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It's ARTrageous!

Saturday, October 7th was an ARTrageous evening at the Riverside Convention Center in Rochester. Nearly 300 people attended the BCCR's largest annual black tie fundraiser. The Lilac Ballroom was both elegant and intimate that night. The entire room was surrounded by artwork of every size, kind and shape and filled with friendly conversations.

Maureen McGuire of NewsChannel 8 was the emcee again this year, again joined by Mike Deming, Channel 9's "Antique Guy" as auctioneer. A woodwind quintet set the mood for the Silent Auction made up of Glenda Dove Pellito on flute, Alison Currie on horn, Steven Lurie on clarinet, Kathleen Holt on oboe, and Kirsta Rodean on bassoon.

The Ballroom was divided into color-coded "galleries" to put participants in an art mindset, each named after a famous gallery: The Louvre, The Prado, The Hermitage and The Guggenheim. Color coordinated bal-

loons and posters designated each area, which then closed at specified times before the live auction. The Silent Auction was well managed by Singles for Charity, a local group that often volunteers at fundraising galas. Pink balloons were sold at the beginning of the gala, each containing a prize. Everyone had a lot of fun puncturing their balloons on cue right before the live auction.

Tasty dinners were served, which catered to any palate, along with a beautiful chocolate dessert.

More than 100 hanging artworks were displayed in the ballroom, along with at least as many gift baskets, containing gift certificates and items of every description. Donations of art arrived from as far away as Florida and Ontario, Canada, running the gamut of tastes and styles. Other pieces, such as pottery, jewelry and furniture filled out the mix.

The recipient of this year's Advocate Spirit Award was Senator Jim



VOICES of the Ribbon

The Newsletter of the
Breast Cancer Coalition of Rochester

Our Mission is to make the eradication of breast cancer a priority through education and advocacy, to empower women and men to fully participate in decisions relating to breast cancer, to provide support to those coping with a breast cancer diagnosis, and to promote and focus research into the causes, prevention, treatment and cure of breast cancer.

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From the Executive Director

Holly Anderson

Here we are... on the brink of 2007... and the Breast Cancer Coalition is excitedly preparing for the year ahead, a year that will mark our 10th year of providing exceptional services and support to those coping with a breast cancer diagnosis in the Greater Rochester Region. Ten years of reaching out to breast cancer survivors facing some of the most difficult survivorship challenges. Ten years of advocacy efforts seeking change in the way we fund breast cancer research, the way we provide care to the underserved, and the way we look at the causes of breast cancer all together. Ten years of working to direct funds to the cause and cure of breast cancer *in addition* to diagnosis and treatment, of providing grants to researchers in our region totaling over \$150,000 in the last three years alone. Ten years of illuminating the path for thousands of women and men beginning their own journeys with breast cancer. Ten years is a long time.

When our Founders set this organization in motion, they did not believe we would still be needed in 2007. We were "so close" to a cure. Exactly what was going on in the world of breast cancer in the year 1997?

In 1997, Dr. Judah Folkman, a Harvard researcher, was celebrated for his work utilizing a combination of two proteins, endostatin and angiostatin, to effectively starve tumors by preventing the tumor from

forming blood vessels in a term we have come to know as antiangiogenesis. Without its own blood supply, the tumor would die. It seemed as though mice everywhere were being cured of their breast cancer.

We had heard the excitement before as each medical breakthrough came. Interferon. Interleukin-2. Monoclonal antibodies. Tumor necrosis factor. Surely one of these scientific breakthroughs would move from the mouse model to humans. But Dr. Folkman's research was stunning. Elegant. Breathtaking. The scientific community said so. This was surely different. And based upon the hype, many of us believed breast cancer organizations would not be needed for very long. Scientists were on the brink of something huge.

But our Founders learned, as science knows, that research rarely produces one breathtaking epiphany. Instead these breakthroughs occur painstakingly, in incremental steps, each producing more questions than answers, with elucidation sometimes clouded by a wish for The Big One. A panacea. Certainly major successes have occurred within medicine. Antibiotics. Vaccines. Organ transplants. Couldn't they come up with one for breast cancer?

In the ensuing years, the breast cancer community has celebrated breakthroughs that have transformed lives. Sentinel node dissection.

Continued on page 6

A Survivor Speaks ...

Deja-vu? Or Have I Really Been Here Before? by Anne Da-Silva Tella

I am in Highland Hospital, Rochester, NY August 2006 receiving radiation therapy for breast cancer, left side. Deja-vu? Because my mind goes back to University College Hospital, London, England July 1999, again receiving radiation therapy for breast cancer, only that time it was the right side.



Anne with her two sons Tobin and AJ

Who was I then and who am I today? Well in 1998 when I was first diagnosed I was a young mother to a three year-old and was expecting number two child. I lived in England with my husband, in Potters Bar, just north of London. I was about six-months pregnant when the dreaded diagnosis of breast cancer was first made: Grade II, infiltrating carcinoma; ER+/PR-. Bewildered by the unseen, unexpected side-jab and ignorant largely of what was to come, (a quadrantectomy, chemotherapy, and radiation treatment). Of course none of this could begin until after my un-born child was safely induced and delivered.

Today (in August 2006) I am still a young mother, now of two children (7 and 11), wife of the same husband, presently living in a suburb of Rochester, New York, USA. I am busy being an urban planner after only

one year ago completing a Master of Urban Planning degree. If that first diagnosis was an unseen, unexpected side-hook then this second diagnosis was a blind-sided body slam received in late May 2006. I am still reeling from the shock. The news come by a telephone call on a Tuesday evening with the dreaded finding from Friday's biopsy. She was very sorry to have to give me such sad news considering my prior history. The phone call ended with the advice that I "find a breast surgeon." The diagnosis: Calcifications; ductal carcinoma in-situ; Grade 3; extension into lobules; ER-/PR-. Only today, I do not have the luxury of ignorance of what is to come.. I know what's about to happen!

As the steps for removing the cancer and treating my body unfold, and while I am thinking I know what to expect, I find my memories of precise details from the first bout a little fuzzy. It occurs to me that the last time I was diagnosed, I was somewhat preoccupied with delivering a healthy baby and caring for him alongside receiving my treatments.

And so begin two weeks of a flurry of activities and decision making: find *that* surgeon (*but where?!;*) get copy of pathology report and films (*will they give them to me?;*) tell the children what is going on and what to expect (*should we really?;*) see about getting paid time off work (*I've only been there 10 months!;*) get second opinion (*really? will the insurance cover that? Are you sure?;*) and, amongst other questions, look for a support group (*now you're talking... that's what I need. Support!;*)

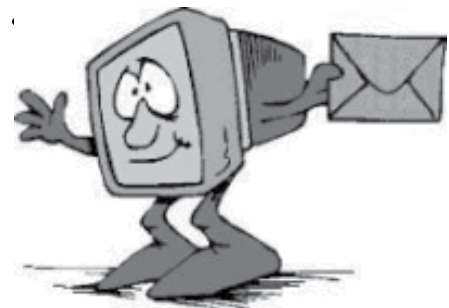
Enter BCCR into the drama, the series of crises that my life has become. Whatever the case, I needed support and I found it beginning with a long phone conversation with Holly Anderson, followed by my attending a brown-bag session the very next day. I felt not only supported but I was empowered. Yes, I can get my path report and films (they're mine!); Sure I should tell my kids

Continued on page 6

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Would you like to receive BCCR email news?

We need your email address!

Send an email to: hbg@bccr.org with "My Email Address" in the subject line.



Thanks!

What is it about the Breast Cancer Coalition of Rochester that means the most to you?

We need a slogan!

Send us your thoughts that, to you, express the essence of the BCCR!

Send to Holly Garver, Newsletter Editor, at hbg@bccr.org

Thanks!



Get what you want (what you REALLY REALLY want)

What: What Women Really Want Getaway Weekend and Eastside Retailers Spring Show and Sale
Where: The Lodge at Woodcliff on Horizon Hill, Woodcliff Drive, Fairport
When: Saturday and Sunday, January 20th and 21st

There will be prizes, lots of things to buy from vendors, a pajama party, a Polar Bear Plunge and MORE!

The Eastside Retailers Spring Show and Sale is free to the public

Tickets for the Getaway Weekend are \$199

Don't miss this much fun during the winter - get what you REALLY want!

Stay at the Woodcliff for the Getaway Weekend and have even MORE fun!

Tickets for the Getaway Weekend make great Christmas gifts!

Contact Woodcliff for further information

SEE YOU THERE!

Cover Story, continued



Chairperson Emeritus
Sylvia Cappellino

Alesi (R – NY), who accepted with grace and gratitude. He has been a great supporter of the Breast Cancer Coalition since its inception ten years ago. The husband and daughter of Harriet Suskind Rosenbloom, for whom the Advocates Award is named and sponsored, were there to present the award with Sylvia Cappellino.

Mike Deming conducted a lively Live Auction, which this year included a player piano!



