

# VOICES of the ribbon

**B**reast  
**C**ancer  
**C**oalition of  
**R**ochester

Volume 9 Number 2

Summer 2008

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Once again, the crowds turned out by the thousands to aspire, inspire and perspire for the 7th Annual Pink Ribbon Run and Family Fitness Walk. As the sun rose on Mother's Day, Ontario Beach Park was already a hub of activity as our dedicated volunteers began to gather under a cloudless sky. "Staff" t-shirts were distributed and each enthusiastic soul... parking attendants, greeters, registrars, road marshals and others... took off running with their lists of objectives. By 9:00 a.m., the crowd had grown to thousands of runners and walkers made up of breast cancer survivors, friends, family members, moms, dads, kids, and teams of all sorts.

As the runners took their marks, spirits soared and the crowd quieted. BANG! And they were off! Congratulations to the winners of the race and to the throngs of people who followed. There was hardly a dry eye as spectators eyed the participant's back signs... walking/running in honor or in memory of a loved one. The crowd buzzed with excitement and, as one runner, Karen Morris, put it, "The day was glorious

*We Aspired, We Inspired, We Perspired!*



(sunny and warm), the field of participants large and excited, and the scenery was lovely waterfront vistas in the Charlotte Beach area. These features, however, could not trump a bittersweet aspect of the event. The statistic that one out of every eight women will contract breast cancer hits very close to everyone's home."

Morris ran in memory of her friend, Marcia McDowell, who died of breast cancer this past year and in honor of another friend, Lila Bluestone, who is a six year survivor.

This was the best year ever... in both spirit and spunk! This year's participants raised over \$125,000 in net proceeds in support of the work of the Breast Cancer Coalition of Rochester! ♡

*See p.18-19 for the photo montage and list of supporters!*

## VOICES of the Ribbon

The Newsletter of the  
Breast Cancer Coalition of Rochester

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

### *Board of Directors:*

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Online at [www.bccr.org](http://www.bccr.org)

# Our Executive Director



*Holly Anderson*

The Breast Cancer Coalition was recently excited to learn that we have been selected as one of ten community-based breast cancer organizations from around the state to receive funding from the New York State Department of Health for our PALS Project. The PALS (Peer Advocates Lending Support) Project is a program that would provide a peer mentor and a pack of goodies to those who are newly diagnosed with breast cancer in the Greater Rochester Region.

Having a carefully selected PALS mentor, someone who is fluent in the language of breast cancer and who has learned to navigate the unfamiliar terrain, can make the experience more manageable, even empowering, to many of those who are newly diagnosed.

The PALS mentors will serve as role models and will help those just beginning the journey to gain an understanding of the language of breast cancer and its treatment, identify support services in the community, direct them to appropriate programs and resources, and listen in a patient, non-judgmental manner.

According to New York State Department of Health Cancer Registry, there are approximately 600 new incidences of breast cancer each year in Monroe County. This is our targeted population, along with a smaller number of individuals living in our surrounding counties. We anticipate serving a wide spectrum of the newly diagnosed from all walks of life, as well as some who find us later on during their course of treatment.

*continued on page 26*

## Save the Date!

*Breast Cancer Coalition of Rochester presents:*  
**The Fifth Annual Terri Schmitt Legislative Reception**

Thursday, August 21, 2008  
4:00-7:00 P.M.

Meet with our elected representatives and members of the breast cancer community in a relaxed, open forum. Light refreshments will be served

The Breast Cancer Coalition of Rochester  
840 University Avenue Rochester, New York

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

## *Friendship Blossoms at BCCR*

*written by Pat Battaglia*

“I get by with a little help from my friends.” John Lennon’s words ring true no matter who you are or where you are in life, but they take on a special meaning in the face of a breast cancer diagnosis. There is a bond that exists between women who travel this road together, a feeling of camaraderie and mutual trust among those who have faced similar fears. Sometimes that link deepens into true, lasting friendship. This point is beautifully personified in the bond between Pat Foucht and Bev Levy, who met by chance through their involvement with BCCR.

Bev was in mid-treatment when she first stopped by the BCCR office, which was located on Park Avenue at the time. She wanted information, and liking what she saw, expressed an interest in volunteering for the organization. Shortly after that visit, she received a phone call asking if she’d like to join the group from BCCR for Ad-



Bev Levy  
Pat Foucht



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*“I get by with a little help from my friends.”*

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vocacy Day on their annual bus trip to Albany to speak with legislators. She was delighted to accompany them.

Sitting near Bev on the bus was Pat, who had also connected with BCCR by walking into the Park Avenue office one day. The two began to talk and found they had a lot in common. Their diagnoses, although not exactly the same, were similar. There was much to share. Both women have two grown children, a son and a daughter each, who are close to each other in age. Each has a connection to Canada; Bev was born there, as was Pat’s mother. Their husbands share an interest in sailing. “We both talk a lot,” laughs Pat, and they filled the time on that long bus ride getting to know each other.

After Advocacy Day, the pair became members of the Artists Committee with the Rare Chair Affair (which has since evolved into the ArtRageous Affair). “We thought it would be interesting to work with artists,” says Pat. Their closeness and rapport grew as their involvement with BCCR continued. With a smile, Bev recounts that “After we became more active, we’d drag our husbands in to help at events.” She then adds, “They enjoy the people they’ve met.” The two couples now get together regularly

and enjoy such outings as dinners, RPO concerts, and sailing trips. Because of their mutual interest in the issues surrounding women with breast cancer, Pat and Bev are active members of BCCR’s Advocacy Committee.

The two women accompany each other to their yearly mammograms. At one of these visits, Bev was called in to get her results before her friend, even though Pat had finished first with her screening. Their husbands were in the waiting room as the women sat and wondered what the delay could mean. Pat urged Bev to leave. “No,” Bev replied, “I won’t leave until you find out.” It was finally revealed that a paperwork snag had caused the holdup, and Pat was fine. “Talk about support,” Pat says of her unwavering companion.

