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10th Annual Lives Touched Celebration Draws Record Turnout!

An ARTrageously Wonderful Evening By Amy Connell

On Saturday, October 2, 2010 the Breast Cancer Coalition celebrated the 9th Annual ARTrageous Affair at the Rochester Plaza Hotel. Almost 400 attendees and over 60 volunteers spent the night amongst pink balloons, extraordinary artwork, overflowing gift baskets, pink lily centerpieces from Kittelberger Florist, and lots and lots of people wearing the color of the night as we ‘Redefined Pink’!

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Welcome to January! We hope this will be an inspiring year for all of you. A new year, new month, new beginnings; a time of fresh starts. As is so often the case after being diagnosed with a life-threatening disease, introspection and reflection abound. New beginnings often take on greater meaning after a diagnosis of breast cancer. Most of us recognize that there are healthy changes we could be making in our lives, but where to begin and what to begin first?

It is well documented that the quality of life of cancer patients is often diminished due to the side effects of treatment and symptoms of the disease itself. During and following treatment, opportunities to embrace a healthier lifestyle and an improved quality of life are plentiful, but are often ignored due to lack of time or resources. We all know that diet and exercise are essential to improving health. Most of us have heard of exercise that combines movement with mediation or other modality. Yoga, Tai Chi, Qigong, Reiki, Pilates… the list goes on. But how do these programs work? How would you learn which one might be right for you? Where would you find them in our community? For those of you who have been wondering when, where and how to make a change, look no further.

This year, the Breast Cancer Coalition invites you to participate in the Healing Arts Initiative, an exciting year of Saturday programming including Qi Gong, Tai Chi, Reiki, Feldenkrais, Pilates, Fluid Motion, Yoga and more. Each series will be led by a different instructor, each expertly trained in his/her field. The Healing Arts Initiative kicks off with an informational Evening Seminar on Wednesday, January 26 at 7:00 p.m. Join us to learn more about these healing arts and how they may be of benefit to you.

We all lead busy lives so it is not surprising that “lack of time” is one of the most frequently cited reasons that healthy activity ends up being put on the back burner. After all, there are only 24 hours in a day and busy people know how to fill these quickly. Family commitments, hectic work schedules (or looking for work), endless task lists, unforeseen emergencies; the list goes on. Where do you fall on your list of priorities? ▲

This year, put your self on the list!

From the Autumn issue:
• The caption name in the cover article should read Marianne Sargent
It was in July of 2009 that Angelina Demyda went for a regular screening mammogram. The news was good; everything looked normal. Summer continued, gradually easing into fall. Then in September, Angie noticed something strange—a lump in her breast that kept coming and going, always in the same spot. After a few weeks of observing this, she called her doctor. The doctor didn’t seem overly concerned, but to be on the safe side, sent Angie for a diagnostic mammogram. Angie felt calm and assured, knowing that she was taking good care of herself and taking every precaution. She made her appointment two weeks later, on a day when her daughter had a day off from school. After the mammogram, the two had plans to hit the mall and go shopping.

But plans change. “I was there for 6 hours,” recalls Angie of that day at the imaging center, when she underwent an ultrasound and biopsy in addition to the mammogram. “I knew we weren’t going shopping.” As it was a Friday, there wasn’t much to do after this experience but go home and wait. Waiting is never easy, and waiting for something as potentially life-altering as a breast cancer diagnosis is especially difficult. By Monday, Angie had enough waiting; she called the imaging center to see if her results had come back. They hadn’t—there was more testing to be done. Angie’s resistance to researching on the internet crumbled, and she went on line to try and find out what all of this might mean. She began her search, but quickly decided to shut off the computer after encountering some upsetting news. The waiting game continued for another two days, and the lab report was certain: Angie did indeed have breast cancer.

“I didn’t know what to do,” she recalls of the confusing time following her diagnosis. “People kept saying, ‘Have you seen a surgeon yet?’ and I said ‘A surgeon for what?’” But sometimes the only way to overcome an obstacle is to go right through it, and Angie took her first steps forward in this journey. Her brother-in-law, a nurse, knew of an excellent surgeon. This doctor had a busy practice, but stayed after his regular office hours to consult with Angie.

Her surgical choice represented a dilemma: either a lumpectomy or a mastectomy would yield the same survival result in her case. It was a difficult decision to make, but after careful consideration of what each procedure would entail, she chose to have a lumpectomy. “I had a few doubts,” she says, looking back on her decision, “but now I’m OK with it.”

After her surgery came chemotherapy and radiation. The chemo was an especially difficult time. “I didn’t take well to chemo,” Angie recalls. And losing her hair was difficult; it was a readily apparent sign that something wasn’t right. Taking on the appearance of a cancer patient can make a person feel vulnerable, to say the least.

It was during her chemotherapy that Angie began to do some research in earnest. She was surprised to learn that breast cancer isn’t one disease. There are many variables, and many facets within each variable that make each woman’s diagnosis unique. For Angie, her breast cancer is in a class known as “triple negative.” In a nutshell, that means there are no known growth factors that fueled the growth of her tumor. There are targeted therapies for certain tumor growth factors that have been discovered, but these treatments are specific to those who test positive for those factors. In the case of a triple negative diagnosis, doctors often put more emphasis on the chemo and radiation regimens instead of the targeted therapies. Research continues into innovative treatments for triple negative disease, and the options for those who face this particular diagnosis are growing.

Angie’s chemo and radiation continued into July of 2010, when the end of radiation marked the end of her treatment. Like many women, Angie felt a sense of loss when her treatment was over. The reasons for this feeling are complex, but center on feeling exposed and vulnerable after
Advocacy

Years of scientific research, significant increases in funding, and a definite awareness of Breast Cancer, but ... STILL NO CURE. -by Judy Wood

In the spring of this year, I had the privilege and opportunity to be part of a group from BCCR that attended the National Breast Cancer Coalition’s Annual Advocacy Training Conference in Washington DC. Having joined the Advocacy Committee only a few months prior to this experience, my mind was spinning. With topics for the workshops like Breast Cancer Is Not One Disease, Breast Cancer & the Media: Who Gets It Right? and Nuts and Bolts of Congress, I wondered how I would ever absorb all this information.

What has gone over and over in my mind since my own breast cancer diagnosis two years ago was actually discussed in one of the plenary sessions entitled “A Sense of Urgency”. I remember saying two years ago, “They not only have to find the cure, they have to find the cause.” In this plenary session, Fran Visco, President of the National Breast Cancer Coalition, spoke about how far we’ve come and where we need to go.

Breast cancer is not a new disease. I found in my readings that the Egyptians first identified breast cancer over 3500 years ago. In those early years, it was believed to be systemic and that surgery would not be a benefit. In the 1700s, research brought about the idea that breast cancer was a localized disease and that surgery to remove the tumor was the answer. Hence, the radical mastectomy was performed in the 1800s and continued into the 1950s. More research brought forth the idea that cancer grew in an orderly manner, and doctors started removing tissue in the area of the tumor. With continuing research, scientific thinking came full circle to the idea that breast cancer is, in many cases, systemic, as originally thought. As a result, chemotherapy, radiation, and hormonal therapy - or some combination of one or more of the three - became part of the treatment protocol for many. In the 1980s, breast-conserving surgery followed by radiation was found to be as effective as a mastectomy.

