fourth Thursday of every month (except November and December) at BCCR from 6:00-8:00pm, our members have read and discussed *When You Are Engulfed in Flames* by David Sedaris, and *Unless* by Carol Shields. Our professional facilitators provide an environment for thoughtful review while participants bring their own unique perspectives and share in a safe and welcoming atmosphere. Our next book selection is *The Shawl* by Cynthia Ozick. *The Shawl* begins the story of Rosa, a mother who enters a concentration camp with her daughter and her niece. This book was featured in fall’s “Big Read” hosted by Rochester’s Writers & Books.

Our book club leader for our January 22, 2009 evening will be Karen vanMeenen. She is a professional writer here in Rochester and is the Director of Special Projects at Writers & Books. Karen is also one of BCCR’s Voices & Vision Writing Workshop facilitators. RSVP for this Book Club is required! If you would like to attend, please call 585-473-8177, or email Tracy at tracy@bccr.org to be put on the January Book Club roster.

From the Chair of Our Board of Directors...
June Avignone generously shared this piece she wrote to be used as an introductory wall panel for an art show given by her husband Greg, entitled “The Happy Survivor”. The artwork will be displayed at the Memorial Art Gallery on January 25, 2009. For more information about this upcoming show please visit their website at www.mag.rochester.edu/exhibitions/newex.html. This piece is based on a story she wrote called “The Cure We Wait For”, which can be viewed on her website, www.syntheticcity.org.

The Happy Survivor
by June Avignone

A few months before the towers fell, I was undergoing chemotherapy. My man, a Vietnam veteran and painter of pictures, took care of me when I was too sick to eat and too weak to stand. He cared for me the way only a war veteran could, reminding me the entire way that I would be a survivor, like him. That’s what Gregory said when I called from the hospital to tell him I had cancer. “You will be a survivor now. Come home.”

When I got back to my apartment, he told me I would be like the painting of his I had hanging above my couch, a favorite of mine called The Happy Survivor, a strange, wide-eyed creature with a third eye, and a vibrant red and golden bull’s-eye mandala for its heart center, standing behind a white line. I, too, will be at that place, a grinning knower on the one side of the line, with the bulk of humanity, who do not quite get the beauty of every single moment, on the other. They never knew this terrible happiness, or else have forgotten it, a luxury he says I will never be able to afford again. And he swears I will be fine, the way a white light told him he would be fine when he was left to die in crossfire in Cu Chi in ’69.

We’d never discussed his war experience much before. I knew only that Gregory felt a survivor’s guilt, which I could not really understand despite my attraction to the floating spirits in his work. For years I wandered around the perimeters of his painful silences. But now the gap was gone. He was able to talk:

“I had the M79, and each shot lit up the night like a flashbulb. I had no cover, and I had to roll after each shot, because the dirt was being shot up by bullets from wherever I was. I shot all my rounds. I was out of ammunition. Then the mortars started. They came in right on top of us. Sergeant Swoope was killed immediately. He was right next to me, a nice guy from Newark, a kid, really, like me. Another soldier was pinned beneath him and wounded in the legs. I couldn’t get the Sergeant off the other soldier, and the mortars kept coming, along with small arms fire and grenades. I got hit in the shoulder and was helpless and out of ammunition and the mortars kept coming, must have been 50 of them. The only reason I am alive is because the VC thought we were dead. It wasn’t my time. And it isn’t yours.”

Now, six years later, another war continues over a dwindling resource, gas prices rise, as does the fear in the air despite People magazine covers of Brad and Angelina, the luxuries we possess. Petty confusions fog our view for truthful evolution. Young men and women coming home, damaged, suicidal, many not coming home at all.

From Lives Touched... honoring all the women (and men) who walk this road.

“They inspire! They continue to love. They believe in goodness. They carry heads high. They behave normally in the face of fear. They walk with me.”
When you are diagnosed with cancer, strange things happen to other people. Cancer will probably change you, but it also changes people around you, people you thought you knew.

People behave in unexpected ways. Some you thought were friends disappear. Others hang around. And of those who keep coming around, you will be glad to see some, and less glad to see others.

You will find out who your friends are, as the saying goes. As if that’s a good thing. As if anyone ever really wants to find out who can be counted on and who can’t. Someone you rarely saw and didn’t feel particularly close to may turn out to be the person who is most supportive, who most understands what you are going through.

Although each person’s cancer experience is unique, there are some commonalities. The following is a guide to the creatures you may encounter.

**Preachers**

Preachers are anxious to give you advice and information. They are convinced that they know what is best for you, and they go out of their way to share their answers. They bring you books and tapes, herbs and pills, or they know where you can send money - usually a lot of money - to obtain a product that is guaranteed to cure you. This guarantee, on closer examination, turns out to be more like a strong opinion.

So they will assure you that vegetarians don’t get cancer, or meditators don’t get cancer, or those who think happy thoughts. None of which is true. They bring you tofu and sprouts when you really want a pizza, and then you feel guilty for eating pizza at all. They insist that you think positive, at a time when you are bald and nauseated and have a temperature of 104 and a major body part is missing.