“Ms. Shady Lady” by Cindy Caprio-Orsini and Maia Horvath

The piano was circa 1915 made by Aeolian and came with a cabinet full of music rolls. Everyone had fun with the “instant music”. There were also furniture pieces and paintings available in the Live Auction, including an oilcloth by Shawn Dunwoody. Bids were lively for Sabres and Amerks hockey tickets and also for a trip to Las Vegas.

If you couldn't make this event, plan on joining us on October 6th, 2007! 🍷

The Brown Bag Ladies are Wondering...

“Brown Bag Fridays” are a weekly event at the BCCR where breast cancer survivors gather to eat lunches that they bring and discuss whatever comes to mind. Topics have ranged from the weather to the more pressing questions about treatments for breast cancer. (See p. 16 for more information on Brown Bag Fridays)

This article is in response to a reportedly common topic at Brown Bag Fridays. We at “Voices of the Ribbon” felt we could address this for them.

Discuss!

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What is the latest news on aromatase inhibitors vs. tamoxifen?

According to the National Cancer Institute (www.cancer.gov), about 7 in 10 breast cancer patients have estrogen receptive positive tumors (ER). This makes them candidates for adjuvant therapy with aromatase inhibitors or tamoxifen. Tamoxifen has been the standard of care since the 1980’s but has certain risks attached to it: an increased risk for endometrial cancer and blood clots. Studies have shown that the risks for these outweigh the benefits of this treatment after five years, which is why women are typically taken off Tamoxifen at the five year mark.

Aromatase inhibitors (AI) are a more recent treatment that also suppresses estrogen and thereby works to prevent the recurrence of breast cancer. The Breast International Group (BIG) I-98 study was a phase III clinical trial that compared letrozole (Femara®) to tamoxifen (Nolvadex®). This study took place between 1998 and 2003 in 27 institutions around the world and involved 8,010 women with early, ER-positive breast cancer without metastases.

In a nutshell, women in the letrozole group were 19 percent less likely to have a recurrence than the women in the tamoxifen group. For women with distant metastases, this effect was more remarkable, with a reduction of 27 percent recurrence. In addition, women who received chemotherapy after surgery and took letrozole showed a 30 percent less likelihood of recurrence of their breast cancers! Women with spread of breast cancer to their lymph nodes showed a 29 percent reduction of recurrence as well.

Side effects occur with both drugs. With letrozole, the side effects were joint pain and fracture. They also

ran a higher risk of heart attacks and other cardiovascular incidents. Nonetheless, the side effects of letrozole were found to be less life-threatening than those caused by tamoxifen. Women on tamoxifen were more likely to have blood clots, endometrial cancer and vaginal bleeding. Currently, women on letrozole receive either Fosamax or infusions of Zometa (zoledronic acid) to combat its bone-thinning effects.

In the end, although AI’s tend to be better tolerated and have fewer risky side effects, both AI’s and tamoxifen have been shown to have value in preventing a recurrence of cancer or, if taken with early stage cancer, can prevent invasive disease. Sandra Swain, MD, a senior investigator with the National Cancer Institute’s Center for Cancer Research stated about this study, “...with close to 30,000 participants, consistently demonstrate(s) that treatment with an aromatase inhibitor alone or after tamoxifen treatment is beneficial.” The decision is one that has to be made with one’s oncologist based on the individual case. Like all treatments, the risks and the benefits have to be weighed to see which one is right for you. 🐾

Names of Aromatase Inhibitors (AI’s): letrozole (Femara®), anastrozole (Arimidex®), exemestane (Aromasin®)

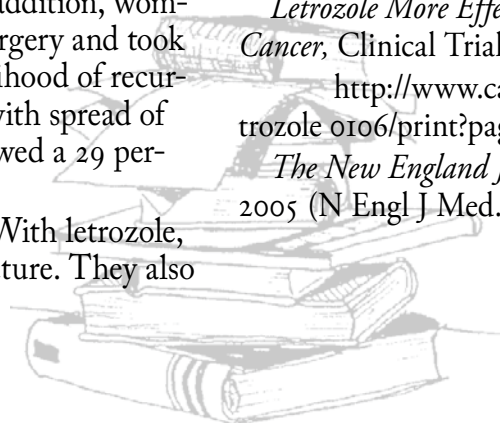
Sources:

Allen, Jane E. *Everything You Need to Know about Aromatase Inhibitors*. MAMM, July/August 2005.

Letrozole More Effective than Tamoxifen in Early Breast Cancer, Clinical Trial Results, National Cancer Institute,

http://www.cancer.gov/clinical_trials/results/letrozole_0106/print?page=&keyword=

The New England Journal of Medicine, December 29, 2005 (N Engl J Med. 2005 Dec 29;353(26): 2747-57



A note of thanks!

Our thanks to the Pluta Cancer Center for the donation of cookies for our Brown Bag Lunch participants! They were enjoyed by everyone!



Love, The BCCR

A Survivor Speaks ... continued from page 3

(you should see the books written for kids and in some cases by kids... those books are right there in BCCR's library); I found out who everyone's surgeon was; and on and on. I got my questions answered and lots of reassurances were given. What a valuable source of information.

Not to say that *all* my questions are answered, but I find that I can continue my battle with breast cancer relying on the fact that BCCR is just one phone call or an e-mail away. I find that I am still left with questions that only I can begin to figure out, such as: *WHY* did I get breast cancer a second time and I'm not even 40 yet; *WHAT* do I do to ensure that I don't get it a third time;

WHO will give me the best care (oncologically speaking), going forward, regarding comprehensive care using that holistic approach; and *HOW* do I deal with the crazy-making thoughts, questions, and emotions in my mind right now?

One question is answered however, and it is the one about *WHERE* to go for support, understanding, resources, empowerment, creativity... BCCR is the island in my sea of questions, frustrations, requests, demands. I look forward to a time when I can give back. I insist. 🍪

Executive Director's Notes, continued

Targeted endocrine therapies. Aromatase inhibitors. Humanized monoclonal antibodies. Antiangiogenics. The list goes on. And each one actually *has* made a difference.

Beginning our tenth year, the Breast Cancer Coalition of Rochester salutes our scientific community for the painstaking work they do. We applaud the efforts of our legislators for working diligently in response to our pleas for change. We stand with each survivor of breast cancer who is coping as best they can, hoping they will be among the majority of those diagnosed with breast cancer who gets to walk away.

We've come a long way in ten years and there is much to celebrate. But we can never forget the goal. Eradication of breast cancer, once and for all. 🍪

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New Online Calendar!

A new events calendar is available on our website, www.bccr.org. Keep up to date with BCCR and all of BCCR's programs and events.

Go to the Google™ calendar and search for our name or subscribe online at www.bccr.org/events.html.

Stay "abreast" of the latest news!



Ask the Expert!

Our expert this month is: Howard Langstein, MD. Dr. Langstein is the Chief of Plastic and Reconstructive Surgery at the University of Rochester Medical Center. He specializes in microvascular reconstruction, in which surgery is done through microscopes involving very small blood vessels. He has applied this technique to reconstruction after breast cancer treatment with great success. *Dr. Langstein was the guest speaker at the October Program, "New Techniques in Reconstruction", which was held at the BCCR center, 840 University Avenue, on Wednesday, October 25, from 7:00 until 9:00PM.*

Our question this month is: *What is the latest on reconstructive surgery?*

Question: How long have you been practicing your specialty?

Dr. Langstein: I have been a doctor for twenty-one years, and have been a plastic surgeon for twelve years.

Question: What led you to choose your particular area of expertise?

Dr. Langstein: I feel that this is a field of medicine that allows me to use my particular skills to make the biggest difference in my patients' lives. Besides my surgical training, I am creative and interpersonally intense, and use these traits to aid my patients.

Question: What brought you to the Rochester area?

Dr. Langstein: I came here to fill the gap when Dr. Serletti left. (Editors note: Dr Serletti is the former Chief of Plastic and Reconstructive Surgery at the University of Rochester) I had been working at the M. D. Anderson Cancer Center in Houston. I like upstate New York. I attended Cornell University, and the winters here don't scare me. In addition, my family is from the New York City area, and my wife's family lives in the Pittsburgh area, so we are closer to family here.

Question: What do you like about working at Strong Memorial Hospital and the University of Rochester?

Dr. Langstein: My practice here is similar to the one I had at M.D. Anderson. I do a great deal of work with cancer patients, and with breast cancer patients in particular. The University of Rochester is a world-class institution with a commitment to excellence. The plastic

surgeons here are top notch, and I feel that overall, this is a good fit for me.

Question: What makes a woman a good candidate for reconstructive surgery?

Dr. Langstein: It takes an hour of face-to-face talking with a woman to determine this. A good candidate has realistic expectations of the surgical outcome, and is willing to participate in both the decision making process and postoperative care. There are a lot of techniques to consider, and a lot of individual factors that go into making the final determination as to which procedure is right for a particular woman. Factors such as body type, the amount of down time a woman must face, and the extent to which a woman wants a lengthy procedure must be taken into consideration. It is critically important that the right operation is matched to the right patient to achieve a successful outcome.