The question still remains in my mind: when will not only the cure, but the cause of breast cancer be found? We are all very aware of the fund raising and campaigning that goes on in the name of breast cancer, especially during the month of October. Everywhere you look, it’s PINK!! Still, there has not been a significant change in breast cancer incidence and mortality. 1

The National Breast Cancer Coalition has prepared to change all of this. While in Washington, I was given a purple bracelet. Purple, you say? Yes, purple! And printed on it is “Stop Breast Cancer.org”. Check out the website: www.stopbreastcancer.org. Play the video. Read the facts. Click on the links, especially “Read the White Paper”. NBCC has put forth a DEADLINE to END BREAST CANCER: January 1, 2020. A sense of urgency to end breast cancer has been born! The countdown has started.

Creating a Healthy Home and Work Environment

-by Lori Griffin

Did you know that some of the chemicals and conventional products that we use in household and office settings are suspected carcinogens and endocrine disruptors, which alter the body’s normal hormone levels and bodily functions? Some of these products are commercial soaps, cloths, sponges, toothpastes, kitchen wipes, deodorants, kitchen sprays, cling wrap, garbage bags, dishwashing liquids, toilet disinfectant and chopping boards. These products may contain antibacterials such as Triclosan, also known as Microban and Irgasan. They react with chorine in tap water and form chloroform, a suspected human carcinogen that is easily absorbed through the skin. The use of antibacterial products

All-Purpose, Nontoxic Cleaner

1tsp borax
2 tbsp vinegar or lemon juice
¼ to ½ tsp vegetable oil-based liquid soap
2 cups very hot water
1 spray bottle

Combine the first 3 ingredients. Add hot water slowly so everything dissolves. Pour into the spray bottle.

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Tier IV Prescription Costs Act Passes

by Marianne Sargent

Last March, the Breast Cancer Coalition’s Advocacy Committee traveled to Albany to participate in a statewide Breast Cancer Advocacy Day. The day was spent meeting with the legislators who work on laws that will impact the survivor community. One of the bills we supported was the Prescription Drug Out of Pocket Cost Limitation Act. After visiting Albany, we were committed to seeing this bill enacted into law, and we followed up with local officials and with the bill’s sponsors in Albany. Many phone calls and emails were sent in support of its passage. Happily, the bill was passed this past summer and signed into law by Governor Patterson on October 2, 2010. This law received wide support from a number of groups who advocate for people dealing with life threatening or chronic illnesses. It guarantees that those who rely on access to prescription drugs can do so without the threat of having to pay a large percentage of the cost of the drug.

Without this measure, insurers or HMOs would have been able to create specialty tiers within their prescription drug formularies. Patients would have then been charged a percentage of the cost rather than a co-pay of a fixed amount. For example, in the case of Lapatinib, a drug used in treating metastatic breast cancer, the average monthly cost for a prescription in New York State is $2,900. A patient, who could be required to pay 25% of the cost, would incur a $725 monthly charge for a lifesaving medication. It would be difficult for many to meet an out-of-pocket expense such as this.

In addition to impacting those with breast cancer, many will benefit from this legislation. People who are dealing with other cancers, multiple sclerosis, rheumatoid arthritis and lupus are just some of the citizens who have been given a helping hand by the passage of this bill.

By prohibiting specialty tiers in prescription drug coverage, New York State has shown leadership in health care reform. We thank Governor Patterson and our local representatives who have guaranteed improved access to care by supporting this vital act.

October 2, 2010
Every morning I wake up, exercise, pick out my clothes, blow dry my hair, and put on my makeup. It sounds pretty mundane, but for me, it’s all part of being a woman in the morning. I’ll admit it, I love clothes! As I was growing up, my family put a lot of importance on my sisters’ and my hair. One day when I was in middle school, my curling iron didn’t work. I actually didn’t have to go to school that day! In my family, being a “girlie girl” was just part of the fun of being a woman.

We did have a lot of fun, but we were also taught to be strong, nurturing, self-sacrificing, protective, intelligent, and responsible. We were taught to carry ourselves “like a lady,” and that a woman should let a man open the door for her; not because she couldn’t do it herself, but because a man is expected to be chivalrous and respectful. I am proud of being a woman. I’ve always looked up to the women who came before me: those who fought for the rights and privileges that women have today. I have a strong sense of responsibility to not let them down. I remember the joy of having my first period, only to be followed by the annoyance of the next umpteen hundred. I had the unbelievable joy of feeling my beautiful daughters develop inside my womb, the pain of two c-sections, and the ups and downs of my many changing hormonal moods. I experienced the dilemma of choosing to work, stay at home, or work part time while raising my two girls. I had the responsibility of teaching them about how lucky they are to be women, and to be proud and joyful. I had the fun of shopping with them and sharing my love of buying clothes, fixing my hair, and wearing makeup. All of these things, and so much more, have not only shaped the woman I have become, they have helped me to help my daughters develop into the women they will become.

Then, in May of 2008, I experienced something that affects millions of women: I was diagnosed with breast cancer. Having been taught to be strong, I handled this news, I’m sure, in a way common to many females. My first concern was not of myself, but rather my children, my husband, my mother, and even my students at the school where I teach. As is true for most women, putting myself first was difficult. The it hit me: what will

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A breast cancer diagnosis has a ripple effect, moving outward from the one who is diagnosed to touch family and friends who care so deeply, and continuing on to social contacts, employers, and the medical community. There are few whose lives have not been affected by this disease in some manner. Whether through an acquaintance or co-worker, or through a close friend or family member, few are spared from knowing the effects of breast cancer in a personal way. Lives are forever altered, and for many, things just don’t seem as safe or as certain as they were before.

As those with breast cancer move through stages of treatment, they and their families move through stages of grief and acceptance. The Breast Cancer Coalition of Rochester sets aside an evening once a year to honor and celebrate all the lives that have been changed by breast cancer. The event is called Lives Touched, Lives Celebrated, and October 27th, 2010, marked the tenth annual observance of this special evening.

It was a clear, cool autumn evening, and a crowd began to gather in the Coalition’s office on University Avenue. Laughter rang out and hugs were exchanged as people signed in. Those in attendance were encouraged to fill out tribute cards in honor of those who have faced breast cancer or supported those who have. The Ribbon Remembrance Tree, a constant fixture at the Coalition that is adorned with ribbons bearing the names of breast cancer warriors, had new ribbons with new names tied on to its intertwining branches. Some sipped hot mulled cider as a candle was handed to each participant. The crowd began to spill out onto the sidewalk just outside the office door in anticipation of the candlelight walk that would mark the beginning of the evening’s events.

When all were ready, candles in hand to light the darkness, State Senator Joe Robach and Marti Casper of the radio station Fickle 93.3 led the group of approximately 75 along University Avenue. Families and friends walked side by side in a procession marked by quiet talk,

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A small percentage of those who have been diagnosed with breast cancer will, at some point, find themselves faced with a diagnosis of metastatic breast cancer. This means the cancer has spread to areas in the body that are distant from the site where it first occurred. When it happens, the person will be in treatment for life. But life is the operative word for this special group of survivors; anyone who makes it from day to day after a breast cancer diagnosis can be considered a survivor. Metastatic survivors carry all that they are into this new, uncertain phase of their lives. They continue to live meaningful lives and are active members of the communities in which they live.