Two years ago, a diagnosis of fallopian cancer threw Bev for another loop. It has meant more surgery, more treatment, and more uncertainty for her. Pat has been by her side throughout her ordeal. “Nobody really understands what you’re going through until they’ve gone through it themselves,” says Pat of her resolute commitment to her friend. Bev is grateful, saying that “Pat has been very supportive, as have many BCCR members”

*continued on page 8*



News on

# Our Tenth Annual Breast Cancer Advocacy Day in Albany with the NYS Breast Cancer Network

Advocacy Day 2008 - Kelli Schwert

This is a poem about Advocacy Day when we arose in the morn and hopped on the bus  
bleary-eyed at 5:00 a.m.,  
for at least the most of us.

We had a mission to accomplish  
tasks to do, people to meet  
and, hopefully, with our stack of evidence  
knock those peeps in Albany offa their feet.

Our missives were color-coded (lavender,  
goldenrod, azure)  
our objective was tried and true,  
to have understanding, support, ACTION  
and not to stand long in a queue.

Good news! The elected-officials  
were receptive

impressed with our organizational skills  
I was there a smiling representation  
of a horrible disease that kills.

I say that in jest, of course  
'cause I'll never be happy to have it.  
My mets\* is chewing up my body  
like a voracious, underfed rabbit.

However, we got their attention!  
We shared our info and talked  
everyone told their story and our  
representatives listened  
and at the marble halls we gawked.

I'll surely make the next trip  
no matter when it is  
even if I'm tied to an IV pole  
or tired out like this.

\*Metastatic Breast Cancer

This poem has been condensed. For the full version please see our website's advocacy page at [www.bccr.org](http://www.bccr.org)

written by Eileen McConville

We all thought we knew what we were getting ourselves into when we signed up to take a bus to Albany on April 8th for the New York State Breast Cancer Advocacy Day. We knew we'd be getting up when it was still dark in order to get to the bus by 5am. We knew we'd be meeting up with women and men from other New York State grassroots breast cancer organizations to hear about what bills the Network has asked us to speak to our legislators about. We knew it would be a long, tiring day, and that we wouldn't get home until it was dark out again!

But what we maybe didn't know was that the day would be filled with a

range of emotions, information, laughter and fun. Some of us even were invited to the Capitol building by Senator Nozzolio to get a bird's eye view of the Senate while they were in session!

Yes, Advocacy Day is serious business, where we discuss important bills and initiatives with our elected officials.

But many of the

senators, assembly members and their staff have become good friends and supporters of the BCCR, and we truly look forward to these opportunities to sit



Kathi Burton enjoying the bus ride.

*This year we asked our elected officials to support two bills:*

-One related to health insurance coverage for the treatment of lymphedema by certified lymphedema therapists.

-And one to establish a statewide health tracking and biomonitoring program that will help compare health data and environmental data in order to track cancer and other diseases on a geographical basis.

*There are also three policy reforms the Network is calling for:*

1. Expansion of the Breast and Cervical Cancer Treatment Program
2. Building health literacy capacity.
3. A New York Healthy and Green Purchasing Initiative.

We know that the current bills and initiatives on our agenda may take some time to get passed into laws and policies, but we will willingly get on that bus as many times as we have to in order to see that happen!

If you're interested in learning more about these state initiatives, please contact the BCCR at 473-8177 or visit the NYSBCN website at [www.nysbcn.org](http://www.nysbcn.org)



Our advocates in Albany.

*continued on page 8*

## April is Advocacy Month at BCCR!!

*written by Jean Lazeroff*

After meeting with state lawmakers and their aides in early April, eleven members of the Advocacy Committee and Board of Directors woke before dawn and headed to Washington, DC for four days of learning and advocacy at the National Breast Cancer Coalition's Annual Advocacy Training Conference. This year breast cancer advocates from all over the United States as well as other nations gathered at the Marriott Renaissance Hotel from April 26th to April 29th to listen to informative plenary sessions, attend stimulating workshops, and bring NBCC's legislative priorities to our representatives on Capitol Hill.

Each year the NBCC establishes legislative priorities that are shared with lawmakers on Lobby Day. Progress on these priorities is then monitored by NBCC and breast cancer advocates throughout the legislative session. This year NBCC's legislative priorities are: 1. Guaranteed access to quality health care for all, 2. \$150 million in fiscal year 2009 for the Department of Defense Breast Cancer Research Program, 3. Enactment of the Breast Cancer and Environmental Research Act and, 4. Preservation of the Medicaid Breast and Cervical Treatment Program.



Lila Bluestone, Val Tehan and Jean Lazeroff



Above: Advocates visit Capitol Hill.



Anne DaSilva Tella and Marianne Sargent



Patsy Robertson, Tracy Brown, Mel Bianchi

### Priority #1

Guaranteed access to quality health care for all has been a top priority for NBCC since the organization was founded in 1991. At this year's conference NBCC's president, Fran Visco, unveiled the NBCC framework for quality health care. She told the audience that a health care system that is built on this framework will:

- Provide a basic benefits package that is comprehensive and based on sound scientific evidence;
- Maintain continuity of coverage;
- Be efficient and cost-effective;
- Be fully-funded through shared financial responsibility;
- Be sustainable and affordable.

The health care system must be accountable to the users and the public. A system must be established to:

- Evaluate and support development of medical evidence for health interventions upon which coverage will be based;
- Support ongoing and continuous comparison of interventions to ensure access to appropriate and cost-effective health care;
- Modify and expand current benefits, as appropriate, based on evidence.

The presentation of NBCC's framework for quality health care was followed by the Presidential Politics and Health Care plenary session where representatives of Senators John McCain, Barak Obama, and Hillary Clinton responded to questions for the moderator regarding their candidate's proposal for health care reform.

*continued on page 8*

# *Sharing & Caring* at the Advanced Breast Cancer Seminar



Our moderator Jennifer Griggs MD.

## *“Advanced Breast Cancer: Tools for the Journey”*

Once again, those living with advanced breast cancer, along with the friends, family and care providers who support them, turned out for the fifth annual Cindy L. Dertinger “Advanced Breast Cancer: Tools for the Journey,” our annual seminar focusing on the latest treatment and management of metastatic breast cancer.