Preachers are usually well-meaning and sincerely concerned for your welfare, so they are hard to ignore. They are convinced that the one thing they promote is the thing that will cure your cancer, if you only do it correctly. This last part is the kicker - if it doesn’t work, you must not be doing it right.

**Clueless**

The clueless make inane comments. These comments usually fall into one of three categories:

- Cancer is not really a problem. (e.g., Losing your hair/body part/health is not really a problem.)
- Cancer is really a blessing. (You’ll find out who your friends are. Cancer is a gift from God because you are so strong.)
- You caused your cancer. (Remember that time you had a negative thought? You are not praying hard enough.)

There are an infinite variety of idiotic remarks. When you have cancer you are liable to hear one or two that are amazingly thoughtless.

If preachers are honestly concerned for your welfare, the clueless are primarily concerned about themselves. They want you to be cheerful because it makes them more comfortable (this includes some health care personnel). Those who deny their own sadness and grief do not want to hear about yours.

The clueless want to believe that the world makes sense, that it is fair and just, that people get what they deserve. They are willing to ignore any evidence to the
contrary. They don’t really understand your situation; they cannot see your illness from your perspective. They are not interested enough to understand, or they are too fearful of their own well being.

But their ignorance is not your problem. Education of the clueless is extremely time-consuming and frequently doomed. It should be undertaken only in desperate circumstances, or out of sheer boredom. These people are exhausting. You may have to decide whether their company is worth the emotional cost, as you are likely to end up taking care of them.

**Bolters**

Bolters disappear when you are diagnosed with cancer. The bolter is someone who was always around before you had cancer, but now does not call and does not show up. Bolters may or may not send a card before they leave.

When questioned, bolters make excuses: they knew you were tired, or they knew you would ask if you needed anything, thus blaming their absence on you. Like the clueless, their distance reflects their own discomfort. They stay away because they are afraid of their own sadness or their own mortality.

A related creature is the virtual bolter. Virtual bolters may be physically present but act as if you were no longer there. They ignore you, as if you were invisible. You find yourself not invited to events, as if you didn’t exist. You are suddenly excluded from a weekly meeting you have attended for years.

Like the clueless, bolters are generally resistant to logic and are thought to be incurable. When they are caught and questioned they blame others, and it may be best to simply let them go.

**Angels**

Angels know what to do, and they know what you need. They drop by with a bag of groceries or they offer to walk the dog. They will listen when you need to talk, or they can just sit next to you and be there without having to do anything or say anything. They know that just being there is doing something. Angels tread lightly because they have no agenda of their own.

They treat you like the person you always were. They know that despite the cancer you are still you. Sometimes angels just know what you need, and sometimes they need to ask. An angel knows how to listen to the answer, how to listen to what you say and to what you’re not saying. You can cry with angels and you can laugh with them, sometimes both at the same time. Some are born angels. Others have to learn, which takes time and may be awkward at first.

**Fellow Travelers**

For fellow travelers, your cancer journey is their journey. Family members become fellow travelers out of necessity. Others stick with you by choice.

When you have cancer, they have it too. And in some ways their journey is harder, a time of frustration and powerlessness. While you can fight the cancer, they can only observe.

Fellow travelers want to be supportive, although at first they may not know how. They can become angels but it will take time. Most of us are not good listeners, and it takes a while to learn. You can help by being patient and by asking for what you need.

The clueless are right about one thing - there are good things about having cancer. The best is the opportunity for a closer relationship with those who care about you. And, of course, you learn who your friends are.
As BCCR’s Program Coordinator and a supporter of breast cancer survivors, I have had the unique experience of learning – firsthand from survivors! – about some of the best ways to provide information and support to those who have received a breast cancer diagnosis. How do I know? Let me share some examples from my first year here at BCCR…

I’ve learned by meeting newly diagnosed women and finding out what they are most anxious about NOW. I’ve learned by talking with survivors at Brown Bag Friday who have several years under their belt cancer-free and hearing their stories about “what I wish I would have known THEN.” I’ve learned by attending the evening educational seminars at BCCR and understanding what to look for in a pathology report, or what sentinel node biopsy entails. I’ve learned by grabbing a book from our resource room and looking up new information that I would never have thought to consider before talking to a survivor. I’ve also learned by attending our special social events, such as the Advanced Breast Cancer Tea, or the Young Survivor Soiree and listening to what survivors need or desire – and what they do not want or require.

How do I, as a survivor-supporter, know how important our work is here at BCCR? Because when a very dear and close friend of mine was recently diagnosed with breast cancer, I realized I could draw upon these *invaluable* resources and provide her with the information that all women and men who have received a breast cancer diagnosis should have at their fingertips. I could connect her to other survivors if she desired. I could explain our programs, and the benefit of scheduling a Breast Cancer 101. I could tell her to take a friend along to her doctor appointments so that he or she could take notes while my friend listened to the surgeon, and I could give her a list of terms ahead of time so that when she heard them again, they would be more familiar.