Our Living With Metastatic Breast Cancer Support group is a bi-weekly gathering of women who offer each other support on a shared journey. Led by Nancy Cooper, Ph.D., who is also a breast cancer survivor, these women lend each other strength as they make their way through all that life has put in their path: the gifts as well as the obstacles.

These pages are dedicated to this vital segment of the Coalition’s community of survivors, and will become a regular feature of our publication.

Fran Mann
Fran Mann was originally diagnosed with breast cancer in 1995. In 2006, she learned that the cancer had spread to her bones. It was in the aftermath of this news that she discovered the Coalition. Since then, Fran has been a vibrant, inspiring member of our community, and an active contributor to the community at large.

Throughout this whole process I’ve met some wonderful people, excellent doctors, and made new friends. I’ve learned to be my own advocate, and to be thankful for each and every day God has given us. I have always been very independent but have learned to accept help when it is given. Several of my friends have had breast cancer and I’ve counseled them. I’m active in my church and Rotary, who, with my family and the Lions Club, sponsor the Jack Mann Memorial Golf Tournament in memory of my husband, who passed away in 1995. The funds raised go to scholarships in Nunda and Canaseraga for high school seniors who are going on to further their education. My family has grown much closer throughout our cancer journey; that is still continuing. Prayers, love of and from family, and a positive attitude has brought me this far.

In the Words of Dr. Nancy Cooper
Nancy, the facilitator of the Advanced Breast Cancer Support Group, is a breast cancer survivor and a licensed clinical psychologist who specializes in helping people deal with life changing illnesses, disabilities and loss.

Before joining the group, many potential members with metastatic breast cancer have questions about what the group will be like. While cancer naturally raises fears about dying, this is a group where the members mostly talk about LIFE and living with the chronic illness of metastatic breast cancer. A great deal of caring and wisdom is shared within the group, sometimes with tears, often with rolls of laughter about the many facets of life. At the end of the session, I usually guide the group in some kind of quiet exercise or meditation to help transition to the rest of the day. Here is one example:

Allow yourself to get in a comfortable sitting position

Close your eyes or keep your eyes open gently focused on a spot on the floor

Take a relaxed breath or two

Choose a focus—stay with the breath or some other focus

As you become aware of distractions, gently bring your attention back to your focus

Maintain a gentle, detached and curious awareness of your experience

Practice this without judging, criticizing or blaming self or others

You can benefit from practicing this exercise daily for 5 – 20 minutes
A New Treatment Option

The FDA has granted approval for eribulin mesylate (Halaven Injection, Eisai Inc.) for the treatment of patients with metastatic breast cancer who have previously received an anthracycline and a taxane in either the adjuvant or metastatic setting, and at least two chemotherapeutic regimens for the treatment of metastatic disease.

For more information: www.fda.gov/AboutFDA/CentersOffices/CDER/ucm234527.htm

Recent changes in the Transportation Security Administration (TSA) regulations for screening airline passengers may have breast cancer survivors feeling anxious about what to expect at airport security gates. There are ways to make the screening process easier, and Marianne Sargent has gathered the following information for those who wear a breast prosthesis to travel safely and with minimal embarrassment when flying.

- If directed to the full body scanner, let the screener know that you are a breast cancer survivor and you wear a prosthesis.
- If a pat down occurs, you are entitled to have this done in private, by a female screener with a female observer. The Rochester airport has screened off areas as part of the security check.
- Your hands may be swiped to ensure that you have not handled explosive materials if an "unknown substance" is detected as hidden in one's underwear.
- No one is required to show or remove their prosthesis for examination under any circumstances.
- If you choose to pack your prosthesis in a carry on or a purse, the material should not raise any alarms while going through the scanners.
- Individuals may want to build some extra minutes into their schedules to allow for getting through security when wearing a prosthesis.
As the Program Coordinator here at the Breast Cancer Coalition and a supporter of those diagnosed with breast cancer, I am amazed at all that I have learned throughout my short time here.

One of the first lessons learned (and perhaps the most important) is that each and every person diagnosed with breast cancer who walks through our doors has their own unique and personal story. Whether their story is shared over the phone or quietly at a support group, the vulnerability of sharing this personal and often emotional experience is part of who they are. Every person diagnosed is busy living their perfectly normal life when the shock of cancer halts their daily routine and forces them to adjust to this new regime – doctor’s appointments, tests, worrisome nights and concern-filled days. Each person will handle their diagnosis in a way that is right for them. It may mean gathering as much information as possible about the disease or taking time to talk with other women who have been there. Sometimes it may mean turning introspectively to heal. However each person decides to handle their diagnosis, it is a real and personal decision – it is part of who they are. That is what draws me to each individual who comes through our doors. That is what gives me the courage to offer them the hope that they WILL make it through this. No one should face cancer alone and when someone decides to open their heart and share their story with us, we open our arms and meet them wherever they are, offering them the support and resources they may need to continue.

Another wonderful aspect of my job is being acquainted with all the beautiful women (and men) within our community who care deeply for each other. Whether it is Brown Bag Friday or one of our evening support groups, there is a tremendous amount of support that is given to one another as they travel along this chapter in their life. They often share their own experiences and stories, freely give hugs, and always lend a listening ear when needed. There is a sisterhood among these women – an unspoken bond that is shared with anyone who is open to receiving support and love. As I think back on the holidays, there is an innate sense of caring, love and

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**Young Survivor Soiree**

An evening of massage for young survivors was held at the Coalition on Friday, October 22. The evening began as Tracey introduced the 2 lovely oncology massage therapists who volunteered their services and offered chair massages to those who attended. Aurora Stefan and Gloria Brown have their own practices and also work with The Human Touch Initiative (a non profit organization that offers free massage for those in cancer treatment), gave the gift of massage and touch to the young survivors! Those who came to the soiree with tense and frazzled stressors from the week, left in a relaxing and peaceful state! Many had the opportunity to connect with new friends and re-connect with old. There was much food, conversation and energy that night! If you’re a young survivor – be on the look-out as we will be offering 4 young survivor soirees in 2011, each with a different focus.

Call Tracey at 473-8177 to be placed on the mailing list so that you won’t miss out! ➔

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Continued on page 20
As I reflect on this last quarter of 2010, I am truly amazed by the generous and happy spirits of all our volunteers.

Karen Destino was on hand for the Cancer Community Collaborative’s Survivor Celebration held at the Seneca Park Zoo in August. She always loves to work this event, even when it rains! Mary Ellen Vollmer and Jamie Scripps (along with her family) were wonderful in their support of the Motorcycle Dice Run. The accomplished singer/songwriter Eilen Jewell and her band performed a benefit concert for the Breast Cancer Coalition in September. Most of the staff participated in this event, as well as husbands Steve MacIntyre and Doug Dello Stritto. Betty Miller and Nicole Knight joined this merry troupe led by Marianne Sargent, who spearheaded the effort.