While extensive support and information networks are in place for those with primary breast cancer, it has been more difficult for those with metastatic disease to find the resources they need. Last year’s media frenzy surrounding the discovery that Elizabeth Edwards’ breast cancer had metastasized to the bone made it painfully clear to the public that recurrence does indeed happen and that some of us will not get to walk away following treatment for primary disease. This seminar, held at the Memorial Art Gallery each year and sponsored by M&T Bank and Assemblymember Susan John, was the place to hear the latest information about what treatments are available and what is just over the horizon.

Moderated by Dr. Jennifer Griggs, Director of the Breast Cancer Survivorship Program at the University of Michigan, the afternoon began with Cecilia Lawlor, MS, NP of the Pluta Cancer Center, who presented “Emerging Medical Therapies,” followed by Dr. Susan Bukata, a specialist in Orthopedic Oncology at the University of Rochester, who presented “Treatment of Bone Metastases.” Dr. Timothy Quill, Director of the Center for Ethics, Humanities and Palliative Care at the University of Rochester, presented “Living Life Fully: Maximizing Quality of Life in All Phases of Treatment.” Presentations about living with Metastatic disease were given by breast cancer survivors Ann Ellis and Laurie Pask. Following the midday break, participants learned some yoga poses and meditation from Susan Meynadasy, our yoga teacher extraordinaire.

Thanks to all of our amazing presenters, along with all of you who attended, it was an afternoon of enlightenment and illumination that, hopefully, gave many of us the tools needed to tackle the journey ahead with optimism and hope. ☺

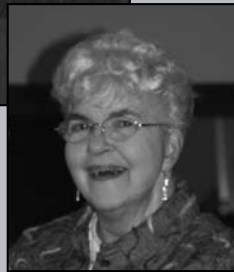
Carole  
Ruhland  
of Buffalo  
and  
Phyllis  
Connelly



Dr. Timothy  
Quill



Dr. Susan  
Bukata



Ann Ellis



Dr. Jennifer Griggs (center) with  
friends Natalie Hudaszek, Ann Riemer,  
Miriam Ackley, and Cathy Picciotti



Lila Bluestone and Nancy Cooper



Cecilia Lawlor, NP



Holly  
Anderson,  
Laurie  
Pask and  
Marsha  
Gross, NP



Bob Riter and Ann Carter of Ithaca



Laurie Pask

---

*Funding Provided by:*

M& T Bank  
Assemblywoman Susan John

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*Community Cosponsors:*

Jon Dertinger  
Cancer Resource Center of the  
Finger Lakes  
Gilda's Club of Rochester  
Highland Breast Imaging  
Lipson Cancer Center  
Pluta Cancer Center  
Roswell Park Cancer Institute  
Wilmot Cancer Center

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*Committee Members:*

Holly Anderson  
Tracy Brown  
Sara Cardillo  
Mary Casselman  
Jon Dertinger  
Michelle Gasbarre  
Niki MacIntyre  
Joanne Janicki  
Therese O'Connor  
Barb Pifer  
Bob Riter  
Carmen Signorino  
Sue Swift  
Susan Vetter

---



*Friends cont.*

Bev and Pat continually nurture their friendship, keeping up their warmhearted communication through talks on the phone and doing pleasant things together. "We feel comfortable sharing with each other," comments Bev, and Pat adds "We've made a social relationship out of a nasty situation."

BCCR provides a gathering place for women who've heard the fateful words, "You have breast cancer," to meet others who've been down the same road. The support gained during this life changing experience is priceless. Many friendships have had their beginnings in this safe, nurturing space. For Bev, it's been "...so helpful to have Pat and BCCR," and Pat sums it up perfectly by saying "At BCCR, everyone understands." It isn't a guarantee that those who turn to BCCR will find a soul sister, but it's certain that they will be empowered to face their diagnoses with a strong group of women standing behind them; women who've "been there." ☞

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**I wish I had known:**

*"That girlfriends come through."*

*"That having positive lymph nodes does not mean the end."*

*-Berry*

*Albany advocacy day cont.*

with them and discuss these issues. They respect not only our organization, but our opinions, our history, our intelligence, and our mission – and we, in turn, have the utmost respect for them. Every time we make the trip to Albany, we expand existing or build new friendships with each other, sharing our stories, our joys and sorrows, and a lot of laughs on that bus!

We were able to thank our legislators this year for two very important pieces of legislation that the Network had been advocating for over the last several years; the Health Research Science Board will now have three breast cancer survivors as voting members, as well as three non-voting breast cancer survivor members. And the Survivor Support Initiative was passed this last year, which authorizes the awarding of grants by the commissioner of health to community-based organizations which provide counseling, education and outreach programs to persons diagnosed with breast cancer. ☞

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*Washington advocacy day cont.*

### Priority #2

\$150 million for fiscal year 2009 for the Department of Defense Breast Cancer Research Program. As a result of NBCC's advocacy and strong bipartisan leadership on Capitol Hill, more than \$2 billion has been invested in this competitive peer-reviewed research program. This innovative program has changed the world of breast cancer research and the program's unique grant opportunities have led to ground breaking scientific advances. Currently 214 bipartisan members of the House of Representatives and 57 Senators have signed letters supporting \$150 million for this program in fiscal year 2009.

### Priority #3

Enactment of the Breast Cancer and Environmental Research Act (BCERA). This bill was first introduced in 1999 and is long overdue for passage. This bill would establish a national strategy for investigating the impact of environmental factors on the development of breast cancer. BCERA would fund competitive, peer-reviewed, collaborative research through a process that includes consumer and community participation. This has broad bi-partisan support and was passed by the Senate Health, Education, Labor, and Pensions Committee. Senate Majority Leader Reid has vowed to get this bill passed this year. He has twice brought it to the Floor for a vote and each time one Senator has stopped the bill from moving forward. Fran Visco said "NBCC is confident that he (Reid) will be successful in overcoming this barrier so that this important bill can be passed this year." ☞





*calling* **all Artists!**

use your

*COURAGEOUS  
Imagination*

and donate an  
ARTrageous piece  
of artwork to the

Breast Cancer

Coalition of

Rochester's 2008

ARTrageous Affair.