And, as much as I want to give her and tell her about, I know that what I can best do for my friend is listen to her, and sometimes, just be. I have learned this from the wonderful survivors who come here. I am most grateful for that.

The information BCCR can help provide to those who are just beginning this journey – having

*continued on page 11*
Our 2nd Young Survivor Soiree of 2008 was held at BCCR on Friday, November 7th. It was a fabulous evening! Young Survivors mingled and met over great food and lounged on comfy chairs pulled out for the special event. These fantastic ladies also had the opportunity to receive free neck and shoulder massages provided by Kim Ross and Teresa Santelli, Licensed Massage Therapists. Raffle prizes were won by Lori Griffin (gift certificate to Scott Nicholas Salon), Amy Weetman (necklace by “indigo”), and Cheryl Kuttner (“Night Out” gift basket including tickets to The Little Theatre). 

Don’t miss the next Soiree!

Mark your calendars now for Friday, May 15, 2009! (RSVP will be required.) See YOU there!

From Lives Touched... honoring all my women warrior sisters.

“I’ve survived and thrived because you are there, because you care I can go on.”

The Facts: Breast Cancer and Young Women

Despite the prevailing opinion that young women don’t get breast cancer, the reality is that they can and they do. In fact, one in every 258 women between the ages of 30 and 40 will be diagnosed with breast cancer within the next 10 years. Following are some additional startling facts about breast cancer in young women:

- **Breast cancer is the leading cause of cancer death in young women ages 35 - 40.**

- **Approximately 10,000 women under the age of 40 will be diagnosed with breast cancer this year, and close to 1500 will die.**

- **There are nearly 250,000 women in the United States under the age of 40 currently living with breast cancer.**

- **Young women’s cancers are generally more aggressive and result in lower survival rates.**

- **When breast cancer is caught in its earliest stages, the five-year survival rate for young women with breast cancer is 85 percent.**

- **Young women with breast cancer struggle with many issues that their post-menopausal counterparts don’t face, including: the possibility of early menopause, pregnancy after diagnosis, generally more advanced cancers at diagnosis, and higher mortality rates.**

For more information on the Young Survival Coalition, call (212) 916-7667 or visit www.youngsurvival.org.
**Eat Well, Live Well Update**

BCCR recently embarked on the Eat Well, Live Well program and our team is doing a wonderful job. There are 29 of us participating and in the first 3 weeks of our program, we logged 2,501,987 total steps for an average of almost 8,000 steps per day per participant. We’ve also consumed a spectacular 1,397 cups of fruits and vegetables in our first 3 weeks. That averages out to 4.4 cups a day per participant! These figures are fantastic and go to show that even when faced with a breast cancer diagnosis or in recovery, we can still take good care of our bodies. Great job ladies!

*Kathi Burton and Alison Currie*  
*Team Captains*

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**Try This Fun Idea For Getting Out And Enjoying Nature This Winter**

Head down to Mendon Ponds Park and walk the Birdsong Trail. Be sure to bring a supply of bird seed (they especially like black oil sunflower seeds). If you stand still with your hand outstretched the chickadees will land and feed right from your hand. It is such an amazing experience! Fun for the whole family. A great way to get some exercise and enjoy nature. Your very own winter wonderland exists if you choose to find it!

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**Recipe**

**Cranberry & White Chocolate Chunk Ginger Cookies**

Something a little different and healthy for the holidays... adapted from Eating Well Magazine’s website eatingwell.com.

1 cup all-purpose flour (1/2 whole wheat pastry flour)  
1/4 cup wheat germ  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/4 teaspoon ground ginger  
1 large egg  
3/4 cup packed brown sugar  
1/3 cup canola oil  
1 teaspoon vanilla extract  
1/2 cup oats, quick-cooking or old-fashioned (not instant)  
2-4 ounces white chocolate, chopped  
(dark chocolate chunks may be used instead)  
1/3 cup dried cranberries  
(dried blueberries or cherries may be used instead)  
1/4 cup crystallized ginger, chopped

**Note:** be generous with the chocolate, fruit, and ginger

1. Position racks in upper and lower thirds of oven; preheat to 375 degrees.
2. Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients; stir to combine. Add oats, chocolate, cranberries and crystallized ginger; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1 1/2 inches apart.
3. Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Do not overbake. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely. **Note:** You may also bake the sheets 1 at a time with rack positioned in middle of oven.

Makes about 2 dozen cookies.

**Make ahead tip:** Store in an airtight container for up to 3 days or in the freezer for up to 1 month.

**Nutrition Information:** Per cookie: 115 calories; 4 g fat (1 g sat, 2 g mono); 9 mg cholesterol; 17 g carbohydrate; 2 g protein; 1 g fiber; 84 mg sodium; 38 mg potassium.

1 Carbohydrate Serving
Program Coordinator’s Update continued

surgical consults, visiting oncologists, considering reconstruction, getting ready for surgery, or preparing for treatment – is vital. The genuine compassion and support found here at BCCR, in my humble opinion, is just as important.