Question: Have surgical procedures changed while you've been in practice?

Dr. Langstein: Yes, they have. In twenty-one years, I've seen a greater use of the patient's own body tissue, and in microvascular techniques used to transfer that tissue. In addition, less and less abdominal muscle is being used.

Question: Do you have a few words on any new techniques that are on the horizon?

Dr. Langstein: In the future, we hope to have techniques that do not touch other body parts. Tissue engineering, which uses body fat that has perhaps been

Langstein Interview, continued

liposuctioned off and then grown in a lab using stem cell techniques to take the shape of a breast, is years in the future and on the far horizon. On the near horizon, we are refining the artistry used to transfer tissues. We have also had great success in the past year using Alloderm, a cadaver product, around breast implants. 🐾

Thank you, Dr. Langstein.

In the ever-expanding field of breast cancer treatment, high-tech surgical techniques for reconstruction have kept pace with developments in all phases of treatment. It is a fascinating area, and one that was explored in great depth during Dr. Langstein's talk here at BCCR in October. 🐾

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Ten Suggestions to Reduce Your Exposure to Suspect Chemicals ...

Courtesy of the Silent Spring Institute, 29 Crafts Street, Newton, MA 02458 Telephone:

617-332-4288

www.silentspring.org

Chemicals that mimic estrogen, a known risk factor for breast cancer, and chemicals that cause mammary tumors in laboratory studies are top priorities for our research.

Silent Spring Institute is developing new testing methods and making first-ever measurements of indoor levels of many chemicals identified as endocrine disruptors – compounds that affect hormones. While more studies need to be done, we can take precautionary steps now to reduce exposure to suspect chemicals that are found in a multitude of everyday products.



1. Use glass containers in the microwave and encourage your family/friends to do the same.

Some plastic containers contain chemicals that mimic or disrupt hormones. These chemicals can leach into food when they are heated.

2. Ask for dry cleaning services that do not use “PERC” or ask for “wet cleaning.”

The familiar smell of dry cleaning comes from residues of perchloroethylene (PERC). Solvents, such as PERC, are under study for breast cancer and are associated with other cancers. If you must use traditional dry cleaning with PERC, remember to open the plastic bags on your clothing in an open space and air them out before putting them in a closet.

3. Take time to read labels and avoid “phthalates” and “fragrance” in products.

Phthalates are endocrine disrupting compounds that have been associated with cancer, impaired fertility, and male birth defects. They are found in hundreds of products including shampoo, lotion, perfume, cosmetics, vinyl and plastics, including toys. They are now being monitored by the U.S. Centers for Disease Control. The most common phthalates are: dibutyl phthalate (DBP), diethyl phthalate (DEP), and diethylhexyl phthalate (DEHP), and phthalates are often an ingredient in “fragrance.” Look for labels that say “phthalate-free” and don't hesitate to ask your favorite retailer or manufacturer if products are phthalate-free. Consumer questions help to bring about change.

4. When grilling foods, minimize “char” by reducing the heat level and/or using marinades.

“Char” contains PAHs – polycyclic aromatic hydrocarbons – that are known to cause mammary tumors in animals. In the Long Island Breast Cancer Study, women who had more DNA damage from PAHs had higher breast cancer risk.

5. Purchase organic foods when possible and encourage stores you patronize to expand their selection of organic foods.

Buying organic reduces your exposure to pesticides and protects your family. It also protects the workers who produce our food, water supplies where they live and work, and wildlife living nearby. Many pesticides are endocrine disruptors. Pesticides are also known to affect brain development and neurological function.

6. Monitor what goes down the drain in your home. You can help protect your indoor air as well as your community's water supply by using minimal amounts of the least toxic cleaning products and pesticides. Baking soda is a tried and true cleaning alternative. Never put cleaning solvents, pesticides, paint thinners, automobile oil, or gas down a drain.

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Voices of BCCR - Jane Vallely

“When you’re a kid and you go to the doctor, you get a present for being good.” says Jane Vallely. “Why shouldn’t adults get presents, too?” Before she goes to a doctor or dentist appointment, including all her regular screenings, Jane will buy a present for herself and have it gift wrapped, then leave it so that it’s waiting for her when she returns home. She then makes a big deal of opening it in front of her family. Once, when her husband saw a pair of shoes that she was wearing and remarked that he hadn’t seen them before, she replied, “Why, yes you have, dear, these are my Pap smear shoes from two years ago!”

Jane went to the Elizabeth Wende Breast Clinic early on April 1 in 2005 for her routine mammogram knowing of the present waiting for her at home. Her morning was planned: an 8:00 mammogram and an 11:30 hair appointment. When she was told after the mammogram that further testing was needed and an ultrasound was recommended she feared the worst, but still called and rescheduled her hair appointment for 1:30. The ultrasound was followed by a needle biopsy, and the results would not be available for another day. Jane went to her hairdresser in bandages, her mind reeling with questions, but also with the beginnings of plans to beat the disease, should the biopsy show cancer.

She waited for her husband to return from work that evening to tell him the news.

Jane told him that her day had not exactly gone as planned and that they may have to make some decisions they didn’t want to make. When the phone call came from the clinic the following day, it was to tell her that further testing was needed. At this point, Jane knew in her heart what the diagnosis would be. Tests were completed, and as this was a Friday, it was a long weekend waiting for the results to come on Monday. She finally received the dreaded phone call: it was, indeed, breast cancer. Away on a short work-related trip that day, her husband returned home that evening. He had risen at “O DARK 30” that morning to get an early flight to the Washington, D.C. area, and after a day full of frustrating delays and cancellations on his return flight, he arrived home to hear the news that it was certain his wife had breast cancer. After breaking the news, she told him what a terrible day it had been—for him.

“When you’re a kid and you go to the doctor, you get a present for being good.” says Jane Vallely. “Why shouldn’t adults get presents, too?”

The ability to empathize with others, even in the most personally painful of situations, is characteristic of Jane. No doubt, it is part of the reason that so many people rallied behind her in her battle with breast cancer. Her husband became her “rock,” as she calls him, and together they began an impressive research program. They found out everything they could about Jane’s diagnosis and



Jane Vallely

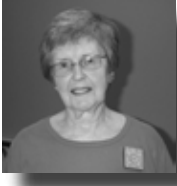
her treatment options. The week of her surgery, her twin brother presented her with a boxing glove covered with signatures and messages of support from numerous family members and friends from her home state of Alabama.

The glove was a tangible symbol that they were all in the fight with her. Not to be outdone, her other brother gave her a “Pink Ribbon Mascot; a cheerfully decorated stuffed elephant. The University of Alabama mascot is an elephant. Originally from Alabama, and having lived in various parts of the country, Jane and her family now call the Rochester area home. Her husband’s employer, Xerox Corporation, was the reason for locating here, but Jane feels fortunate living in this area because of the superior quality of medical care, particularly for those with breast cancer. Both the medical care professionals and the facilities are top notch, and as Jane thinks back about the search for doctors and hospitals, she says, “I could not have made a wrong choice.”

It soon became clear that a mastectomy was her best surgical option. With the support of family and friends and complete confidence in the medical community, Jane had her operation on Friday, May 13, 2005. She said, “I figured I had already had the bad luck so I would be safe having surgery on the 13th ...I felt very much at peace and just ready to concentrate on making

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Advocacy...



An update by Phyllis Connelly

We now have an answer as to how the 109th Congress has “treated” one of our Breast Cancer Issues. **This is how!**

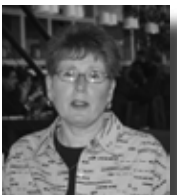
The Senate’s Inaction on the Breast Cancer and Environmental Research

Act of 2006 :

“A Failure to Step Up for Women and Men and Against Breast Cancer”

On August 3, 2006 “The Senate passed up a chance to help three million women (as well as men) who are living in this country with breast cancer and all the countless others who may be diagnosed in the future,” said Fran Visco, president of the National Breast Cancer Coalition (NBCC). “This legislation was passed unanimously by the Senate Health, Education, Labor and Pensions (HELP) Committee this past June and has 67 sponsors and co-sponsors. Without question, 99 senators are in favor of this bill. There is overwhelming bipartisan support for this legislation, *in large part because of our grassroots network.*”

Visco said that the legislation failed to pass on the 3rd because one senator, Senator Tom Coburn (R) of Oklahoma, objected.



Advocacy in State Government: The Process

by Jean Lazeroff

Advocating for a cause before the state legislature is not as intimidating a task as it might first appear. What would seem the most difficult to learn and master is not the process itself. The more complex part of advocating for your cause is getting to know the players themselves. The best advocates are those who are passionate about the cause they support and have established a relationship with legislators and their staff members.