Walking through the calendar, we come upon the all-day Senator Jim Alesi Health Fair that was supported by Betty Miller, Jean Lazeroff, Phyllis Connelly, Mary Carafos, Betty Miller and Linda Gaylord. This was followed closely by the Senator Joseph Robach Health Fair, which happened to fall on the day of our fabulous ARTrageous Affair. Marianne Sargent and Judy Wood were able to work at the health fair and then attend the gala – what troopers!

Marianne Sargent and Mary Kroll represented the coalition at the University of Rochester Breast Health Day. Betty Miller and Linda Gaylord volunteered, as they have in years past, at the Highland Free Mammogram Day. More calendar walking brings us to the Women’s Health Expo, a fun event. Nancy Weinmann, Kathy Johnson, Mary Ellen Vollmer and Sharon Van Meenan all participated that day.

A warm thank you goes to Rebecca Solomon for attending the fundraiser “Songs for a Cure”. And gratitude is also extended to Laurel Turner and her family for participating in the ROC City Roller Derby. Dee Miller lent her superb baking skills and donated some of her much loved cookies to the Coalition evening at Windsor Cottage. Lori McJury generously gave her time once again to the Christmas Shop for Hope.

Wow! So many people to thank in such a short space. How grateful we are to have these wonderful and passionate volunteers. They have enriched my life and become my friends.

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

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“Snowflakes are one of nature’s most fragile things, but just look what they can do when they stick together.”

- Vesta M. Kelly

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A Woman for All Seasons

By Niki MacIntyre

As a woman who has been there to help on many occasions throughout the year, Marianne Sargent’s presence and gentle leadership have been felt throughout our organization. Marianne became involved with the Coalition while she was facing breast cancer and attended Brown Bag lunches. She then joined the Advocacy Committee, and since June of 2009, has chaired that group. Advocacy Committee members work diligently to stay informed about medical advances as well as policy issues that are significant to those affected by breast cancer. They help ensure that the voices of survivors are heard by our legislators on the local, state, and national levels, maintaining a presence in the eyes of lawmakers by calling, writing and visiting their offices. As the head of this committee of dedicated advocates, Marianne has a seat on our Board of Directors.

A leader with a very hands-on style, Marianne’s smiling countenance has been the face of the Breast Cancer Coalition at many events. She has worked

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this do to the way I look? Will I lose my breast? Will I lose my hair? Now, it goes without saying that I was concerned about whether I would live or die. But, I was surprised at the mix of emotions I had about the “other” stuff, and I knew I would be in for quite a journey.

I began to realize that my hair had too much importance in my life. As a child, I was told how lucky I was to be born with strawberry blond hair, and that it was beautiful. It became part of my identity, even more than my breasts. How would I handle losing my hair when, just weeks before, I had stated to a friend that the worst day of my life would be when I got my first gray hair? Now, losing my hair was a certainty!

I opted for a lumpectomy and axillary node dissection. So I was able to keep my breast. “It’s just a few scars,” I thought; no one would see them. But I still had a dilemma about my hair. I would be having chemotherapy, and it was definitely going to go. So I drew on the power of my womanhood; I wasn’t going to let something take control of me - the heck with it! While my daughters were sleeping, and my husband was out for a run, I shaved my own head. What an unbelievable freeing feeling! I was amazed that I was not as upset as I thought I would be. My scalp didn’t look too bad - no bumps or crevices. But how was I going to look feminine? That was important to me. Then I discovered earrings - big earrings! I loved the way they made me feel. I felt like a “girlie girl,” even without my hair.

Nobody told me, however, that the threat to my womanhood was not over. I handled the hair loss, but I did not know that I would gain 27lbs. with the chemo and the steroids that went along with it. I also lost my eyelashes and eyebrows. On top of that, I learned that part of my treatment would include a hysterectomy and oophorectomy, which meant no more uterus and no more ovaries. Wait, there’s more… I would need to take Aromasin, a medication to make sure that any estrogen still lingering in my body would be gone. So, let’s see… no hair, no eyelashes, no eyebrows, no uterus, no ovaries, no estrogen, and scarred breasts. Ok, I think my womanhood has officially been threatened!

But never underestimate the power of women. We have our pride, our legacy, our determination, and don’t forget earrings - big earrings! I feel my femininity in new ways. Even though I was told I have no estrogen running through my veins, I still feel every bit a woman. I still enjoy putting on makeup and shopping. I continue to be nurturing, strong, and responsible. I am extremely proud to call myself a woman, and actually feel even more connected to my feminine pride. My hair has grown back and I enjoy fixing it, while I pick out just the right outfit and jewelry for the day. But it doesn’t have the same significance to me as it did before. It is not my hair, or my clothes, or my love of shopping, or my estrogen (or rather, lack of estrogen), or makeup, or my breasts, or my ovaries and uterus. These are changeable things, and I am so much more than that. For me, being a woman means being steadfast, supportive, intelligent, kind, and proud. No person, and no disease, can ever take that away from me. For I am woman hear me roar!

Jamie Scripps

“Don’t ever underestimate the power of women.”

Volunteer Spotlight Continued

our tables at the Lilac Fair, the Park Avenue Festival, the State Senator Joseph Robach Health Fair, and at the University of Rochester’s Breast Health Conference, among others. She was at the helm for the Eilen Jewell concert, a fundraiser that took place in September of this year. She has led BC101 sessions and has served as a facilitator for Brown Bag Fridays. Marianne’s soft-spoken warmth and empathy seem to draw people to her. Her presence is at once reassuring and empowering, as her understanding of the complex issues of those who have felt breast cancer’s impact shines through.

Nowhere was her willingness to go the extra mile more evident than on October 2 of this year, the day of the ARTrageous affair. Also scheduled for that day was the Joseph Robach Health Fair. The Coalition has had a table at this annual fair for years, and it is a wonderful opportunity to reach out to the community. However, the main focus of our organization that day was, of course, the gala. Marianne came to our rescue, representing us at the health fair in the afternoon. Then she went home and quickly prepared to attend the gala that evening. What a trooper!

As someone who is willing to go the extra mile, and to do it with a smile, Marianne has truly been our woman for all seasons. 
happy smiles, and the awareness of those who could not be present for the moment: those who were too tired from treatment to make the trek, or those in whose memory we walked.

Seen from a distance, it was a beautiful, bright, living display in honor of all who have journeyed with breast cancer. The group made its way for a distance along one side of the street, then crossed to the other side and looped back toward the office. Waiting inside the warm, brightly lit room were seats where the walkers could rest, and an inspiring program of speakers and music to add depth to the warm spirit of the evening.

Sue Staropoli, a spiritual and holistic health educator, and Marti Casper were the featured speakers, and each spoke in turn of hope, healing, and celebration. Alternating with the speakers were breast cancer survivors Mary Ellen Vollmer, Linda Gaylord, Betty Miller, and Pat Battaglia, who read the words on the tribute cards that had been filled out earlier. Intertwined among the spoken portions of the program was the music of local artist, Lisa Winter, whose soul-stirring renditions of original compositions (one of which was a new song she had written that very day) and one old favorite, spoke to the places in the heart that only music can reach. The evening’s program ended with her rendition of “Somewhere Over the Rainbow,” made soulful and lovely through her enchanting guitar arrangement and golden voice.