I would like to close the above thoughts with this: if the knowledge and resources that I have gathered have greatly benefitted me, a survivor-supporter, imagine how much a newly diagnosed person will benefit from coming here? Imagine the wealth of information and resources that are waiting to be shared at the Brown Bag Friday Lunch, or during a breast cancer support group led by one of our amazing facilitators. Imagine how beneficial a one-on-one Breast Cancer 101 appointment with one of our knowledgeable members or staff could be for someone who is preparing for surgery or treatment. Imagine how much relief could be gained from our Gentle Yoga, or from the kind support of our Voices & Vision writing workshop participants. Imagine how different this life-changing experience could be for those who learn about BCCR right after their diagnosis. If you are a breast cancer survivor, whether newly diagnosed or “years out”, you don’t have to imagine. Come join us. We welcome you here at any time, no matter where you are in this journey.

Quilting Class For Breast Cancer Survivors

On June 14th these crafty ladies took part in a quilting class for breast cancer survivors given by Donna Noble and Peg Ehmann (a survivor herself). Quilting skills were learned along with lots of fun and laughter. Mary Gross’s basement was transformed into a quilting haven with plenty of sewing machines, cutting boards, and irons. All the material was donated by Donna and Peg and those who participated in a previous quilting weekend sponsored by Ivy Thimble Shop in Victor.

Executive Director’s Column continued

of fabric... shreds really. To me, each piece represented one of us, each one looking like something torn and damaged... not unlike how I felt following my own diagnosis of breast cancer. Together, those shreds had created a colorful bandage of warmth and safety. What was somewhat ugly and useless had become a spectacular and colorful display of beauty and worth. As the walk and fabric-wrapped trees reminded me, by sharing the journey with others, we become stronger on the path toward healing.

We want to thank Zanne Brunner, the artist who created and installed this beautiful gift. We also want to thank her assistants, Courtney Gruttadaria and Jeffrey Young, each an artist in their own right. On a rainy, miserable Sunday afternoon... just before October’s pink madness commenced... the three of them climbed ladders in the cold and rain to weave a blanket of warmth out of every imaginable color.

We are cloaked in love. We are safe for now.

Change To Mailings Beginning January 2009

Due to increased postage and mailing costs, we only want to send program reminders/postcards to those in our community who would really like to receive them. Therefore, beginning in January 2009, only BCCR program participants whose status is currently active (have attended at least one support, workshop or education program within the last two years) will receive our monthly program postcards, although you certainly may request that you continue to receive them regardless of your activity status. To make that request call us at the number below.

Everyone on our mailing list will continue to receive the newsletter and general information.

If there are any questions regarding an individual’s status, please call BCCR at 585-473-8177 or e-mail us at info@bccr.org
Starting with Monroe County, how do things stand with the fairly recently enacted (1/1/2006) 48 Hour Neighbor Notification law which was passed by the Monroe County Legislature and signed into law by County Executive Maggie Brooks? By now you should be receiving a telephone call or mailing by a lawn care company 48 hours in advance of an airborne spraying of pesticides on adjacent property. If this is not happening and you wish to be notified, or you have any questions regarding this law, please contact the Monroe County Dept. of Health at 585-753-7378 or mchealth@monroecounty.gov. Have ready the following info: date, time, and name of company doing the spraying without notifying you.

The New York State Breast Cancer Network called for passage of the following legislation:

1. Mandated insurance coverage for diagnosis and treatment of lymphedema as well as required adequate training for lymphedema therapists as defined by the Lymphology Association of North America. The bill did not leave the Senate or Assembly Insurance Committee this past session. However, it may reappear this coming year as two separate bills.

2. Statewide health tracking and biomonitoring program that would gather human health data and environmental data and compare them on a geographical basis to track cancer and other diseases. The Assembly passed this bill unanimously in February of 2008 but it remained in the Senate Health Committee without being voted upon.

In addition, the Network called for two policy reforms and a green purchasing initiative, all of which require ongoing attention.
and discussion. These pertained to breast and cervical cancer treatment coverage for uninsured women regardless of where they were screened, a commitment to building health literacy capacity among NYS residents, and the incorporation of a precautionary approach to government purchasing policies.

We shall see what the 2009 session accomplishes.

Lastly, the National Breast Cancer Coalition took particular interest in the passage of two bills that were before our elected Senators and Representatives in Washington during this past second session of the 110th Congress.

DOD BCRP - Cheers!

Great news about the Department of Defense Breast Cancer Research Program (DOD BCRP)!

Congress has passed a continuing resolution that includes a Defense Appropriations bill for FY 2009 providing $150 million for the BCRP! This is a $12 million increase over last year and the exact appropriation NBCC advocates have been working to realize! It is the first time since 2000 that Congress has funded NBCC’s precise appropriation request. Senators Clinton and Schumer as well as Representatives Slaughter, Reynolds, Kuhl and Walsh supported this appropriation.