The Players

The New York State Legislature is composed of two houses, the Senate and the Assembly. The primary function of the Legislature is to consider and adopt or reject legislation that is then sent to the Governor to be signed into law or vetoed. Each house elects a presiding officer from among the majority party membership who is provided with broad constitutional powers. These leaders appoint committee chairs and members, refer bills to committees for consideration, decide upon meeting schedules and the daily calendar of bills to be consid-

“We have spent many years working for BCERA’s passage”, Visco stated. “We won’t give up now. NBCC members across the country will be contacting their senators during the August recess to demand that those 99 senators who support this legislation come back in September, pass this bill and prove that they care about eradicating breast cancer.”

Senator Hillary Clinton, who sits on the HELP Committee, and Senator Chuck Schumer pledged their support for this bill. We ask that they continue doing everything in their power to see to it that this bill does not die. As of late September, Senator Coburn has not lifted the hold he placed on the bill.

In the House: On 9/20, the Energy and Commerce (E&C) Committee dealt a serious blow to BCERA. The Committee Chair, Joe Barton (R) of Texas, refused to send the bill to the floor for a vote.

With 99 senators and almost two-thirds of the members of the House supporting this bill, leadership is allowing it to stall.

Unbelievable and unacceptable! Leadership has the power to get this bill passed. We have to make our voices heard! 🙏

ered, preside over the sessions and generally direct the business of their respective houses.

Each year the issues facing lawmakers become more complex and the number of bills that come before the legislature increase. As a result, the legislative staff has become very important to both the legislators and those who seek to influence the elected representatives of the people. Legislators employ staff in Albany where they may assist in drafting legislation or serving as aides to the various legislative committees. Legislators also employ staff in their local legislative offices where they serve as liaisons to the constituents within the district. The local legislative staff members are often the closest to their particular legislator so that makes a relationship with local staffers extremely important to advocates.

Neither the legislature nor the advocate can ignore the “front office” or the bureaucracy that surrounds the Governor, both within the Governor’s office and throughout the various departments of the state government. The Governor, of course, has the authority to sign or veto any bill sent to him/her by the legislature.



How a Bill Becomes A Law

The fundamental piece of the legislative process is the bill, a proposed law submitted to the legislature for passage and to the Governor for his/her signature. There exists a number of paths and a multitude of actors who wish to influence and shape the final bill that, after much time and hard work, becomes a law. This summary lays out the broad framework of a complex process.

- **Idea is Developed:** A bill’s origin can arise from a number of sources; a constituent’s concern, an interest group, a lobbyist, or the Governor. Usually, the legislator looks for colleagues to act as co-sponsors of the measure and may look to have the same bill introduced in the other house.

- **Bill is Drafted:** Staff members provide the research and drafting assistance to the legislator.

- **Bill is Introduced:** Once prepared and the co-sponsors secured, the legislator introduces the bill in what is called the “first reading”. The presiding officer of the house then generally refers the bill to a committee. A bill concerning access to health care would, for example, go to a committee that deals with health related legislation.

- **Committee Action:** Next, the bill is posted for a vote by the committee. The makeup of a committee breaks along party lines, with the majority party controlling. The bill’s sponsor and interested parties may testify on the bill. *The committee chair determines whether the bill will be placed on the calendar for a vote. If a vote is scheduled the committee can vote the bill out of committee as drafted, amend the bill, vote the bill down, or hold it for possible future action.*

- **Second Reading:** After a bill is released from committee, it is given a “second reading”, the point at which it can be amended on the floor of the house.

- **Third Reading:** If the presiding officer chooses, the bill is given a third reading and posted for a full house vote.

- **House Vote:** A bill passes when it is approved by a majority of the house (in New York that’s 32 Senators and 76 Assembly members). If approved, it is then sent to the other house.

- **Second House Action:** The bill goes through the same procedure as it did in the house of origin. If the second house changes the bill, it must go back to the first house so that body can accept or reject the actions of the second house. If needed, a conference committee made up of members of both houses will draft a compromise bill that is sent back to each house for their consideration.

- **Governor's Action:** Upon final passage by both houses of the legislature, the Governor receives the bill. He/she then can sign or veto the bill (which requires a legislative override of 2/3 of both houses to undo). The Governor must take action on the bill presented to him/

her within ten days (excepting Sunday) or the bill becomes a law without his/her signature.

The process a bill follows in becoming a law is fluid and it is important for advocates to be aware that a number of opportunities exist

to make a difference in the advancement of a bill. Advocates can work directly with a legislator to discuss the merits of supporting legislation or with his staff to enlist a legislator’s support. Staffers are usually more accessible and readily available than legislators so they often serve as a valuable resource. However, whether communicating with the legislator or a staffer, points must be made clearly and succinctly.

Volunteer advocates for organizations like BCCR have many opportunities for input at almost all points in the legislative process. If advocates have a personal relationship with their legislators and if there is significant support behind your effort, it is all the more likely for a legislator to work toward accomplish your shared goal. 🍀

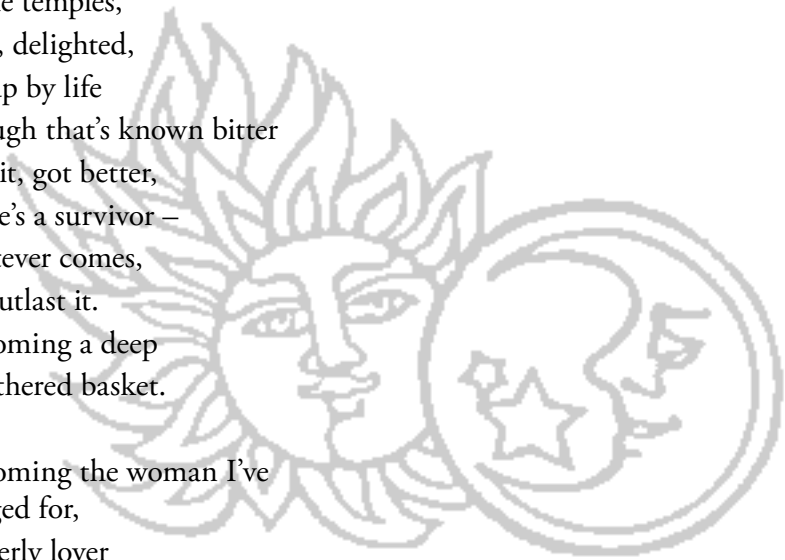
“The best advocates are those who are passionate about the cause they support and have established a relationship with legislators and their staff members.”

Adapted from: National Breast Cancer Coalition Fund Workshop “Advocacy in State Government”, presented by Judy Shaw.

Finding Her Here
by Jayne Relaford Brown

I am becoming the woman I've
wanted,
grey at the temples,
soft body, delighted,
cracked up by life
with a laugh that's known bitter
but, past it, got better,
knows she's a survivor –
that whatever comes,
she can outlast it.
I am becoming a deep
weathered basket.

I am becoming the woman I've
longed for,
the motherly lover
with arms strong and tender,
the growing up daughter
who blushes surprises.
I am becoming full moons
and sunrises.



I find her becoming,
this woman I've wanted,
who knows she'll encompass
who knows she's sufficient,
knows where she's going
and travels with passion.
Who remembers she's precious,
but knows she's not scarce –
who knows she is plenty,
plenty to share.

Reprinted with permission from
My First Real Tree (Foot Hills Pub-
lishing, 2004)

Wild Geese
by Mary Oliver

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile, the world goes on
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely

the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting
over and over announcing your place
in the family of things.



Lives Touched ... Lives Celebrated

A hot and humid Rochester evening enveloped the participants as they arrived at the annual Lives Touched...Lives Celebrated event on the grounds of the Rochester Museum and Science Center July 26th. They gathered to hear speakers and music and, most of all, celebrate those they love who have been touched by breast cancer.

A quiet meditation was held at the beginning of the event, designed to bring to mind all of those whose lives had been touched by breast cancer. Either previously, or when they first arrived at the Museum gardens, each guest filled out a card about these special people. One or more of these cards expressed why their thoughts were focused on this particular person. Kathy Reilly, Lori McJury, Jane Valley and Nancy Cooper each read cards at different points of the program.

Reverend Cynthia Brown, one of three clerical speakers for the evening, addressed the topic of hope. She pointed out that many people, when confronted with a potentially life-threatening diagnosis for themselves or others, are upset by their confrontation with mortality and react by becoming creative, having children, teaching or writing. In other words, she believes that we all try to make our own mark on the world in order to be remembered and by doing so, to maintain hope. She stated, "...only by seeing ourselves as part of a larger continuum can we be hopeful of having made

an impact on life as we know it." Cynthia is an active member of the Breast Cancer Coalition as well as a reverend.

Sister Sheila's talk was on Healing. She drew a parallel between the easy physical healing of youth and the more difficult healing from a complex physical problem experienced as an adult. The emotional trauma, spiritual dilemmas and physical complications caused by multiple treatments add many layers to the healing process. Yet, Sr. Sheila noted, spiritual healing can be critical to wellness and is available in many ways. Helping others may also be self-healing. "Even those who insist they can make it on their own may just be waiting for you to reach out and help," Sr. Sheila advised.

Rabbi Amy Sapowith, Associate Rabbi at Temple Sinai, spoke on Reflection. She began with a beautiful contemporary blessing that spoke of the imperfection in humankind and the world around us and yet celebrated it.