For more information,  
e-mail [kim@bccr.org](mailto:kim@bccr.org) or  
call (585) 473-8177.

COURAGEOUS SPIRITS *creative souls*

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

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

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

*Thank you!*

# Sponsor! Support! Attend!

the 2008 ARTrageous Affair COURAGEOUS SPIRITS *creative souls*

Saturday, October 18th, 2008 at the Crowne Plaza Hotel



## Regina Brett's 45 Life Lessons and 5 to Grow On

In 1998, award winning journalist Regina Brett was diagnosed with breast cancer. Regina had a prophylactic double-mastectomy. While going through chemotherapy and radiation treatments, she wrote extensively and candidly about her experiences in *The (Akron) Beacon Journal*. For that effort, Regina won the prestigious National Headliner Award in 1999

In 2008, Regina was one of two finalists for the Pulitzer Prize for Commentary "for her passionate columns on alienated teenagers in a dangerous city neighborhood. Regina is also the winner of the 1996 first place humor writing award from the National Society of Newspaper Columnists. Regina also received the Batten Medal, awarded by Knight-Ridder "for lifetime achievement." She has also received numerous writing awards from the Cleveland Press Club, Society for Professional Journalists and the Ohio Associated Press.

Regina has a bachelor's degree in journalism from Kent State University and a master's degree in religious studies from John Carroll University. She is also a past president of the National Society of Newspaper Columnists. Regina is married and has a daughter and two stepsons. Her columns, including the columns submitted for her Pulitzer Prize finalist award, can be accessed on the Internet at [www.reginabrett.com](http://www.reginabrett.com).

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- 1 \_\_\_\_\_
- 2 Life isn't fair, but it's still good.
- 3 When in doubt, just take the next small step.
- 4 Life is too short to waste time hating anyone.
- 5 Don't take yourself so seriously. No one else does.
- 6 Pay off your credit cards every month.
- 7 You don't have to win every argument. Agree to disagree.
- 8 Cry with someone. It's more healing than crying alone.
- 9 It's OK to get angry with God. He can take it.
- 10 Save for retirement starting with your first paycheck.
- 11 When it comes to chocolate, resistance is futile.
- 12 Make peace with your past so it won't screw up the present.
- 13 It's OK to let your children see you cry.
- 14 Don't compare your life to others'. You have no idea what their journey is all about.
- 15 If a relationship has to be a secret, you shouldn't be in it.
- 16 Everything can change in the blink of an eye. But don't worry; God never blinks.
- 17 Life is too short for long pity parties. Get busy living, or get busy dying.
- 18 You can get through anything if you stay put in today.
- 19 A writer writes. If you want to be a writer, write.
- 20 It's never too late to have a happy childhood. But the second one is up to you and no one else.
- 21 When it comes to going after what you love in life, don't take no for an answer.
- 22 Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
- 23 Overprepare, then go with the flow.
- 24 Be eccentric now. Don't wait for old age to wear purple.
- 25 The most important sex organ is the brain.
- 26 No one is in charge of your happiness except you.
- 27 Frame every so-called disaster with these words: "In five years, will this matter?"
- 28 Always choose life.
- 29 Forgive everyone everything.
- 30 What other people think of you is none of your business.
- 31 Time heals almost everything. Give time time.
- 32 However good or bad a situation is, it will change.
- 33 Your job won't take care of you when you are sick. Your friends will. Stay in touch.

33

Believe in miracles.

34

God loves you because of who God is, not because of anything you did or didn't do.

35

Whatever doesn't kill you really does make you stronger.

36

Growing old beats the alternative - dying young.

37

Your children get only one childhood. Make it memorable.

38

Read the Psalms. They cover every human emotion.

39

Get outside every day. Miracles are waiting everywhere.

40

If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

41

Don't audit life. Show up and make the most of it now.

42

Get rid of anything that isn't useful, beautiful or joyful.

43

All that truly matters in the end is that you loved.

44

Envy is a waste of time. You already have all you need.

45

The best is yet to come.

46

No matter how you feel, get up, dress up and show up.

47

Take a deep breath. It calms the mind.

48

If you don't ask, you don't get.

49

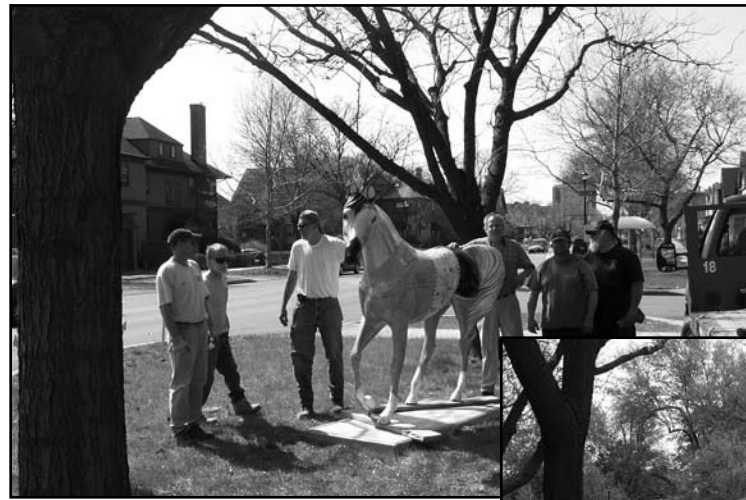
Yield.

50

Life isn't tied with a bow, but it's still a gift.



## Look Who Just Rode Into Town!



Our friends from Morse Lumber installing the horse.

Below: Mike and Bo Morse hard at work.