This was signed by the President on Sept. 30th.

BCERA – Cheers and Jeers

What should have been a time of jubilation turned out to be a time of abject disappointment.

Let me explain:

The Breast Cancer and Environmental Research Act (S.579/H.R.1157) was developed to satisfy the recommendations and accomplish the goals set forth at two Environmental Policy Summits and was introduced to Congress in 1999.

- It would establish a peer-reviewed research program leading to a broad national research strategy on the environment and breast cancer.
- It would establish collaborations of multi-institutional, multi-disciplinary research teams, thus creating a network of collaborating researchers and consumer groups.
- It would include researchers and consumers in an Advisory Panel that would make recommendations on the grant mechanisms, peer-review criteria, and provide funding allocations.
- It would authorize $40 million per year in fiscal years 2008-2012 for this environmental research program.

Leading up to this September, the bill inched along gaining co-sponsors in both houses and on both side of the aisle. It also made encouraging legislative progress and overcame significant obstacles each year. Then in early October, President Bush signed into law the Breast Cancer and Environmental Research Act.

Time of jubilation, right?
Wrong.

Until earlier this year, after negotiations with the National Institutes of Health and passage by the Senate Health, Education, Labor and Pensions Committee, the bill maintained its original intent. It ran into opposition in the House and during a markup of the bill on Sept. 23rd, it was amended and passed BUT was essentially gutted. It passed the House on Sept. 25th and was ultimately approved by the Senate by a voice vote on Sept. 27th, authorizing $40 million for NIH-funded research on the causes of breast cancer.

As it is now written, the bill establishes an Interagency Breast Cancer and Environmental Research Coordinating Committee in the Department of Health and Human Services to make recommendations and solicit proposals for breast cancer research. However, it no longer mandates that the research be focused on environmental causes. That language was removed.

As Fran Visco, President and spokesperson for NBCC, explained, "We had thought that this bill with 286 bipartisan House cosponsors, and with both sides of the aisle publicly praising the Senate HELP-passed version, could have resulted in an agreement that maintained the core principles of that legislation. We supported and still support the Senate HELP-passed version of the bill that has the support of 70 senators, and is not opposed by NIH."

I support the position taken by the NBCC. The legislation that passed this Congress must be looked upon as the first baby step in a process that can ultimately lead to answers of critical questions about the way the environment affects breast cancer. However, we will need to continue working to ensure that policy makers in Congress and at the NIH use this bill to answer the questions that lay there begging for answers. We will need to monitor, participate, agitate and publicize how this law is being implemented and hold all parties accountable.

To view the complete statement of NBCC which more fully explains their position on this issue, please visit their website: www.stopbreastcancer.org and click
The community spirit is alive and well in Upstate New York! Our heartfelt thanks go out to Purple Haze Stables, Wanda Polisseni, Western New York Harness Horsemen’s Association and Todd Haight, Marketing Coordinator and the wonderful staff at Batavia Downs Gaming for a job well-done!

The winner of the challenge was Jeff Gregory, native of Churchville, N.Y. He, along with seven other leading drivers, participated in this event. Many wonderful individuals and businesses sponsored races. Winning horses were provided with colorful blankets by Wanda Polisseni.

Sponsorship of races, donations of All-Star Drivers’ commissions, and some great silent auction items contributed to the “huge” success of this event. Nearly $16,000 was raised.

Women’s Motorcyclist Foundation, Inc. – Fall Ride for Breast Cancer

Eighty-four riders and their passengers lined up September 20th to participate, once again, in the annual Women’s Motorcyclist Foundation’s fall ride to benefit the Breast Cancer Coalition of Rochester, resulting in a donation of $1,855.00. It was a beautiful day enjoyed by all, ending in celebration at Skooters in LeRoy. Once again Lynn & Art Elting at Country Rode Motorwerks opened their business as sponsors and it certainly couldn’t have been done without the guidance of Ginny Shear and friends! This event brings the total donated by the Women’s Motorcyclist Foundation, Inc. over the past four years to $8,707.00! Thank you Women’s Motorcyclist Foundation, Inc.!
Tees and Tunes

A casual thought among bandmates led to a full 144 person golf outing and a music fest held on October 18, 2008 at Mill Creek Golf Club to benefit the Breast Cancer Coalition of Rochester. Tees and Tunes was born.

Many thanks to Ross Brown and Amie Freling, and to all those who participated, for all their hard work to make this day a fun and foot stomping success! This event raised over $2600 for BCCR.

Growing A Gift Of Love
Inspired by Breast Cancer Survivor Pam McCall

One day, Chrysa Charno sat in a room with a breast cancer patient, holding her hand as she cried over losing not only her breast to the disease, but her appetite, attitude and finally her hair due to the treatment of chemotherapy. Everyday we are surrounded with beautiful people, but we frequently forget to take the time to appreciate the qualities that make us all personally unique.