Afterwards, people lingered for a while before filtering out into the night. Having spent an evening of reflection in the healing presence of others who are walking a similar path, it is our hope that their steps will be surer and their load lightened a little as they continue their journey.

**Ridge Road Fire District Promotes Breast Cancer Awareness**

Presentation of the First Shirt to Ridge Road Fire District Fire Safety Educator Sue Davis a 5 year Breast Cancer Survivor.

**A Healthy Home Continued**

also facilitates the development of antibiotic-resistant bacteria.

What can consumers do? Buy chlorine-free products. Natural bleaches that contain hydrogen peroxide are available in the health food store. Avoid antibacterial agents. Many health food stores carry nontoxic cleaners, or you can make your own.
Eating Locally In The Winter

By Pat Battaglia

The “locavore” movement has gained momentum in recent years. A locavore is defined as who eats food grown in the region in which they live. In her 2007 book, Animal, Vegetable, Miracle, author Barbara Kingsolver narrates her own family’s year long experiment with eating only locally grown foods and expounds on the many reasons to do so; reasons which range from health benefits to establishing a connection between people and the sources of their food, to the advantages of supporting local economies, to the global impact of our grocery choices.

How practical is it to eat locally in the Rochester area climate, with its relatively short growing season and its long, frosty winters? Surprisingly, it’s not hard to find fresh local food during the frozen winter months. Whether you make a lifestyle choice to be a locavore, or you want to add local color and flavor to your food choices, or your personal preference falls somewhere in the many shades of difference between, options abound.

The Highland Park Winter Market, open every Wednesday from 4:00 until 7:00, beginning in November and running through May. It is a local farmer-led initiative that takes place at the Cornell Cooperative Extension Building at 240 Highland Avenue. According to Del Ippoloto, the market manager, “Some of the farmers at the market are certified organic. Many use the highest sustainability practices avoiding antibiotics, pesticides and the like. All come from a maximum 100 mile radius so the food that is served is at its peak nutrition levels. The farmers you meet at the market are the ones that have grown the food. They employ systems that keep the whole ecological system healthy and in balance. This system, of course, includes us.”

Rochester’s Public Market, an area institution with history that extends back well over a century, is open year round. The winner of the 2010 America’s Favorite Farm Market contest sponsored by the American Farmland Trust, the market is a mecca of area farmers, merchants, and residents, and offers a bounty of goods at affordable prices. It is centrally located at 280 North Union Street. More information, including hours of operation and a calendar of events, can be found at www.cityofrochester.gov/publicmarket.

Continued on page 15
Winter farm market finds can include squash, celeriac, onions, garlic, leeks, potatoes, mixed salad greens, herbs, honey, grass-fed beef, yogurt, free-range eggs, and cold-pressed sunflower oil. Some growers are able to keep hot-house tomatoes growing through most of the winter months. In addition, there are bakery items to round out the menu: breads, bagels, muffins, cakes, and cookies; homemade candies and other treats; jams and jellies; and granola.

Farmers markets offer the opportunity to meet and talk with the people who grow our food. How important it is to have this kind of personal connection with the things we eat? Give it a try. Visit one of the winter markets and strike up a conversation with a farmer. They are more than happy to share their knowledge, and sometimes even a sample of their wares. Seeing the love and care that goes into the growing of your food, it’s hard not to have it spill over into the preparation of that food at home. It’s fun, and food should be fun.

A compassionate social worker at her cancer center told her about the Breast Cancer Coalition. Angie called the Coalition as soon as she got home that day. She made an appointment for a Breast Cancer 101 session, and after that, she decided to join one of the ongoing support groups. She has since volunteered to help with many tasks around the office, and has recently completed training to be a PALS mentor.

Working through the aftermath of breast cancer treatment can be difficult. “Your mind is just different; it’s so different now,” Angie says. The axis of her world has shifted, and she is taking steps to come to a place of acceptance – and in the process, learning to embrace her new normal. As she puts it, “I’m trying to figure out where I’m at.” When asked what has been most helpful to her in this, she replies, “Talking about it, really. Coalition has been wonderful. I wish I’d known about it when I was diagnosed.” The support group has offered her a safe place to express herself. Her “can do” attitude evidenced in her willingness to help will carry her forward on the road to recovery.

In spite of the devastation and upheaval of a breast cancer diagnosis, Angie continues to smile. One step at a time, she has faced a whirlwind of change in the past year. She has actively sought the information she needed to make the best decisions for herself, and has forged the connections she has needed to begin fitting her breast cancer experience within the context of her life.

According to Max Frisch, “Time does not change us. It just unfolds us.” As Angie makes her way through the process of healing her mind and heart after healing her body, she remarks, “It does get better.” She is unfolding in new directions, and for her, it truly is getting better - all the time.

Recipe: Kale and Roasted Vegetable Soup

**Ingredients:**

- 3 medium carrots, peeled and quartered lengthwise
- 2 large tomatoes, quartered
- 1 large onion, cut into 8 wedges or 4 or 5 slices
- 1/2 small butternut squash, peeled, seeded, cut lengthwise into 1/2 inch thick wedges
- 6 garlic cloves, unpeeled
- 1 Tbsp olive oil
- 6 cups or more of vegetable broth
- 4 cups of finely chopped kale
- 3 large fresh thyme sprigs, or 1 teaspoon dried thyme
- 1 bay leaf
- 1 15 oz can of Great Northern white beans, drained
- 4 cups or more of vegetable broth
- 4 cups of finely chopped kale
- 3 large fresh thyme sprigs, or 1 teaspoon dried thyme
- 1 bay leaf
- 1 15 oz can of Great Northern white beans, drained

Preheat oven to 400°F. Brush rimmed baking sheet with a thin coat of olive oil. Arrange carrots, squash, tomatoes, onion, and garlic on sheet. Drizzle with more olive oil. Sprinkle with salt and pepper. Toss to coat. Roast vegetables until they are brown and tender, stirring occasionally, about 45 minutes.

Cut squash and carrots into 1/2 inch pieces; set aside. Peel garlic cloves; place in food processor. Add tomatoes and onion; puree until almost smooth. Pour 1/2 cup broth onto the baking sheet; scrape up any browned bits. Transfer broth and vegetable puree to large pot. Add remaining broth, kale, thyme and bay leaf to pot. Bring to boil. Reduce heat. Simmer uncovered until kale is tender, about 20 minutes.

Add carrots, beans, and squash to soup. Simmer 8 minutes to blend flavors, adding more broth to thin soup if necessary. Season with salt and pepper. Discard thyme sprigs and bay leaf.

Can be made a day ahead. Makes 6 servings.

Adapted from simplyrecipes.com.

Look for the spring session of Eat Well, Live Well coming in 2011!
The 9th Annual
ARTrageous A

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Gala photos taken by Cynthia Fay Photography.
Photos of individual art pieces taken by Palmer Photography

The Betlem Family

Jeannine Klee of Parkleigh
From our loyal sponsors, to our dedicated ARTrageous Affair Committee to the many artists, vendors, businesses and individuals who gave their time, talent, goods and energy, we are honored to say thank you for helping us raise over $95,000 for the Breast Cancer Coalition. We would like to express our gratitude to our Gold Ribbon Sponsors – Excellus BlueCross BlueShield, Martino Flynn, Parkleigh and John Betlem Heating and Cooling, Inc.. Without them the evening would not be possible, or as much fun!