### "Warrior" Horse

#### Horse Underwriters

Holly & Tom Anderson  
Peg & Howie Jacobson

#### Horse Artist

Hollis Biggs Garver

#### Horse Donors

##### Gold (\$2500)

Sue Vanderstricht

##### Silver (\$1000)

Harvey & Marilynne Anderson  
Richard & Melisande Bianchi  
Dr. Christopher & Elizabeth Caldwell  
James & Sylvia Cappellino  
Melinda Goldberg & Ron Turk  
Stephanie & John Manilla

##### Bronze (\$500)

Richard & Patricia Chiarenza  
Richard & Kathy Clark  
Dr. Stamatia Destounis  
Dr. Jennifer Griggs  
Dr. Avis O'Connell & Tim O'Connor

##### Pink (\$250)

Gary & Linda Acker  
Griffin Anderson  
Ian Anderson  
Morgan Anderson  
Zachary & Jamie Anderson  
Mitch & Michelle Bessette  
Nancy & Randy Bianchi  
Angelo & Judy Bianchi  
Lila Bluestone  
Alex Cheek  
Tom & Maria Cook  
Sam & Marlene Dattilo  
Wanda & Lee Edgcomb  
Jack & Judy Gilbert  
Susan Hollister  
Dennis & Theresa Kennelly  
Paula Martin  
Mark O'Grady  
Michael Ringrose  
Paul & Cathy Shapiro  
Joyce Wichie & Steve Berke  
George & Janet Wolf

## I wish I had known:

*"That having the now-moved belly button "off" by a half inch would bug me (Had I known, I would have marked where I wanted it :-)" -Berry*

Vitamin D (also known as Vitamin D3, cholecalciferol, vitamin D2, ergocalciferol) has been in the news quite a bit lately as more research emerges demonstrating that people who are less exposed to sunlight and have lower levels of vitamin D as a result are more likely to develop breast cancer and other forms of cancer. More recently, some research has found that calcium and vitamin D may help protect premenopausal women against breast cancer, however more studies are needed. The most convincing evidence comes from studies of vitamin D and colorectal cancer, which have shown that higher levels of the vitamin can reduce the risk of developing and dying from colorectal cancer. Vitamin D helps the body absorb the calcium that is essential for good bone health. This is especially important for menopausal women and women taking an aromatase inhibitor to treat breast cancer, since bone loss can be a side

1. Incorporate vitamin D-rich food
2. Supplement daily with vitamin D
3. Enjoy safe sun 15 minutes on hands a few times a week

effect of aromatase inhibitors. Good calcium absorption also can help reduce bone weakening caused by certain chemotherapy medications.

The standard recommendation is that people younger than 50 get 200 international units of vitamin D per day. 400 international units per day is recommended for those aged 50-70, and 600 international units per day is recommended for people older than 70. The typical multi-

tamin contains 400 international units of vitamin D. Adults who want to reduce the risk of broken bones should take 400-800 international units daily, along with calcium. Vitamin D also is found in food products such as fish, eggs, and fortified milk and cereals (see box). The human body also produces vitamin D when exposed to sun, something many Rochesterians would love to see more of!

Too much vitamin D -- more than 2,000 international units daily -- can lead to having too much calcium in the blood. Over time, calcium deposits can affect soft tissues such as the heart and lungs. Other risks include kidney stones, nausea and vomiting, confusion, muscle weakness, poor appetite, and weight loss. Enjoying safe sun for 15 minutes at a time a few times a week and incorporating a vitamin D-rich diet can lead to enhanced health!

Sources:

*The Breast Journal*, May-June 2008

University of Chicago, San Diego

(<http://www.ucsd.edu>)

*Living Beyond Breast Cancer*

([www.breastcancer.org](http://www.breastcancer.org))

## Vitamin D-rich foods include:

**D**

wild salmon 3oz. = 420 IU  
atlantic mackerel 3oz. = 320 IU  
sardines 1 can = 250 IU  
shrimp 3oz. = 150 IU  
skim & 1% milk 1 cup = 100 IU  
shitake mushrooms 4 items = 260 IU  
fortified yogurts 1 cup = 80 IU  
fortified cereals; multigrain cheerios 1 cup = 40 IU; post bran flakes 1 cup = 40 IU; kashi vive 1 1/4 cups = 80 IU

### Supplement Suggestions:

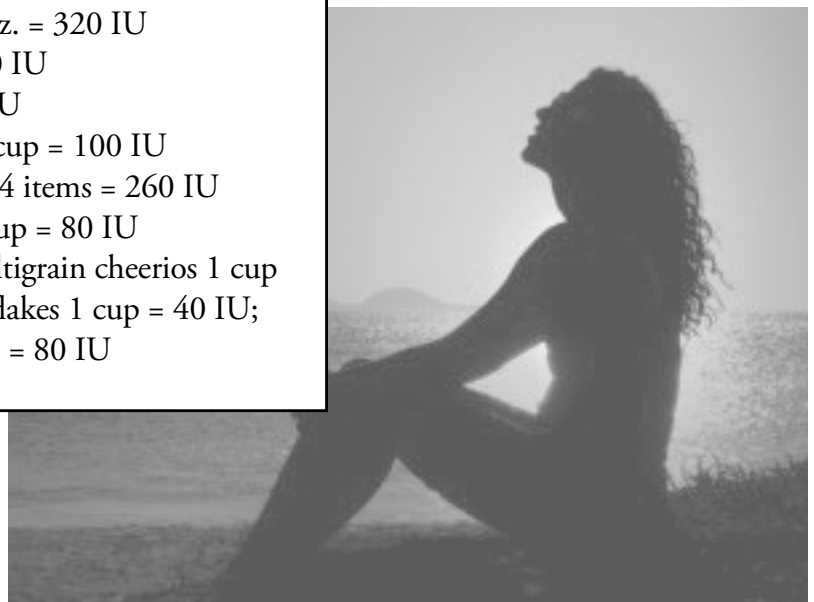
Multi vitamin - 400 IU

*For those taking extra calcium:*

Citrocal + D

Caltrate 600-D+

Turn to back page for a delicious recipe high in vitamin D.



## *Radiation on a Rainy Day*

Lazy summer rain kisses pavement  
as I walk from car to gantry  
I know where shade on any other day  
will have wandered by the time I leave.

Enslaved in the ritual, I brave the rain  
to enter a room bathed in shadows.  
Soft lights, gentle music, and hard science await  
with a table on rails and monstrous equipment.