She pointed out that reflection was not just introspection but also one's own reflection as if in a mirror. "In Hebrew, the word for wholeness is shalom. It's the same word for peace." By this, she urged the audience to find peace even through the ordeal of illness, surgeries and treatments, weaknesses and strengths. It was, in its simple yet profound message, a very inspiring and empowering talk.

Music was provided by contemporary folk artist Lisa Winter, accompanied on flute by Mercy Dawson, with Dave Arenius on bass. Lisa writes her own songs

continued on page 23



Gail and Dick Heidt

The Park Avenue Festival ... A followup

The Park Avenue Festival on August 5th and 6th was blessed with beautiful summer weather and was well attended. The BCCR booth's raffle prize of a Ramon Santiago framed print was won by Gail and Dick Heidt of Rochester.

Congratulations Gail and Dick and thank you to all who stopped at our booth on Park Avenue Fest weekend! 🌟

The Lesson of the Lilies...



Kathy Kosel sent this narrative with her Call to Artists form for the ARTrageous Affair. She sent a gorgeous table for our October auction. Her story was so touching; we decided to publish it, with her permission, in our newsletter.

My name is Kathleen Kosel. I am the mother of three boys and the wife of John Kosel. John's mother died of

breast cancer in the 1970's. I teach art at Nazareth Hall middle school. Two women there are being treated for breast cancer. My sister-in-law Patti Forgione and her sister are also being treated for breast cancer. I, along with my sister-in-law Patti, own a daylily display garden called Enchanted Gardens in Webster, NY.

The gardens began as a shared hobby. It was their dream to create a large garden of over 600 different day-lilies that the public could view and enjoy. So in 2003 we applied for National Display Garden status and were recognized the following summer 2004.

"Life's lessons are found in a garden"

In August 2004 Patti noticed extreme pain in her side and back. She thought it was from our extensive gardening chores. After a visit to her doctor she found she once again had cancer, but it had moved to her ribs and back. She began chemotherapy in September 2004.

We still worked in the daylily beds, but I would often find her slumped over crying, wondering if she would be able to work in the gardens the following year. It made us very sad to see the gardens fading away into October.

That was two years ago. She is still fighting her cancer. We are all still working in the gardens to keep the dream alive.

Patti and I believe in the lessons of the daylily. Every morning there are bright beautiful daylily blooms bursting open. Yellow, pink, orange, white, purple, minis, doubles, and spiders: always a surprise. Each day there is a huge expanse of color to behold. The truth is the daylily only lives from morning until night. Try as we might, it is only meant to live one day.

But each day is lived to the fullest extent: the daylily takes all its beauty and shares it with everyone it touches. Living alongside someone with cancer has made me realize the value of each day.

Life's lessons are found in a garden. 🌸



.....
Jane Vallely, cont'd

a full recovery." It was important for her to schedule the surgery so that she would be able to attend the graduation of her son from Law School at the University of Chicago in June. She attended the ceremony after having "felt every bump in the road to Chicago," full of pride in her son's accomplishment and triumphant over the disease that had threatened to make her miss this milestone in her family's life.

After six weeks of radiation, Jane was through with treatment. Inspired by her boxing glove and mascot, and wanting to share them with the cancer support community, she began to contact the various local support groups. This led to her initial call to BCCR, and onward to her becoming involved in the organization. She lends her knowledge gained through many hours of research, along with her empathy, positive outlook, generous spirit, and sense of humor to all she does for BCCR. She calls breast cancer survivors the "true heroes," and notes that we work not only for ourselves, but for others through BCCR.

As far as presents go, Jane still believes in getting them for any kind of doctor appointment. But the best present of all arrived on April 23rd, 2006 when her new grandson was born. Today she is living a rich and very full life, thoroughly enjoying her new role as "Grandma," and also running her Bridal Consulting business, assisting future brides and grooms as they plan their perfect day.

Jane now presents any newly diagnosed women she knows with their own personal mascot, which she has decorated herself. She is one of BCCR's volunteers on many occasions, is a regular at Brown Bag Lunches, and recently used her talents to plan the Farewell Reception for Dr. Jennifer Griggs. She was also very active on the ARTrageous Affair Committee, and as the October date drew near, she was even busier. Her presents to herself remind us that we all need to give to ourselves at times, just as there are times when we give of ourselves. Jane gives of herself to BCCR whenever she can, and for that we are truly grateful. 🌸

The Program Coordinator's Report ...

by Kathy Reilly



I have been at my job for four months already and I am still loving it here! As it has always been at BCCR, our first priority is the people who call or come in and need our assistance. And after that, it is never dull between working to maintain and support our existing programs, such as Brown Bag Friday, BC101 and 201, the Living with Metastatic Breast Cancer Support Group, etc. In addition to that we have some ongoing classes for breast cancer survivors, such as Gentle Yoga, Jewelry making, Voices and Visions, our writing workshop and we even are offering a felting class!

On the fourth Wednesday of every month we offer an educational evening seminar. On August 23rd, we had Kim Provenzano from the Lipson Cancer Center at Rochester General speak about "The Genetics of Breast Cancer." It was a topic that so many people have concerns about. Kim presented it in a way that was easy to understand and the audience seemed comfortable

about asking questions.

On September 27th we heard from a panel of nurse practitioners: Dottie Chilton, from Rochester General's Lipson Cancer, Marsha Gross, from Wilmot Cancer Center, and Victoria Nugent, from the Genesee Surgical Associates. The topic was "Fear, Anxiety, Stress, and/or Depression Following a Breast Cancer Diagnosis". Whether we talk about it or not, so many of us have faced this issue that we thought it would be helpful to hear their suggestions.

Wednesday, October 25th Dr. Howard Langstein, a plastic surgeon who recently came to Rochester from the MD Anderson Hospital, informed us about the latest techniques in Plastic Surgery.

We started a new program at the end of September called "Men's Night", a support group exclusively for the men whose wives, mothers, daughters or significant others have been affected by breast cancer. It will be facilitated by Jay Nittoli, MSW, and will meet once per month to start with. Please call me if you would like more information about it!

If you ever have questions, problems, or have suggestions regarding any of our programs I would love to hear from you at 473-8177, or kathy@bccr.org. ☺

'Til next issue - *Kathy Reilly*

Reducing chemical exposure, continued

7. Remember that all vacuums are not created equal.

Carpets can harbor pesticides, mold and allergens, flame retardants, and other chemicals. Vacuums with strong suction, a brush on/off switch, a multi-layered bag for dust collection, and a HEPA filter are considered the best to avoid recycling dust back into the air.

8. Look for electronic equipment and furniture without PBDEs.

PBDEs (polybrominated diphenyl ethers) are commercially produced flame retardants that are often added to polyurethane foam, various plastics, and electronics equipment. They are endocrine disruptors that affect thyroid hormones. Ask if your favorite manufacturer uses PBDEs in their products. When possible, choose carpet pads, bedding, cushions, and upholstered furniture made from natural fibers including wool, cotton, and hemp.

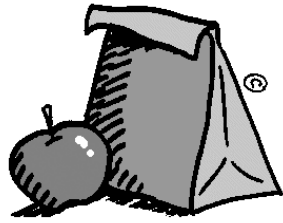
9. Use organic practices for gardening/lawn care, and encourage neighbors to do the same.

Many pesticides are endocrine disruptors. Pesticides and herbicides used on gardens and lawns are tracked into the house on shoes and by pets. Children and pets that play on the lawn are exposed, and the chemicals can leach into waterways and drinking water wells.

10. Encourage your town to adopt policies of using natural/non-toxic solvents in public buildings, especially schools, and using organic practices in the care of green spaces.

Using safer cleaners and eliminating pesticides on a town-wide basis will reduce exposure to compounds that mimic estrogen or otherwise disrupt hormones. ☺

Our Programs at the Breast Cancer Coalition of Rochester



www.unc.edu

Brown Bag Fridays

At the Breast Cancer Coalition! Any given Friday at noon finds a group of women conversing over whatever-they-brought-to-eat and a delectable dessert provided by the BCCR. This non-traditional support group, in that there is no facilitator but plenty of support, is exactly what many of us have been looking for. Brown Bag is a drop-in program. There is no need to call ahead.

However if you would like more information, please call (585) 473-8177. 🍷



Gentle Yoga

On Monday evenings, you can find 10 women stretched out on BCCR's floor doing Gentle Yoga taught by Susan Meynadasy, a certified yoga instructor. Susan needed 8 hours of community service for recertification in the spring and after the first session, there was quite a demand for her to come back. The fall session began in October and ran for 5 weeks. Our sessions are ongoing in 5-6 week intervals. You can join them at any time! The class starts at 6:30 p.m. and finishes at 7:45 p.m. The class is limited to 10 breast cancer survivors.

Please call (585) 473-1877 to sign up for the next session. 🍷



BC 101

This program provides information and support to those who are coping with a breast cancer diagnosis. The goals of the program are to assist participants in managing the complex tasks and emotions of a breast cancer diagnosis and to empower women to be their own self-advocates as they proceed through treatment, recovery and survivorship.