Mistress of Ceremonies Dee Alexander, and Auctioneer Carol Ritter-Wright, encouraged the crowd to bid high as they enjoyed pink bubbly compliments of Marketview Liquor and Elmira Distributing Company. Later in the evening, the audience heard stories from those touched in some way by a breast cancer diagnosis; including Honorary Chair, Anne M. Kress, PhD, President of Monroe Community College, Phyllis Connelly, this year’s Advocate’s Spirit Award recipient and Vicki Nugent, N.P. recipient of the inaugural Laurie Pask Heart & Hands Award. As in past years, the coveted pink balloons sold out quickly. Thank you once again to Glen Moscoe Jewelers for providing the Grand Prize, and congratulations to the lucky winner of the custom-designed garnet and diamond pendant!

The Live Auction portion of the gala never disappoints and this year was no exception. The ARTrageous Affair truly lived up to its name as we auctioned off stunning pieces by area artists Christine Knoblauch, Albert Paley, Susan Ferrari-Rowley, Ramon Santiago, Bix DeBaise, Scott Sober and Sherri Baker.

Never losing sight of the reason for the evening – to celebrate the breast cancer warriors among us – we accepted bids for the Coalition’s Warrior Wall. This donor wall is now proudly displayed at the entrance to our office on University Avenue. Thank you to all who have contributed so generously to this effort and to our organization.

The evening was topped off with music by The Rochester Rat Pack, a Nic Entertainment Company production. A smooth check-out process ensured that guests left with a smile as they carried their newly acquired treasures home.

If you would like to lend your talents to help us plan next year’s Affair get in touch with us, we’d love to hear from you! The 10th Anniversary ARTrageous Affair will be held on Saturday, October 1, 2011. Hope to see you there! ☛
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On the evening of September 25th, music fans and breast cancer survivors, along with their families, friends and supporters, gathered at the German House to enjoy the music of Eilen Jewell. Jewell is a vocalist and guitarist who writes much of her own music.

She was joined on stage by bass player, John Sciascia; drummer, Jason Beek; and Jerry Miller on guitar. Combining elements of folk, country and blues, Eilen and her band entertained four hundred enthusiastic fans at the German House before heading out on a tour of Europe. Local favorites Nick Young and Teagan and the Tweeds were the opening acts for the evening’s festivities, and received eager applause from the crowd.

This unique event raised over $4,500 for the Breast Cancer Coalition. With the money from ticket sales going to the Coalition, Eilen Jewell & her band generously and spontaneously donated the proceeds from their CD sales that evening as well. For an up and coming group, this was a significant gift indeed. Beek, who is also Eilen’s husband and manager, responded that they were “happy to support such an important cause.”

Our sincere thanks to Drs. Aaron Black and Marie Sergeant for organizing this memorable evening, and for recognizing the importance of the services we provide to the greater Rochester area.

Thanks are also due to the smiling, efficient front door crew: Betty Miller, Shawna Poisson, Nicole Knight, Niki & Steve MacIntyre, and Tracey & Doug Dello Stritto. These volunteers welcomed everyone, managed sales, took tickets, and soon had the guests enjoying the music.

Last but not least, we would like to extend a warm thank you to all who came out in support of the Breast Cancer Coalition of Rochester. To be the recipient of such generosity is at once awesome and humbling.

Program Update Continued
understanding that comes along with the joy of the season. What I find most appealing about my job, is that this feeling exists all year long here at the Breast Cancer Coalition. If you or someone you know would like that connection or extra ounce of support, feel free to call or stop in. There is a whole community of support and love waiting right here for you! My warmest wishes to all for a bright and beautiful new year.

Are you a Young Survivor?
Are you interested in meeting other young survivors?
Mark your calendars for our 1st Young Survivor Soiree of 2011!
Friday, March, 4th, 2011
6pm - 8pm
More info to follow…
Friends Remembered...

Amy Gaesser

Linda Hicks-Barton

Jen Schoen

Wendy White-Ryan

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

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

We would be happy to honor your loved ones.
Our Programs at the Breast Cancer Coalition of Rochester

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

Brown Bag Fridays

At the Breast Cancer Coalition! Any given Friday at noon finds a group of women conversing over 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!

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.

Breast Cancer Support Group I

This discussion-based support group, led by Claire Gladwell, RN, meets regularly here at the BCCR. Join with others coping with a diagnosis of breast cancer, share your experiences and lend your support. We meet every three weeks on Tuesday evenings from 5:30 to 7 pm.

Though no registration is required, please call BCCR for the next meeting date.

Breast Cancer Support Group II

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

Gentle Yoga

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

Living with Metastatic Breast Cancer Support Group

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

An opportunity for those living with metastatic breast cancer to share experiences, laughter and friendship with others living with it in an informal setting. Call 585-473-8177 for more information.

Common Ground Coffee Hour

A time to gather for those living with metastatic breast cancer.
This program provides information and support to those who are coping with a breast cancer diagnosis. The goals of the program are to assist participants in managing the complex tasks and emotions of a breast cancer diagnosis and to empower women to be their own self-advocates as they proceed through treatment, recovery and survivorship. Our professional facilitators are eager to provide a safe, comfortable atmosphere where information can be absorbed and assimilated, while formulating a strategy for coping with each individual’s breast cancer experience.

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

Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. 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 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 to receive some much needed support and a pack of goodies.

**Young Survivor Networking Group**

The Young Survivors Networking Group is 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 Tracey at BCCR.
The Rochester Lancers Anniversary Celebration

On August 21 and 22, 2010, the 40th Anniversary of the Rochester Lancers 1970 North American Soccer League Championship was celebrated. This two-day event, which included a reunion game between the Rochester Rhinos and the Miami FC Blues, was organized by the Rochester Lancers Anniversary Celebration Committee and the Rochester Rhinos. The funds raised were donated to the Breast Cancer Coalition, and a check in the amount of $5000 was presented to our organization on Oct. 14, 2010 at the Italian American Sports Club, 1250 Buffalo Road. We would like to extend a special thank you to Charles Schiano, Sr. and Joseph Sirianni for spearheading this event. And a big “grazie” to Dan Pessia and staff for the wonderful food they provided to celebrate the occasion. We are truly grateful to all who were involved with this event for their hard work and generosity on behalf of local breast cancer survivors.

Section V Field Hockey

Section V Field Hockey held an Exceptional Senior Game on November 15th in Irondequoit. Admission was $5 and they raised $500 for BCCR. Thank you so much for your support, you truly are exceptional!!

reBourne Yoga

Thank you to Yvonne Bourne of reBourne Yoga for donating the proceeds of her Yoga class on October 15th to the Breast Cancer Coalition of Rochester. We truly appreciate the $60 gift.

Holly’s Happy Hour @ ONE Restaurant & Lounge

Thank you to ONE Restaurant & Lounge for donating proceeds from Holly’s Happy Hour on August 30th to the Breast Cancer Coalition of Rochester. Fifty percent of wine bottle purchases went to the fundraiser which raised $200. Thank you so much!