Today's technicians position my body carefully,  
referencing doctor's orders.  
They retreat behind thick walls. Watching. Listening.  
Exposed, I cannot hide. I must lie very, very still.

The gantry responds with alien grace to computer programs  
tailored to my body, my shape, my former privacy.  
A buzzer warns of piercing rays and I lie very, very still,  
imagining the day when I can leave and stay away.

Free at last - until tomorrow - I chuckle at people  
hurrying through cold rain to my exit.  
Last year I'd have sported an umbrella, knowing full well  
hair would wilt despite ample gel and spray.

A smile shines behind my eyes because velvet fuzz  
has grown into baby fine softness, half an inch long.  
Too short to style, this is a different kind of freedom.  
No need to hurry or worry about umbrellas today.

Instead, I slip through the falling sky towards my car,  
naked face upturned, defiance and acceptance dancing through my thoughts.  
A moment of optimism catches me and with moisture in my eyes  
I finally sense a glimpse of sunshine to come.

*Angela Patterson, 2007*

*Diagnosed with breast cancer in March 2006, Angela Patterson gave birth 10 days later. Enduring chemotherapy and then radiation with an infant in the house taught her how resilient the human spirit can be. Writing essays and poetry helped her cope. Now in full remission, Angela volunteers with the Breast Cancer Resource Center in Austin, TX and reminds people whenever she can how beautiful and strong they are.*

*Read Angela's blog at: <http://angelthepinktiger.blogspot.com>*

*Thank you Angela for sharing this beautiful poem with us!*

# Program Coordinator's Update



Tracy Brown

The weather continues to improve here in Rochester and for many of us it's time to shake off the chill and stretch our bodies. On most Monday evenings you will find breast cancer survivors doing just that and enjoying Gentle Yoga with instructor Susan Meynadasy. Susan has been leading yoga classes here at BCCR for three years. This popular wellness class is offered in six-week sessions and registration is required. It is also free.

Perhaps you have considered taking a yoga class, and you might wonder if it is for you. I recently chatted with Susan and asked her to tell me a little more about the yoga

“experience” here at BCCR.

I learned that Gentle Yoga participants experience even more than the physical benefits of stretching or lightly challenging the body. Some participants have found that they have improved range of motion in their arms and shoulders. Still others have seen marked improvement in their ability to rise up from a low or seated position. And while yoga is not a substitute for medical care, it can frequently be integrated into your wellness program in order to make a positive impact on your overall health and fitness.

Yoga has other benefits. While undergoing treatment for breast cancer, yoga appears to enhance emotional well-being and mood and may serve to buffer deterioration in both overall and specific domains of quality of life. [1]

Our Gentle Yoga participants range from those in active treatment to women who are many years out.

Of course if you are in active treatment, we strongly recommend that you speak with your healthcare team before beginning any exercise program or new physical activity.

Don't worry about being a yoga novice – we are pleased that women of all experience levels come together in one class. Remember, this class is tailored to meet the needs of breast cancer survivors at different stages in their journey. For example, some women find that using a chair for certain positions help them reap the benefits of the particular pose.

Susan shared that yoga participants are also introduced to “mindful eating” – usually with a piece of chocolate as the food of focus. In our hurried world, how many of us eat lunch at our desk, or grab something on the go? Mindful eating is one way to slow down and appreciate the food that fuels our bodies.

I learned that women are coached through a soothing relaxation at the end of every class. What a wonderful way to wind down! We all can use some good relaxation techniques!

*continued on page 17*

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## *Alison Currie Climbs Mt. Kilimanjaro*

My 14 day trip to Tanzania, Africa to climb Mt. Kilimanjaro was a once in a lifetime experience. The local guides and porters were extremely knowledgeable and kind. Our group of 23 cancer survivors and associated family members required the assistance of 47 porters to transport all the necessary gear, tents, food, etc. for our eight day climb. Each individual was responsible for carrying their own equipment for the day but it goes without saying that we had the easier task.

The daily hiking, at a minimum 6 hours, was challenging yet fun.



The terrain changed constantly from rain forest to moors to highlands to alpine desert and finally to what seemed like the surface of the moon. I reached the 19,340 ft summit on

March 1st and this photo of me and Mohammed #2, one of our guides, is my proof. After the climb, we enjoyed a photo-safari and saw an amazing variety of wildlife. To prevent us from being total tourists, we brought over school supplies for the Bulati school, pooled our resources to fund university studies for one of our porters, and visited and donated to a local orphanage.

I want extend a big THANK YOU to my fellow survivors at BCCR for all their support and encouragement.

*Alison Currie  
Breast Cancer Survivor, Class of 2006*

Writer Nancy Roth, whose surgeon has told her she is now “cured” (unlike Mount Kilimanjaro), intends to live a long and healthy life in Oberlin, Ohio. One of the goals of her work is to help people become aware of their impact on the web of nature that supports life on earth, including their own. She is working on her fourteenth book--a series of essays on ethics and the environment. Her website is [www.revnancyroth.org](http://www.revnancyroth.org).

On Friday of the week the ice-cap of Mount Kilimanjaro melted, I entered a hospital for removal of part of my left breast. Although I was not nearly as well endowed as the African mountain, I suspected that our losses had similar causes. When I audited one of David Orr’s environmental studies classes several years ago, I had scribbled in my notebook, “Human society is embedded in nature. When we abuse nature, we are compromising our own well-being as well.”

Everyone agreed that I was an unlikely candidate for the disease. There was no family history of breast cancer, and I had eaten carefully and exercised vigorously all my life, had two pregnancies and had breast-fed my children. Cancer was an unbelievable and unwelcome surprise.

During the week which began with the announcement about Kilimanjaro’s icecap and ended with my surgery, a sense began to grow within me that these were not disconnected events. Since 1912, the ice fields described by Ernest Hemingway as “wide as all the world, great, high, and unbelievably white in the sun” have lost 82 percent of their ice, and it is predicted that these great

glaciers may be gone entirely by 2020. Scientists attribute this both to climate change and to other human activities, such as the clearing of forests by farmers, and the setting of fires by honey collectors trying to smoke bees out of their hives.