Our professional facilitators are eager to provide a safe, comfortable atmosphere where information can be absorbed and assimilated, while formulating a strategy for coping with each individual's breast cancer experience.

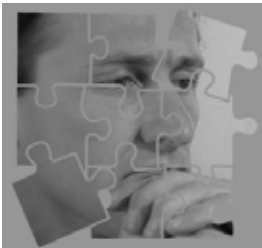
Please call (585) 473-8177 for a time that is convenient for you. 🍷



The Sister Sak Project

The Sister Sak Project, spearheaded by Megan Dombroski, was started by a group of young survivors who wanted to be able to help someone else in their journey with breast cancer. This project provides young women diagnosed with breast cancer a network of support dedicated to their unique concerns. The Sister Sak is a gift bag filled with comfort items, delivered by a young survivor who recently experienced similar challenges.

Please call for a referral and Sak of your own!



Men's Night

Facilitated by Jay Nittoli, MSW, this group is for men whose wife, daughter, mother or significant other has been affected by breast cancer. It meets on the 4th Thursday of every month from 7 to 9pm at the BCCR Center, 840 University Avenue, Rochester, NY 14607.

Please call (585) 473-8177 for more information and to register!

Advice for People Newly Diagnosed with Cancer

by Bob Riter, reprinted with permission from the Spring 2006 Newsletter of the Ithaca Breast Cancer Alliance. Bob is a 10 year survivor of his breast cancer.

1 It's great to talk to friends who've had cancer. Hearing their experiences and how they coped can be quite helpful. But be wary if they say, "You *should* do..." Though well-intentioned, they don't know what's best for you. You do.

2 Remember that cancer treatments change rapidly. The treatment that was standard three years ago may not be standard today. What you hear from people treated in the past may be out of date. (Remember that each cancer is also different and that treatments vary - Ed.)

3 Nearly everyone undergoing cancer treatment experiences fatigue. It's probably the most common and least publicized side effect. Conserve your energy for activities that are most important and/or most enjoyable.

4 Don't begin a radical "cancer curing" diet or major lifestyle change during your treatment. Just eat sensibly and nutritiously, exercise moderately, and get plenty of rest. You can make whatever lifestyle and diet changes you want *after* treatment is over.

5 Medications that control side effects have improved tremendously, but not every medication works equally well for each person. Don't be stoic. Tell your doctor about your side effects or when you just feel crappy. It's often possible to switch you to different drugs that will work better for you.

6 Share all of your alternative or complementary treatments with your physicians because some treatments (even vitamins) can interfere with chemotherapy, anesthesia, and your body's natural response to surgery.

7 Recovery is not a straight line. You'll feel better one day; then you'll feel worse; then you'll feel better. Don't be discouraged by the down days.

8 The end of treatment is not always a time of celebration. For many people, it's the most difficult time because you want to be normal, but you don't yet feel normal. It may take several months or more to bounce back.

9 Survival statistics can tell you how a large group of people with your diagnosis will do. But you're an individual, and the statistics can't predict how *you* will do.

10 Don't blame yourself for your cancer. It's usually impossible to say why an individual got cancer. And no one - *no one* - deserves cancer. 🍀

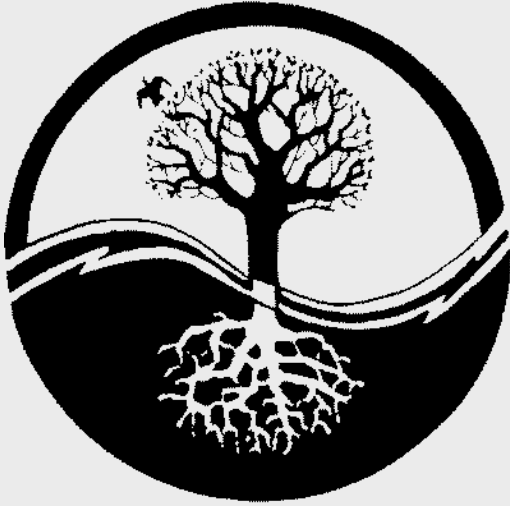


This body is not me; I am not caught in this body.
I am life without boundries, I have never been born
and I have never died.
Over there the wide ocean and the sky with many galaxies,
all manifests from the basis of consciousness.
Since the beginningless time I have always been free.
Birth and death are only a game of hide and seek.
So smile to me and take my hand and wave goodbye.
Tomorrow we shall meet again or even before.
We shall always be meeting again at the true source,
always meeting on the myriad paths of life.

Thich Nhat Hanh

In loving memory of Anne Jackle (1963-2005)

Friends Remembered ...



Pat Burr

Barbara Ann Culver

Sue Henkel

Gail Lloyd

Diane Small



Susan Hope Henkel - My Sister, My Best Friend,
An Inspiration to All Who Met Her

Sue was so brave, she amazed everyone...when she found out in Spring 2001 that she had breast cancer, she refused to “throw in the towel”, as she called it. Sue was a role model for leading the way in the fight to find a cure for this disease...she traveled all over the country, walking in the Race for the Cure. She networked via the internet with women everywhere, sharing her spirit and humor. Sue was and continues to be an inspiration to all. I miss her terribly, but know that she would not want us to cry for her. She made the best of every day and taught us all the meaning of courage. 🙏❤️

Kindly contributed by Sue's sister, Sherrie Valentino



John Stoner

John Stoner was a valued volunteer with the annual BCCR Pink Ribbon Run and also an EMT volunteer with the Ridge Culver Fire Department. His wife Christine shared with us, “John loved anything that had to do with helping people. He gave everything he did from the heart and never complained no matter how much he was hurting. He was already diagnosed with colon cancer about 6 months before we started volunteering our EMT services. We were married 33 days before he passed on, however, we were married in our hearts over 6 years ago. He's touched so many lives during his time on earth and now he's at peace in heaven.”

John died on August 31st, 2006 and will be missed by many, including those of us at the BCCR who knew him and appreciated his help with the Pink Ribbon Run. Our deepest sympathies to Christy and to John's family. 🙏❤️

Fundraising...

The 4th Annual "Teed Off at Breast Cancer Golf Tournament" was a Swinging Success!

by Barb Pifer

The 4th annual *"Teed Off at Breast Cancer Golf Tournament"* was held July 31, 2006 at Shadow Lake Golf Club. We had a wonderfully blue-skied day, and fun was had by all – the heat may have dampened our brows but not our spirits!

Once again we shout a heartfelt **THANK YOU** to the many generous golfers, sponsors, and gift & prize donors. Because of everyone's generosity we are delighted to report that we have raised over \$12,000.00! What a wonderful help in our efforts to support local families impacted by a breast cancer diagnosis. We are truly thankful to all who share our vision and we look forward to next year (7/23/07) for another beautiful day on the greens!

1st Place Women – Susie Smith, Julie Odenbach, Marty Tesson & Jan Fox

1st Place Men – Steve Bauer, Gary Bauer, Jim Ruvio, PJ Noto

1st Place Mixed – Greg Smith, Julie Shaw, Ron Shaw, Robin Morris

Longest Drive, Women – Colleen Lippa; Longest Drive, Men – Josh Zamara

Closest to the Pin, Women - Patty Pennica; Closest to the Pin, Men – Joe Mamon

Special thanks to the Teed Off Committee: Lee Cordero, Sean Patton, Holly Anderson, Sylvia Cappellino, Betty Cordero, Bix DeBaise, Barb Pifer, Remo Rossi, Susie Smith & Jerry Valentine

If you would be interested in helping on the planning committee for 2007 please contact Barb Pifer at the BCCR offices, 473-8177.☺

**Mark Your Calendars for our 5th annual
"Teed Off at Breast Cancer Golf Tournament",
to be held Monday, July 23, 2007.**

Hope to see you then!



The team of (L. to R.): Susie Smith, Julie Odenbach, Marty Tesson, and Jan Fox



The team of (L. to R.): Jo Braitman, Jackie Colicchio, Shirley Mink and Marilyn Frank



The team of (L. to R.): Chris DiPonzio, Elizabeth DiPonzio, Gracy Giummo and Jan Privitera



The team of (L. to R.): Lee Cordero, Steve Schmaltz, Gail Jewell and Remo Rossi

A Young Man and His Friend Show They Care ...



Ryan Witter

As friends in their senior year at Honeoye Falls/Lima High School, Ryan Witter and Joe Tarantelli would often collaborate on projects. Ryan wrote poetry, and often showed his work to his artistic friend, Joe, and explain the meaning behind his words. Joe would then create a drawing as an expression of the poetry.

When Ryan was moved to write a poem for his mother's friend who was courageously facing a breast cancer recurrence, his mother was so pleased with his work that she decided to present her friend with the poem as a Valentine's Day gift. In school that day, Ryan showed the poem to Joe, who drew a picture to go along with it. Ryan's mom gave her friend the poem and drawing in the morning on Valentine's Day. Later that day, Ryan received a phone call from the

friend thanking him for this very special gift, and letting him know that the poem and drawing had made her day. Both the poem and drawing are included in this issue.