Being touched by so many women in the ‘sisterhood of patients with breast cancer’, Chrysa and her sister Sara Steenberg decided to grow their hair, have it cut at the Scott Miller Salon and donate it to Pantene to make natural wigs for patients undergoing chemotherapy. Taking their outreach a step further, they also decided to raise support for the Breast Cancer Coalition of Rochester and, due to their wonderful efforts, Chrysa & Sara presented BCCR with a donation of $1,460.00!

Chrysa (Steenberg) Charno, Sara Steenberg, Pam McCall, and Scott Miller with the donation check for BCCR.

Chrysa Charno is a Physician’s Assistant practicing with Dr. Steven Vega.
This year’s Advocate’s Spirit Award winner, Maggie Brooks

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Ginny Grattan, Dorothea Hillis, Natalie Conciardo, and Kim Kircher

Dr. Christopher and Elizabeth Caldwell enjoying the evening with Victoria Nugent, NP

Holly Anderson showing off the original Bob Dorsey oil painting for the live auction
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Cooking For A Cure

The Surmotech cookbook project started out as casual “food-chat” on the production floor, and turned into a team-building exercise that embodies the spirit of Jerry’s 2008 “Leap Year Give Back” initiative. With an extra calendar day in the year, he encouraged employees to use it to do something that would “give back” to the community.

As the book project evolved, it was suggested that they donate the proceeds to a good cause, and BCCR is always the first “good cause” that comes to mind at Surmotech!!

Although the final tally is not in yet, so far they’ve given away nearly all 100 books and expect the final tally to be in the neighborhood of $1,000!

Ginna Station’s October Spotlight Volunteer

BCCR was chosen as one of the charities to donate funds raised during LaBella Associates “Flip Flop Fridays,” where for a given month of the year employees can pay $5.00 each Friday for permission to wear shorts and/or flip flops for charity. Four charities, one for each Friday of the given month, are chosen by LaBella’s LINC Committee (LaBella In The Community).

$100 was raised for BCCR. Our thanks to everyone at Labella!

From Lives Touched... honoring Judy Camache.

“You always amaze me.”

Cycle Stop, Inc. Dice Run Fundraiser

The 1st annual Dice Run sponsored by Cycle Stop, Inc. was held Sunday, September 14th to benefit the Breast Cancer Coalition of Rochester. The bikers route took them to the Honeoye Falls Brewery in Honeoye Falls, Minnehans in Lakeville, the Springbrook Inn in Caledonia, ending at The Roost in Henrietta. Participants enjoyed a wonderful day of biking, rolling for prizes, music, food and drink. We thank you Cycle Stop, and the wonderful donors, for your generous donation of $2,563.00!

Cycle Stop, Inc.–Dice Run Fundraiser Sponsors:

- Dinosaur BBQ
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- Spring Brook Inn
- The Roost

Big Oak Golf Tournament

The second Big Oak Golf Classic was a big hit with the 136 golfers that competed. The format was a two person scramble with Women’s, Mixed, and Men’s Divisions. The weather was great for September 20th and all enjoyed the conditions at Ravenwood Golf Course. As with the first Golf Classic in 2007, the food was fantastic. Everyone enjoyed a fine lunch before play started, as well as an elaborate clambake and great prizes afterwards. Next year’s classic is scheduled for September 26, 2009. This event raised $3300 for BCCR.
A Generous Donation Makes Thoughtful Wedding Favors

Greg and Kathi Johnson, in lieu of wedding favors, made a donation to BCCR in honor of friends and family touched by cancer. A heartfelt thank you and congratulations to Greg and Kathi!

“Hart” 2008 Fundraiser - Truely Art From The Heart!

Briell and Hannah Giancola display their art on Artist’s Row at the Rochester Public Market

When Briell and Hannah Giancola’s best friend’s mom was diagnosed with breast cancer they decided to put their talents to good use. They made lots of artwork over the year and then applied to be in the art show at the Rochester Public Market with all the proceeds being donated to BCCR. The girls raised $208.00!

They call their "company" HART because they do art from the heart. Briell and Hannah set a wonderful example and are a gift to their community!

A Personal Journey

The Gift of Life

written by Jody L. S. Dietz

Having breast cancer has changed my life in numerous ways, most of which have been very positive. I was diagnosed with Stage 1 breast cancer in February 2008. I had a partial mastectomy in March followed by a bi-lateral mastectomy in May. I will soon be undergoing my final reconstruction surgery and look back over this journey with tremendous gratitude, humility and pride. Initially I was terrified by those dreaded words, “I am sorry but your biopsy was positive, you have breast cancer!” However my faith, coupled with the love and support of family, friends, colleagues, congregants and even strangers, helped me take each step of my cancer marathon.

To say that my family and I have been overwhelmed by the outpouring of love and support we have received would be an understatement. Referrals to doctors, rides to appointments, play-dates and sleepovers for my children, cards, calls, a month of meals, flowers, books, sitting by my side in the pre-op staging area of the hospital on surgical dates, hugs, tears and words of encouragement from survivors were the best medicine for me. I have never felt more special in my life. Cancer brought out the best in people and showed my family and me how important we are in the lives of so many.