Holly Howell is the wine columnist for the Democrat & Chronicle

Pittsford Central School Transportation Department

Employees of the Pittsford Central School District Transportation Department took up a collection for Breast Cancer Awareness month. They raised $163 all of which was donated to the Breast Cancer Coalition of Rochester. Thank you for keeping your donation local!

MCC “Community Fridays”

Thank you to the Monroe Community College faculty and staff for selecting the Breast Cancer Coalition of Rochester as the recipient of your “Community Fridays for a Cause” on October 1st. Thank you very much for your $648 donation.
Pathfinder Engineers & Architects LLP
On Friday October 15th employees at Pathfinder Engineers & Architects LLP paid to wear pink in honor of Breast Cancer Awareness Month. The employees donated the $206 to BCCR. Thank you!

Big Oak Golf Tournament

The Big Oak Driving Range and Golf Shop hosted their 4th Annual Golf Tournament and Clam Bake to benefit the Breast Cancer Coalition of Rochester on September 19th. BCCR received $2,000 from this event. Thank you for your continued support!

ABC Clam Bake Picnic

Rochester Associated Builders and Contractors held their Clam Bake Picnic on September 26th. Half the proceeds from their Kan-Jam Challenge and the 50/50 raffle were donated to the Breast Cancer Coalition of Rochester. BCCR thanks you for your $280 donation.

Greece RAC “Dance for the Cure”

The Rochester Athletic Club at Greece Ridge Mall danced the afternoon away at the “Dance for the Cure” on October 9th. Participants were able to take up to three Zumba classes and have lunch, with all proceeds going to the Breast Cancer Coalition of Rochester. This event raised $4,920! Thank you to the Rochester Athletic Club and all the dancers for their generous support.

Ridge Culver Fire Department – Pink Shirts

The Ridge Culver Fire Department wore pink shirts during the month of October to promote Breast Cancer Awareness and raised $75 for the Breast Cancer Coalition of Rochester. Thank you!

Livingston County Department of Social Services
Thank you to the Livingston County Department of Social Services for choosing BCCR as the recipient of your Denim Day fundraiser which raised $465. We appreciate your support.

RSD (Pam McInerney)

The Breast Cancer Coalition of Rochester was happy to receive $146 from the Rochester School for the Deaf from their Denim Day fundraiser. Thank you for your continued support!

Siemens Industry – Building Technologies Division

Thank you to the Building Technologies Division of Siemens Industry, for once again choosing the Breast Cancer Coalition of Rochester as the recipient of your Denim Day fundraiser. We would also like to thank Patricia Hagerman for organizing the fundraiser which raised $135 and was donated in honor of Jean Lazeroff and Deb Leary. Thank you for your continued support!

Allen Creek School

The staff at Allen Creek School raised $245 on their Denim Day this year. Thank you for choosing the Breast Cancer Coalition of Rochester as the recipient of this fundraiser. We appreciate your support.

Elizabeth Wende Breast Care

A big thanks to Elizabeth Wende Breast Care. The staff had a Denim Day and raised $758.95 for the Breast Cancer Coalition of Rochester. Thank you so much, we appreciate your support!
In Honor of:

Pamula Porter  Ardyth Van Valkenburg
Richie LeFrois Birthday  Robert and Robin Vavrina
Tom Zamiara and Sean Patton  Eric Paley
Family Members of Survivors  Frances Mann

In Memory of:

Auda Caia  Gordon Castor
John and Robin Estleford  Gary and Barbara Hayden
Robert and Carol Renner  Spenola Construction
Randy Bianchi  Thomas and Maria Cook
Kathy and Joe Errigo  John Owens
Mr. & Mrs. Vincent Giglio  Aurelia & Victoria Ranno

Mary Ann Conte  Jean B. Voellinger
Olive Eccles  Holly M. Anderson
Margaret Anderson  David and Frances Biek
Thomas and Virginia Braun  Andrew and Rose Marie Chastek
David Ciek  Phyllis C. Connelly
Irving and Shirley Crane  Carl and Patricia Foucht
Katherine Gilbert  Kate Hardiman
Jean Lazeroff  Judith Maile
Betty Schaefer  John Scott

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Inez Law  Thomas and Mary Toole

Doug Phelps  Holly M. Anderson

Marian Podgham  Robert and Dorothy Rowe

Terri Schmidt  Jane and John Smith

Maurice Solomon  Jean Lazeroff

Janet Stager  The Cardiologist Surgical Team at St. Elizabeth’s Medical
John and Alison Currie  Deborah Eckerson
JoAnn Fitzgerald  Glenn and Vera Gerstner
Mary Graupman  Samuel and Daine King
Bonnie Lloyd  Christopher McManus
William and Tracy McNeal

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(Donations made after September 30th will be included in the winter newsletter.)

We apologize for any errors and/or omissions on our donor pages.

In Honor of:
Pamula Porter  Ardyth Van Valkenburg
Richie LeFrois Birthday  Robert and Robin Vavrina
Tom Zamiara and Sean Patton  Eric Paley
Family Members of Survivors  Frances Mann

In Memory of:

Auda Caia  Gordon Castor
John and Robin Estleford  Gary and Barbara Hayden
Robert and Carol Renner  Spenola Construction
Randy Bianchi  Thomas and Maria Cook
Kathy and Joe Errigo  John Owens
Mr. & Mrs. Vincent Giglio  Aurelia & Victoria Ranno

Mary Ann Conte  Jean B. Voellinger
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Carol Flanders  Jacqueline Ater
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Micheal and Deborah Wagner  Martha Zonneville

Lorraine M. Golding  Jacqueline Ater
Donald P. Brien  Janet L. Juneau
Palmyra-Macedon Primary School-Sunshine Committee

Susan Hope Henkel  Susan and David Vadney

Susan Incardona  Roy and Marion Renfer
Roseanne LaFay  Marie Dellaquila

Inez Law  Thomas and Mary Toole

Doug Phelps  Holly M. Anderson

Marian Podgham  Robert and Dorothy Rowe

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Artistic Designs Hair Salon

Artistic Designs Hair Salon hosted their 7th annual Cut-a-Thon to benefit the Breast Cancer Coalition of Rochester on Sunday October 24th. Haircuts were $15 with all the proceeds (including tips!) going to BCCR, in addition to proceeds from raffle prizes. A total of $1,170 was raised that day. Thank you to the hardworking staff and everyone who came in for a haircut! We appreciate Artistic Designs continued support.

Bowling for Breast Cancer (Debbie Falbo)

Thank you to Debbie Falbo for organizing “Bowling for Breast Cancer” at Gates Bowl on October 24th. Participants were able to bowl for two hours and have an opportunity to win raffle prizes. $516 was raised at the event, which will be matched by JPMorgan Chase for a total of $1,032. Thank you so much!

Greece Athena High School Sophomore Class

A big thanks goes out to the Greece Athena High School Sophomore class for thinking of the Breast Cancer Coalition of Rochester during their spirit week. These students wore pink on September 22 in honor of BCCR and raised $140! Thank you for your donation.