Ryan and Joe have both graduated from high school and have begun their college careers. Ryan attends MCC where he is majoring in Criminal Justice. He is also interested in modeling and continues to write his poetry, finding inspiration in many things. Joe is studying art at Rochester Institute of Technology. These young men have demonstrated an extraordinary degree of support and caring not only for their friend, but for the breast cancer community in general. Their work and the meaning behind it have touched our hearts at BCCR. We are sure the future holds great things for these creative, thoughtful young men. 🍀

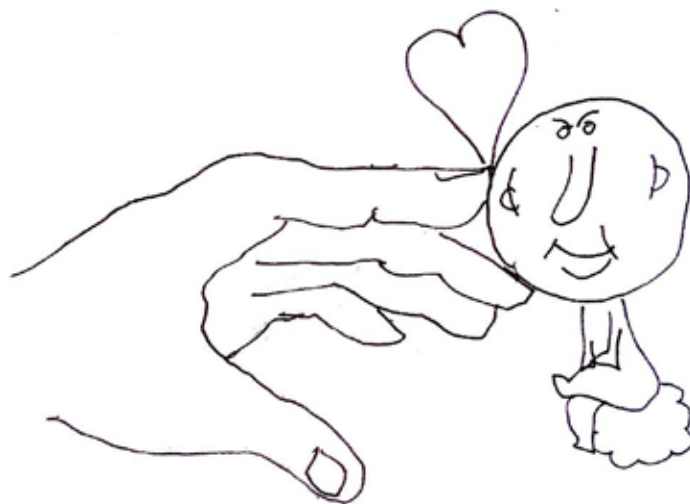
Admiration

by Ryan Witter (dedicated to Mrs. Hayton)

You have survived what many fear
With the strength of God on your side
And with the most powerful emotion of all
Love
One can conquer the world

Don't let your physical state restrain your soul
Pray to God and He will cut the chains
And set you free

You have touched many lives
With all that you have been through
You are admirable
Not just to me
But to the world



Artwork by Joe Tarantelli

When Life Gives you Lemons ... Sell Lemonade?



Leigha Kircher

Like many children, Leigha Kircher, age 6, daughter of Kim and Mark Kircher, came up with the idea of selling lemonade this August. But Leigha went one big step further and donated the \$12.00 she made to the Breast Cancer Coalition!

Sunkist has a program where they send a stand to a child for free if the child pledges to do a sale for charity. Leigha decided to do two different sales, one for Kids with Cancer and one for BCCR. Sunkist also requires a report of the sales, including how much and who received the donation.

We were so proud to report Leigha's contribution. We are all very proud of Leigha's giving heart! 🍋❤️

Together we can Make a Difference

**Rockcastle Florist
supports
Breast Cancer Awareness during the Month of October**



*870 Long Pond Road (Greece)
585-225-3640
2510 Rochester Road (Canandaigua)
585-394-2542*

*With the purchase of any of the following promotional bouquets or gifts,
Rockcastle Floris will make a donation to the
Breast Cancer Coalition of Rochester (from the Greece location)
and
Sands Cancer Center at FF Thompson Hospital (from the Canandaigua location)*

The Power is in the Pink!

<i>"Together we can make a difference" pink travel mug bouquet</i>	\$24.99
<i>"Courage" vase bouquet, pink vase with pink ribbon logo</i>	\$34.99
<i>"Hope" wrapped bouquet of loose cut pink flowers</i>	\$14.99
<i>"Circle of Life" bouquet, pink tin with pink floral bouquet</i>	\$24.99
<i>"Circle of Life" topiary, pink tin with pink floral topiary</i>	\$29.99
<i>"Pink Power" pink rose bouquets</i>	\$19.99 - \$39.99

Great gift items: jewelry, umbrellas, bandanas, travel mugs

Catch up on our Newsletters!

All of our "Voices of the Ribbon" newsletters are now available on our website in .pdf format. Go to www.bccr.org, click on "News & Events" and scroll down to the "Newsletters" section.

You will need the Adobe Acrobat Reader to view them, which is common to most computers. A link to the free download is available on our website.

Enjoy!

Here is a recipe from "Healthy Recipes" from Strong Memorial and Highland Hospitals. Perfect for Fall!

Tuscan Vegetable Stew

Ingredients:

2 tablespoons olive oil
2 teaspoons bottled minced garlic
2 packages (4 oz. each) sliced mixed exotic mushrooms or 1 package (8 oz.) sliced button mushrooms
1/4 cup sliced shallots or chopped onion
1 can (14 1/2 oz.) Italian-style stewed tomatoes, undrained
1 jar (7 oz.) roasted red peppers
1 can (19 oz.) cannellini beans
1 bunch fresh basil
1 tablespoon balsamic vinegar
Grated Romano or Parmesan cheese

Directions:

1. Heat oil and garlic in large skillet over medium heat
2. Add mushrooms and shallots; cook and stir 5 minutes
3. Meanwhile, snip tomatoes in can into small pieces with scissors
4. Rinse and drain peppers; cut into 1-inch pieces
5. Add tomatoes, peppers and beans to mushroom mixture in skillet; bring to a boil. Reduce heat to medium-low.
6. Cover and simmer 10 minutes.
7. Cut basil leaves into thin strips to measure 1/4 cup
8. Stir basil and vinegar into stew; add salt and pepper to taste. Sprinkle each serving with cheese.

Servings: 4 Serving Size: 1 bowl

Nutrition information: 390 calories, 9g fat, 82 mg cholesterol, 472 mg sodium, 20g protein, 14g fiber, 69g carbohydrate

Lives Celebrated... continued

and plays her guitar while she sings. She wrote a new song just for the *Lives Touched* evening, "Let's Turn This Ship Around".

To complete the ceremony, long stemmed pink roses were given to each person, with the intent that they share it with someone they love. Lori McJury and Moira, her 11 year-old daughter, distributed the roses.

Comments gathered after *Lives Touched*...*Lives Celebrated* were summarized best by these: "I got so much out of it" and "...how very much it meant". 🌹

"In Hebrew, the word for wholeness is shalom. It's the same word for peace."



Donations from March to June 2006

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.

In Honor Of:

Maria Aboujaoude

Michele McCall/NJHS

Dr. Carl Andrus

Janet Algase

Jenna Barrows, Bridal Shower

Marlene & Robert Barrows

Rosemary Dorsey

Robert Mariani

Lori & Tom McJury

Jane Gordon's Birthday

Nussbaum/Brandt Family Fund

Beth Thompson Kaiser

Meredith & George Pixley

Brigitte Kessler

Sandra Caccamise

Brenda Kosman

*Staff & Friends at Lakeshore
Elementary School Euchre
Tournament*

Dorothy Lake

Cynthia Blum

Debbie Mayberry's Birthday

Pat & Joe Monopoli

**Sandra & Richard Monahan's
Anniversary**

Jean & Lawrence DiRienzo

Betsy & Al Morningstar

Elizabeth Savers

Susie Smith's Birthday

Cathy Bishop

Borin Vavrina

Vicki Zeiser

Kristin Zeiger

In Memory Of:

Bernie Agins

Joyce & Anthony Cavallaro

Nicholas Agnello

Dr. & Mrs. David Cohen

Sue & Gary DeBlase

Dr. & Mrs. Frank LaMar

Jean Lazeroff

George E. Bohrmann

Mr. & Mrs. Thomas Miller, Jr.

Deborah Bour

Judith & John Bacon

Helen Gugel

Janet Jones

Linda King

Nancy & John Williamson

Harold Easterly

Maureen DeMarco

Paul Golojuch

Linda & Roger Bryant

Pat Haralambides

Adis Haralambides

Bonnie Urciuoli

Arlene Impson

Alice Prinzing

Elaine Vitone

Amy Marie Iwasko

Eileen Goldman & Jack Perry

Katherine Iwashko

Charlotte Harbortown Homes,

the Finch Group, Signature

Housing

Carmela Iulianello

Sylvia Cappellino

Sue & Gary DeBlase

Lloyd Martin

*Boulder Industrial Contractors,
Inc.*

Carmela Masucci

Josephine & Frank LaMar

Ruben Natapow

Josephine & Frank LaMar

Norman Pero

Lois Brooks

Wendy, Jim, Chiron & Ryan

Holmes

Susan Holtz

Saint John's Women's Guild Board

Carolyn Kerhaert

Dorothy O'Grady

Wegmans IT Dept.