Researchers are scrambling to collect core samples of Kilimanjaro’s glaciers, to store in freezers until more sophisticated technology is available. It has been suggested that it might be possible to cover the mountain’s ice cap with a kind of prosthesis: a bright white cover (inspired by those used in England to protect cricket fields from the elements) to serve as a membrane to seal the glaciers, prevent evaporation, and reflect solar radiation.

It has always puzzled me that the appeals I have received over the years from various cancer organizations emphasize “finding a cure.” Although I am the last person who would suggest that researchers abandon that goal, I have always wondered why the wording isn’t something else: “Help us find the cause of cancer,” for example. I would like researchers to discover what toxins were in the food I ate or the water I drank, what poisons were in the air I

breathed, what radiation bombarded me--so that a single healthy cell went haywire. Grateful as I am for the medical skill that has cured me, to neglect what scientists call the “etiology” of a disease sounds like a case of what my grandmother, who grew up in the days before automobiles and garages, called “locking the barn door after the horse is stolen.”

The snow will never sculpt the top of Kilimanjaro again, nor will my missing few ounces of flesh be restored as good as new. I cannot claim that the change in my own profile will have nearly the impact that Kilimanjaro’s will have. In the case of the mountain, it is predicted that visits by tourists and climbers will begin to dwindle, and that the local economy will be undermined, melted along with the snow.

But I have decided to claim Kilimanjaro as a partner in loss, and take some comfort in acknowledging my solidarity with her. We have been connected through our vulnerability. We are soul-sisters. ♡

(c)2005 Talking Leaves  
Summer/Fall 2005  
Volume 15, Numbers 2 & 3  
Deep Ecology, Permaculture, & Peace

## *A Creative Outlet For Breast Cancer Survivors*



In February, Genesee Pottery, a program of The Genesee Center for the Arts and Education, started an Introductory Pottery Class for Breast Cancer Survivors. The class is conducted by an experienced instructor who has also recently experienced breast cancer, and is offered for the cost of materials only.

In the first class, six enthusiastic students learned to throw simple clay forms like bowls, mugs, and plates on the pottery wheel. They also hand-built delightful scent bottles from clay pinch pots. Along the way, there were frank discussions of breast cancer experiences and mutual support among all members of the group.

The second ten week class session started in late April with a full complement of ten students. This class will be ongoing, with four class sessions per year. For more information, call the Genesee Pottery at (585) 271-5183.

# Our Fundraising Friends



## *Spares & Strikes Bowl Over Breast Cancer...*

The 6th Annual Bowl for the Cure was held on Friday, February 15th at Clover Lanes. Rochester WBA Director, Kathy O'Neill is proud to announce that this year's benefit was a tremendous, inspiring success and shattered past records, raising \$5,680.00!

96 teams stepped up once again to show their love and support for those afflicted with Breast Cancer. There were 14 breast cancer survivors on hand that received pink carnation corsages (thanks to the official florist of the Rochester Bowl For the Cure,



Dave Schum, Schum Florist, pinning Rochester USBC – WBA Hall of Famer Linda Swaney... and Marti Casper from Fickle looking on in the background...

Dave Schum of Schum's Florist) and a bottle of wine to start the evening off!

The night was packed with exciting raffles to take chances on, golf outings and many more outstanding raffle items! There were 50/50's as well as Silent Auction items, and many gifts that were handed out throughout the evening as way to say Thank You to the participants!



Action on the lanes

BCCR again this year, talking with participants, distributing literature and even joined in on the bowling!

Many thanks to all the wonderful volunteers that offered a hand for the night.

*Save the date for next year - February 20th 2009*

## *Memories From Victor High School's Think Pink Dance*



These special teens from Beth Thomas's leadership class at Victor High School chose breast cancer research as their focus for the fall semester, brainstorming ideas to raise money. They began with a tailgating party before their homecoming football game complete with pink ribbon shaped cookies and a kisses to beat cancer booth. They then finished the semester with a Christmas dance they called the Think Pink Dance. These creative seniors raised \$1,370.00 to donate to the Breast Cancer Coalition. These altruistic young leaders are definitely destined for great things! ♡



*We have recently been made aware of phone and door-to-door scams falsely representing the BCCR in our area.*

Please rest assured that we **DO NOT** make solicitation phone calls or go door-to-door asking individuals for financial donations.



And finally Susan spoke of one of the most important elements of this class: the kind support attendees show and give to one another. See, the women who enjoy Gentle Yoga at BCCR understand that not only is the woman on the mat next to them enjoying the benefits of the experience, but she's also a breast cancer survivor.

[1] Journal of Clinical Oncology, Vol 25, No 28 (October 1), 2007: pp. 4387-4395



To learn when the next six-week Gentle Yoga session begins, call 473-8177.

## *Are you on our mailing list?*

Is your e-mail address and/or phone number a part of our listing?

Please send us your information for our mailing list so that we can offer e-mail news as well as print news.

Send your information (full address or just your other details) to Tracy Brown at [Tracy@bccr.org](mailto:Tracy@bccr.org).

*Thanks!*

## I wish I had known:

*“To cut my hair short BEFORE it began falling out from chemo.” -Berry*

## Recent Events Here at BCCR



BCCR's Executive Director, Holly Anderson and Chairman of the Board, Joyce Witchie present Dr. Nicoletta Sacchi with a 2009 Research Grant Award of \$40,000.



BCCR's March program on Sentinel Node Biopsy with Dr. Christopher Caldwell.

BCCR's May program panel discussing "Family Matters".  
Miriam Iker, Ph.D., Jay Natoli, L.C.S.W. and Elizabeth Russell, L.M.S.W.





Devoted dad watches kids while mom runs.