Before cancer I spent my days accomplishing projects at work, tackling chores at home, running errands, caring for my children and basically checking off my never ending to-do list. Cancer has taught me to appreciate and enjoy the simplest miracles of every day. I no longer "Do life - I live it." My family is much closer and stronger for this experience. Not a day passes without my telling the people I love how I feel about them. I have vowed to never take my life and the people I love for granted. Cancer gave me the “Gift of Life” and for that I am deeply grateful.

This article has also been submitted to Sharsheret, a national organization linking young Jewish women in their fight against breast cancer. www.sharsheret.org
Lives Touched, Lives Celebrated continued

had made a difference in their breast cancer journey. Survivors, family, friends, and medical caregivers were among those remembered. One card directed to a breast cancer survivor read “You are a beautiful and rare flower that grows in the garden of our hearts.” Another in appreciation of family and friends said “They have made this journey an opportunity to love and be loved.” A doctor received this tribute: “As a doctor, his compassion shows no end, and he is always there for me, always ready to listen.” In commemoration of a loss are the simple, poignant words, “You are an angel on my shoulder.” Many cards were read and their powerful words, coming directly from and speaking directly to the heart, washed over the group like healing rain.

After the program ended with a song from Lisa, the crowd lingered. There was talking and laughing and acquaintances renewed. People seemed to want to bask a while longer in the glow created by the evening’s events before trudging out into the cold night air. But just as the hot cider had warmed their bones, we hope that the inspiration, illumination, and hope carried within the hearts of those who braved Autumn’s chill that evening will stay and cast a light on the pathway that they walk with breast cancer.

This is our hope for all who turn to BCCR at any time, for any reason.

2008 Legislation Review continued

on “Statement by Fran Visco, President of the Breast Cancer Coalition on the Breast Cancer and Environmental Research Act”.

How do you feel about this outcome? Let the Advocacy Committee know at info@bccr.org. Also let us know if you have any questions about the final version of this bill.

Now on to January 1, 2009 and a new Legislative Year. This will bring some newly elected faces – mainly in DC – and some new issues. CHEERS! ☺

From Lives Touched... honoring Lila Bluestone.

“She never waives in her faith that this world is, indeed, beautiful, kind and good. Thank you for your daily inspiration...the lessons...the path you travel and invite us to join you on!”
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.

**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.

**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!
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.

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.
Just as this newsletter was going to press, we received word that our beloved friend and sister advocate, Laurie Pask, had reached the end of her breast cancer journey. Though we considered waiting until the next issue to share this news with you, we decided to make room in this issue instead. Spring seemed too far off to recognize and honor such a dynamic and well-loved woman.

Those who knew Laurie knew her as a kind and caring wife, sister, daughter, niece and friend. Laurie was also a nurse and a tremendously effective breast cancer advocate. She was the stuff of legends here at the Breast Cancer Coalition, involved with our annual Cindy L. Dertinger “Advanced Breast Cancer: Tools for the Journey” seminar, where she so willingly and graciously shared her story as a panelist for the past two years. She never failed to offer her words of wisdom as we planned, and always tagged her comments with “don’t make this depressing!” and “Remember, we’re LIVING with advanced breast cancer, not dying of it,” always followed by a giggle.

Laurie was also an early member of our “Living with Metastatic Breast Cancer” Support Group. After a while, Laurie decided she wasn’t so good at getting support as much as she enjoyed giving it. True to form, Laurie volunteered as a PALS mentor. PALS (Peer Advocates Lending Support) was the perfect fit for Laurie, who loved speaking with those who were newly diagnosed with Metastatic Breast Cancer. Imagine hearing such a diagnosis. Laurie knew, firsthand, that as devastating as it was to hear “you have breast cancer” the first time, “multiply that by a zillion” when you hear it for the second or third time. Laurie knew those diagnosed with Metastatic Breast Cancer needed to hear messages of hope. She used her personal experience and her nursing skills to ensure this message was received. Yes. Advanced Breast Cancer is not good news… but it is also not the last chapter of your book. And it certainly wasn’t in Laurie’s case.

Ever the traveler, Laurie planned trips she had only dreamed of taking before. With her husband, Dr. Arthur Hegerer, she was determined to make the most of every moment and visited countries with names that sounded like the contents page of a National Geographic magazine. She would always bring back stories of her travels with plans for where she was going to go next.