Eitsa Petsos

Joan & George Carafos

Elizabeth Pomponio

Lois Dakin

Celia Skoler

Edith Stern

Dr. Joseph Spoto

Miriam & Lewis Gould

Rodney Stark

Sue & Gary DeBlase

Carol Stehn

Patti & Pat Hughes

Dorothy (Dot) Taylor

Kristin Zeiger

Patty Trill

Brenda Callahan &
 Jeff Cerrincione
 Ginny, Sandy, Ted, Greg, Patty,
 Phil & Karen Crow
 Andrea & Thomas Ghidui
 Donna Gould
 Mary Ann & Al Hughes
 Kristen & Walter Kaminski
 John Knapp
 Livingston County Board of
 Supervisors, County
 Administrator Dominic Mazza
 & Administrative Staff
 Barbara & Earl Lubanski
 Dolores Mahonsky & Family
 Margaret McNeil
 MCC Purchasing, Shipping &
 Receiving Dept.
 Kathleen Murty
 Meredith & George Pixley
 Ann & Dennis Ruger
 Elizabeth & Kenneth Schirmuhly
 Teresa & David Schottler
 Kathy Simpelaar
 Corline, Dan, Sue & Joe Tersigni
 Stephen Tobey
Total Care Day Care:
Staff: Donna, Jen, Danielle,
 Allison, Gail, Joyce, Suzanne,
 Heather and Andrew
Families: Sood, Hennard,
 Ferrer, Stein, Alfieri, Fingar,
 Wood, Peper, Crozzoli,
 Sheppard, Rao, Daniels,
 Diakkov, Brunken, Kelley,
 Desmond

Helga White

Skip DeBiase
 Vassiliki Ford
 Emily White
 Anne Marie Petralia
 Caroline Schultz

Madge Wigton

Linda & Roger Bryant

Pat Williams

Joan Cornell
 Marlene & Rick Cornell

Lydia Woodruff

Kathy & Steve Friday

Mary Zacher

Ninfa Bailey

Visionary Circle \$1,000 - \$4,999

Richard Baum
 Boarding for Breast Cancer, Inc.
 & Josh Greene - The Lounge
 Eastridge HS - Patrick Flanagan
 & the S&E Marketing Class
 Flower City Dental Expo 2006
 Northeast Dental, RTG
 Dental Lab & Q Dental
 Group, PC
 'Laugh's the Cure' Production
 Hannah Adler, Sara Cotrupe,
 Auston Curtis, Pam Field,
 Tricia Hoyt, Erin Johnson,
 Rob Keim, Alissa Lamphrom,
 Jessie Lehman, Laura Libby
 McCall, Todd Rapp, Shahin
 Sadri, Greg Wright

Advocates Circle \$500 - \$999

ADT Security Services, National
 Dispatch Center
 Josephine Trubek
 Sarah Verna & ACME Bar

Pink Ribbon Circle \$100 - \$499

Club Muthers
 Sandra Dupre - Canandaigua
 National Bank
 Brian Lipszyc
 Sean Lovejoy
 Patnawon Thung & Jason Plaisted
 Donna Torpey - Group Tea
 Daniel Troup
 Women's Club of Webster

Friends' Circle \$50 - \$99

Janet Calabrese

Material Donations

Park West Women's Health PC
 Dr. Karen Duguid

Scarves Donated by:

Cindy Gust, MN

Fundraising Partners

A Different Point of View
 Creative Outlook
 Kim Kircher & Dorothea
 Hillis

Pink Ribbon Run Donors

Allstate Insurance Company
 Kathleen Zicari

Teed Off at Breast Cancer Golf Event

Brio Mediterranean Bistro North
 Executive South Family Golf
 Center - Charley Lookup
 Mill Creek Golf Club

United Way Donations - Donor Choice #2334

Mr. & Mrs. Michael Abraham
 Stacey Albert
 Lynda Ciminise
 Marvin Davis
 Martin Devlin
 Earl Frech
 Kay Gillan
 Cynthia Johnson
 Mary Kearns
 Candice Kramer
 Tom & Lori McJury
 Jill Mountain
 Theresa Naugle
 Jill Taylor
 Kimberly Zanni

We sincerely regret any errors contained in this listing. Please call BCCR at 585-473-8177 or email at info@bccr.org with any changes. Thank you!

Upcoming Events & Programs

'06

October

- 6 Brown Bag Friday
- 7 ARTrageous Affair Gala at the Riverside Convention Center
- 9 Gentle Yoga
- 12 Living with Metastatic Breast Cancer Support Group
- 13 Brown Bag Friday
Voices & Visions Writing Workshop
- 16 Gentle Yoga
- 20 Brown Bag Friday
Voices & Visions Writing Workshop
- 23 Gentle Yoga
- 25 Evening Seminar - Latest Technology in Reconstruction with
Dr. Howard Langstein, 7 to 9pm
- 26 Living with Metastatic Breast Cancer Support Group
- 27 Brown Bag Friday
Voices & Visions Writing Workshop

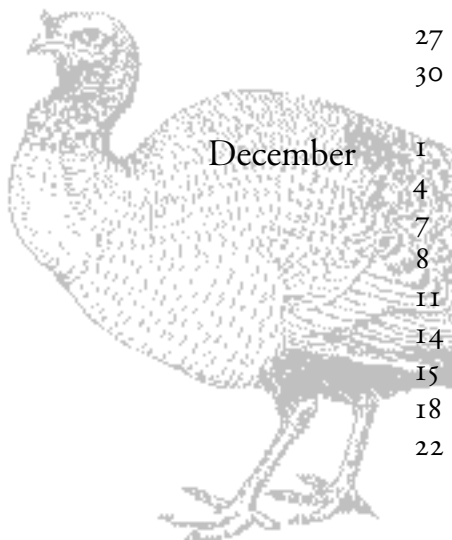


November

- 3 Brown Bag Friday
Voices & Visions Writing Workshop
- 6 Gentle Yoga
- 9 Living with Metastatic Breast Cancer Support Group
- 10 Brown Bag Friday
Voices & Visions Writing Workshop
- 13 Gentle Yoga
- 17 Brown Bag Friday
Voices & Visions Writing Workshop
- 20 Gentle Yoga
- 22 BCCR closes for Thanksgiving Holiday at 1:30,
reopens on Monday, November 27
- 27 Gentle Yoga
- 30 Living with Metastatic Breast Cancer Support Group

December

- 1 Brown Bag Friday
- 4 Gentle Yoga
- 7 Holiday Open House, BCCR Center, 6:30 to 9
- 8 Brown Bag Friday
- 11 Gentle Yoga
- 14 Living with Metastatic Breast Cancer Support Group
- 15 Brown Bag Friday
- 18 Gentle Yoga
- 22 Brown Bag Friday
BCCR closes for Christmas Holiday at 1:30,
reopens on Wednesday, January 3, 2007



Shop for BCCR Merchandise

We have many lovely things that can be enjoyed and benefit the Breast Cancer Coalition. What could be better? Check our website for items available, call, or visit us at 840 University Avenue, Rochester, NY (585-473-8177)

Online ordering through Paypal is now available!

Comfort Hearts – These beautiful pewter hearts offer comfort to many. - \$10



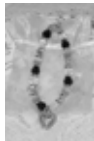
Wear one of our new boxing glove pins to show you are part of the fight against breast cancer! In brown. \$3



Pink Ribbon Magnet Tins - \$5



Bracelet of Hope – Handmade glass & sterling bracelet in a gift bag - \$20



Bookmarks –Made by local artists Kim Kircher & Dorothea Hillis.

Available in gold or silver finishes.
\$5 small, \$10 large



Pink Jelly Bracelet – very popular! - \$2



We have pink ribbon car magnets again too!
\$2 each



Remember
the
BCCR Library:

Browse,

Borrow,

Read!



Take Action!

Become a Supporter of the Breast Cancer Coalition of Rochester by making a donation today!

Your donation will ensure that you will receive a subscription and invitation to all general meetings, educational forums, and special events. Additionally, you will help support our goal of creating an active voice in the Greater Rochester Region in the fight against breast cancer through advocacy, education, support and research.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Fax _____

E-Mail _____

- \$5000 Founder's Circle
- \$1000 Visionary Circle
- \$500 Advocate's Circle
- \$100 Pink Ribbon Circle
- \$50 Friend's Circle
- \$25 Contributor's Circle
- \$ Other
- I cannot afford to make a donation at this time but would like to be on your mailing list.

Gifts \$100 or more receive a free Comfort Heart. Gifts of \$500 or more receive a free Comfort Heart and a free T- Shirt!

I would like to make an additional gift of \$ _____

In Honor of _____

Memory of _____

Please send acknowledgement to: (name and address) _____

Payment Choice

Check, Money Order Visa/MasterCard/AmEx

Amount Enclosed \$ _____

Credit Card No. _____

Expiration _____

Signature _____

Name on Card _____

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

We are seeking volunteers ...

The BCCR needs four volunteers to distribute donation envelopes to Monroe County funeral homes. Each volunteer will cover one quadrant of the county, making sure that donation envelopes are in supply and available.

Your help can assure that those who wish can remember their loved one and others affected by breast cancer through supporting BCCR's local efforts.

Please call Barb at the BCCR at 585-473-8177 for more information.

Thank you!



Non Profit Information

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

Our organization's non-profit identification number is 2334.

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

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

*Voices of the Ribbon
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Rochester, New York 14607

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