Sams Club October Awareness

Thank you to Walmart/Sam’s Club for your $500 donation to the Breast Cancer Coalition of Rochester. We appreciate your continued support!
Our Volunteers

Registration & Checkout Chairs
Jessica Barber and Cathy Goebel

Dina Abruzzo
Kelly Alvermann
Cassie Angerosa
Carrie Barber
Hillary Barber
Carly Bitter
Jennifer Brown
Chris Burgasser
Gina Carrozziere
Cynthia Charles
Sara Christensen
Aaron Cook
Laurie Cook
Heather Croteau
Mary Jo Deichmiller
Tracey Dello Stritto
Jenna Deustch
Kelly Durham
Jeremy Durham
Steve Eagle
Katrina Ercole
Katrina Erok
Paulina Evoy
Maria Faklaris
Gigi Gibbardo-Syrrazzeri
Diane Gowran
Melinda Guereschi
Jess Gulliver
Kathy Holten
Cindy Howe
Kerstin Jakiela
Lynn Jones
Todd Jones
Cassandra Jost
Steve Kane
Heather Klock
Payton Ladd
Niki MacIntyre
Jana Maxwell
Sasha Milner
Susan Milner
John Mullin
Cindy Mullin
Laurie O’Mara
Sandy Overmier
Lynn Phillips
Emily Piccione
Frank Pietrangeli
Patience Prinzi
Patty Reed
Cindy Rosato
Vinnie Rosato
Patti Scharr
Caitlyn Schiano
Tracey Taylor
Erin Torre
Jill Van De Walle
Cedric Williams
Mandy Williams
Karen Wozniak

ARTrageous Affair 2010
Committee Members

ARTrageous Affair Chair
Patricia Cataldi

Holly Anderson
Morgan Anderson
Jessica Barber
Michelle Bessette
Lori Betlem Lytle
Melisande Bianchi
Amy Button
Traci Cahill
Mary Carafos
Patti Cataldi
Amy Connell
Michelle Cook
Linda DiCesare
Jody Dietz
Bridget Dugan
Niki Duncan
Theresa Eckert
Pat Foucht
Nancy Germond
Cathy Goebel
Melinda Goldberg
Joanne Hammond
Karina Hauza
Laura Koenig
Bonnie Koerner
Bev Levy
Erin McFadden
Tom McJury
Anne-Marie Strasenburgh
Joyce Wichie

Upcoming Fundraising Events

SCORE!
Rochester Americans “Pink in the Rink”

Save the date for April 1st!
Tickets are $15.00. Mention BCCR when you purchase your tickets and $5.00 from each ticket will be donated to the Coalition.
Come out to watch the game and support the Breast Cancer Coalition of Rochester!
Songs For The Cure

Hannah Walpole is a young woman with an incredible voice and spirit. She is working toward careers in both music and health and wellness. On the evening of October 16th, the 15 year old Mendon High sophomore delighted an audience at the Visual Studies Workshop with “Songs for the Cure”, a musical revue benefiting the Breast Cancer Coalition of Rochester. The evening raised $553!

Having been a performer since she was five years old, Hannah currently studies with noted voice coach Cara D’Emanuele. She has extensive stage experience, and a professional résumé of commercial spots.

“I know of many people who have battled cancer, and I chose BCCR because it benefits people here in Rochester,” said Hannah. “It feels amazing to do what I love for such a great cause.”

Greece Athena Girls JV Soccer Team

The Breast Cancer Coalition of Rochester received a surprise visit from the Greece Athena High School Girls JV. Soccer Team in October. The girls and their coach presented BCCR with a donation of $265. Our heartfelt thanks goes out to these thoughtful ladies!

Left to right, Coach Scott Parsons, Casey Pollack, Allison Wulzer, Christina Leonardo, Lauren Kelly, Samantha Lafrati, and Holly Anderson

Surmotech

Employees at Surmotech participated in a scavenger hunt/team building exercise which raised $250 for the Breast Cancer Coalition of Rochester. Thank you for choosing BCCR!

Xerox Chili-N-Dog

The Xerox Good Neighbor Committee held their annual Chili-N-Dog Fundraiser on November 10th, raising $2010.00 for BCCR. Volunteers brought in various kinds of chili and desserts and raffle prizes were donated for the event. Employees were able to have lunch, listen to music and purchase raffle tickets. It was a fun afternoon on the manufacturing floor!

Girls Night Out @ Gigi’s Kitchen

Gigi’s Italian Kitchen held a “Girls Night Out” on October 14th. In addition to dinner, patrons could have their palms read, treat themselves to a manicure, massage, or do a little shopping from local vendors. $832 was raised for the Breast Cancer Coalition of Rochester that night. Thank you to Gigi’s Italian Kitchen and to Patty Pulver for organizing this event!

Larijames Salon & Spa

The Larijames Salon and Spa in Webster held a raffle for a gift basket during the month of October. They raised and donated $485 to the Breast Cancer Coalition of Rochester. Thank you for your continued support of BCCR.

Ultrafab

The employees of Ultrafab, Inc. held a “Go Pink” event. Employees were encouraged to wear pink to work and they raised $100 for the Breast Cancer Coalition of Rochester. Thank you for your support.
Wednesday, January 26, 2011  
Evening Seminar:  
Healing Arts Initiative: Learn more about Tai Chi, QiGong, Feldenkrais, Yoga, Fluid Motion and Pilates and how these practices can enhance well-being  
7:00 - 9:00pm

Saturday, March 5, 2011  
Advanced Breast Cancer: Common Ground  
11:00am - 1:00pm (lunch provided)*

Friday, March 4, 2011  
Young Survivor Soiree  
6:00 - 8:00pm*

Wednesday, February 23, 2011  
Evening Seminar:  
Friends & Family: Providing Support To Your Loved One During Their Breast Cancer Journey

Wednesday, March 23, 2011  
Evening Seminar:  
Environmental Risk Factors Post Breast Cancer  
Presented by: Michelle Shayne, MD  
7:00 - 9:00pm

*Please RSVP to Tracey at 473-8177

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 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 an additional gift of $

In ☐ Honor of ☐ Memory of

Please send notification of my gift to: (name and address)

Payment Choice
☐ Check, Money Order ☐ Visa/Master Card/AmEx

Amount Enclosed $

Credit Card No.
Expiration
Signature
Name on Card

Breast Cancer Coalition of Rochester
840 University Avenue Rochester, New York 14607
(585) 473-8177; www.bccr.org

Wear our pins proudly!

Remember the BCCR Library:
Browse, Borrow, Read!
You can help local women and families who are coping with a diagnosis of breast cancer through the donor options program of the United Way!

Remember...

1. **100%** of your donation is focused on Breast Cancer issues.
2. **100%** of your donation stays in the Rochester area.
3. **100%** of each dollar donated is appreciated by those working towards the eradication of Breast Cancer.

1. Obtain a 2011 United Way Donor Designation Form from your employer or by visiting www.uwrochester.org and clicking on “GIVE”.
2. Please select the Donor Choice option to designate your donation to the Breast Cancer Coalition.
3. Select Breast Cancer Coalition of Rochester and enter our organization ID number: **2334**