There is a saying I have heard… “The brain is a vessel that has no limits. The more you put into it, the more it holds.” The same could be said of Laurie’s heart, always open and ready for action. I sent her a card a couple of weeks ago, knowing she was ready for her final great big traveling trip and just days before she passed from this world to the next. The front of the card said “She daydreamed about being a hot air balloon pilot or a hatmaker. One day she up & walked out of the factory and down the road. I never saw her again, but one time she sent a photograph of herself riding on the back of an elephant. My, but she looked happy.” And that is how I will picture Laurie. An adventurer. With her huge heart. And happy. ☀️
I met Peg on a blustery autumn day. Our children, Henry and Morgan, were schoolmates. On this day, Peg and I, along with several other parents, had been tapped to drive an unruly group of seventh graders to Hemlock Lake for a science field trip. While the children took off with their teachers, and the other parents clustered around cups of warm coffee in the parking area, Peg looked at me and sensed a worthy partner. “Wanna walk around the lake?” she inquired. “Sure!” I responded, wondering about this kindred spirit. There was no time to wonder long, as moments later we were off on an adventure, water bottles in hand. Along the way, I learned enough about this woman to know that we would be friends for a long time. We stumbled and tripped over stones, rocks and boulders. We forged water in every form. Trickles, rivulets, creeks and streams leading down to the lake’s edge were no match for two so determined. Never mind that the children had completed their tasks and were waiting for us upon our return nearly two hours later. Oops.

And so began a friendship cemented in adventure. We would find each other when we convened for anything school-related. After all, living in Webster and Canandaigua prevented us from meeting at the corner soda shop. A year later, while I was undergoing chemotherapy for breast cancer, Peg’s husband was undergoing treatment for lymphoma. Though our wish was never to have children with so much in common, they did and they made the best of very challenging times. At age twelve, who wants to have bald parents in common?

To celebrate the completion of my treatment the following spring, I attended the school fundraising dinner and auction. During the live auction, I became determined to win an adventure canoe trip for eight…and after fierce bidding, egged on by Peg, I did. The first person I invited to join my canoe party was Peg, and it was Peg’s idea to form a consortium to win that coveted prize for the next six consecutive years. These canoe trips became legend.

As the years passed we got busy and distracted but always managed to come together for occasional visits, and every visit included seemingly endless talks about our kids. One of the most wonderful things about Peg was that she was so self-effacing. Forget tales of kid perfection. Never mind bragging about scores, ribbons, one hundred percents on papers or exams, glowing reports of contests or events won. Though there was usually something to share around those, our chats most often centered around the kid-d’jou who was driving us nuts. She was so honest. So real and unpretentious. I loved this best about her. On the day she called to tell me she had been diagnosed with breast cancer, I hung up the phone in utter disbelief. Breast cancer was not the way I wanted to spend time with my friends.

True to form, and following the end of her treatment, Peg jumped into the Breast Cancer Coalition with both feet. Not to receive support but, rather, to give support. For nearly four years, she was an active member of our Breast Cancer Research Advisory Board, reading and reviewing scientific proposals that would hopefully answer the questions that would get us closer to a cure. Last year, when she learned her breast cancer had metastasized, she stepped away from the Advisory Board needing to focus on treatment and wanting to spend time with her family. Still, each time we spoke or visited, Peg always insisted on the rundown of what was happening with my kids.

With Peg’s passing on November 1st, a hole larger than one million Hemlock Lakes was left behind. Our thoughts and prayers are with her husband, Howie, her children Grace, Gus, Henry, Rori and Gunther, her beloved animals and her beloved friends. We set your ship to glide, Peg… and we will never forget the absolute radiance and spirit your soul possessed. Though no longer with us, you will always be within us.

written by Holly Anderson
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.

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Catherine Levy
Joanne Siegle

Sue Henkel
Diane Campoli

Diane Hughes
Stormy Leibenguth, Rochester Mamography Association

Betty Jacklin
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Calogero & Domenica Formoso – Ristorante Luscano
Carol Gutzmer
LaBella Associates, P.C.
Sandra Monahan
Dr. Nagendra Nadaraja
Dorothy Pecoraro
Sam’s Club – on behalf of Betty
Digby’s volunteer hours
Seneca Foods Foundation
Dr. David Siracuse – World Chiropractic

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Donations ending September, 2008
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**BCCR Fundraising Event Donations:**

**Pink Ribbon Run & Family Fitness Walk**  
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**Tee’d Off at Breast Cancer Golf Tournament, additional thanks**  
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**John Burpee**  
**Betty Jacklin**  
**Roz Lazeroff**  
**Ida Morabito**  
**Ann Spinelli**  
**Susan Zingerella**

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**Tributes Welcomed**

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

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

We look forward to hearing from you!
Wednesday, January 24, 2009
Evening Seminar:
“NIA - Through Movement We Find Health”
Presented by Jane Pagano
7:00 - 9:00pm
*Sign-up required!*
Please call Tracy at 473-8177

Saturday, February 14, 2009
Advanced Breast Cancer Tea
2:00 - 4:00pm
*RSVP required!*

Wednesday, February 25, 2009
Evening Seminar:
Young Survivor Topic Planned
7:00 - 9:00pm

Wednesday, March 25, 2009
Evening Seminar:
Sandra Steingraber PhD,
Author of Living Downstream:
A Scientist's Personal Investigation of
Cancer and the Environment
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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Gifts of $100 or more receive a free Comfort Heart.
Tree Wrapping, By Artist Zanne Brunner of Irondequoit, Adds Artistic Stamp, Welcoming Visitors To BCCR Office.