*Close to 4,000 people joined us and enjoyed our 7th annual Pink Ribbon*



Betty Miller and Dee Miller (no relation)

# “ASPIRE,

**Event Director:**  
Debra Bonsignore

**Race Director:**  
Bix DeBaise

**Committee:**  
Holly Anderson  
Benita Aparo  
Melisande Bianchi  
Maria Biemiller  
Margie Bonsignore  
Traci Cahill  
Kathy Clark  
Phyllis Connelly  
Cindy Dykes  
Kim Kircher  
Jan Miller  
Charles Mullen  
Barb Pifer  
Luann Weinstein  
Joyce Wichie

# INSPI



Debra Bonsignore, Maureen McGuire, Marti Casper and little helper draw Wii raffle winner



Connie Schmeer and family

*For more great photos and the lists of our much valued volunteers and prize donors/ supporters see page 25.*

...ed the beautiful weather for  
...n Walk/Run.



Benita Aparo



RE,

PERSPIRE”



Cheryl Kieffer with the Wii she won at the Pink Ribbon Run



Denise Graver and Jeanette Atkinson, friends forever.



Senator Joe Robach, Isabella Fusilli and Assemblymember Susan John

A big thank you to our sponsors!!!

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- Shopping Bag Advertiser
- Rochester Business Journal
- Joe Bean Coffee

# Our Programs at the Breast Cancer Coalition of Rochester

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

## Brown Bag Fridays



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

## 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 12 breast cancer survivors. Advanced registration is required.

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



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

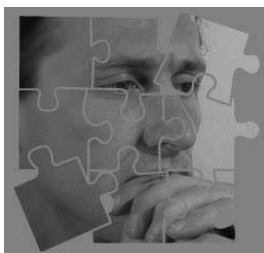
## The Sister Sak Project

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



## Men's Night

Facilitated by Jay Nittoli, LCSW, this group is for men whose wives, daughters, sisters, mothers or significant others have been affected by breast cancer. It meets on the 4th Thursday of every month from 6 to 7pm at BCCR, 840 University Avenue, Rochester, NY 14607. Please call (585) 473-8177 for more information.



## 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 2nd and 4th Thursday mornings each month at the BCCR. Participation in this group requires pre-registration.

### 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.

## Peer Advocates Lending Support: P.A.L.S. <sup>SM</sup>



Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. Women supporting women, partners supporting partners, families supporting families, all are central to this organization that is unique to the western New York region. Breast cancer survivors reach out to those who are new to the disease and also to their significant others, helping them connect to resources in the community, providing a foundation of caring and working hard to instill confidence and comfort in the face of a difficult time.

### Young Survivor Networking Group



The Young Survivors Networking Group is a hopping! 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.

### Breast Cancer Coalition of Rochester Support Group



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.

### BC 201



Modeled after Breast Cancer 101, these are one-on-one sessions for those who have been diagnosed with advanced breast cancer. New issues arising about diagnosis of breast cancer are dealt with on the same one-to-one basis as in BC 101. Maintaining a nurturing and supportive environment while providing a sounding board for treatment modalities and other issues is all part of BC 201.

# Book Review



By Pat Battaglia

Media reports about breast cancer are often conflicting and confusing. Is the rate of occurrence truly rising and how do we measure that? We also hear about chemical contaminants, emitted from a vast array of sources, which find their way into the air we breathe, the water we use, and the food we eat. What, if any, is the connection to cancer incidence? Is there anything we can do about it?

In pointed and well documented detail, Sandra Steingraber leads us on a journey to find the answers to these questions in her book, *Living Downstream: An Ecologist Looks at Cancer and the Environment*. As a scientist, researcher, writer, cancer survivor, and poet (she has published a volume of poetry entitled *Post Diagnosis*), Ms. Steingraber brings the whole of her background into this book. In vivid, lyrical language, she moves between scientific investigation and deeply personal accounts of the effect cancer has had on her life and those of her loved ones. In the process, she weaves a thread that binds them decisively. Powerful words about the scholarly combine with soul-searching reflection, lending weight and depth to each other.

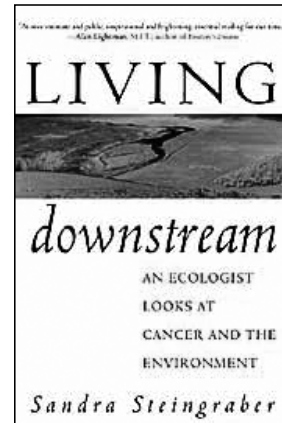
The book's title recalls a fable about villagers living along a river who notice an ever increasing number of drowning people caught in the current and valiantly work to rescue them. They never think to look upstream to see who is pushing these unfortunates into the water. The existing approach to treating cancer

## **Living Downstream: An Ecologist looks at Cancer and the Environment** By Sandra Steingraber, Ph.D.

is likened to this tale. However, "...many leading cancer researchers acknowledge the need for an 'upstream' focus," and "this book is a walk up that river."

An astounding array of chemicals is released into the environment, exerting an effect on many layers of life forms. Intricate cellular processes are disrupted, and much of this is observable by scientists. Still, there is more that needs to be discovered, as the author freely admits, and much that may never be known. Although "...uncertainty is too often parlayed into an excuse to do nothing until more research can be conducted," it is no reason for inaction. Ms Steingraber urges a human rights approach to the release of toxins, in which the right of individuals to a clean environment is paramount. From such options as sustainable farming practices and placing the onus of demonstrating the safety of chemicals on those who disperse them, there is much that can be done. These types of changes will not be easy, but "...difficulty should not be used as an excuse to do nothing."

Cancer exerts profound changes in our world on many levels; from the global, to the regional, to the cellular, to the personal. We are not powerless in this process, and Ms. Steingraber encourages her readers to take action. This begins by exercising the right to access specific information regarding the release of chemicals under Right to Know Laws. A well crafted and informative afterword provides a thorough guide



for doing this. Published in 1997, there are certain to be updates that can be added to this framework, but it provides an excellent place to start.

As the environment is forever

altered by chemical contamination, life is forever altered by a cancer diagnosis. Anyone whose life has been affected by cancer can hear the truth in these words: "Like a jury's verdict or an adoption decree, a cancer diagnosis is an authoritative pronouncement, one with the power to change your identity...Each of these diagnoses is a border crossing, the beginning of an unplanned and unchosen journey." All types of cancers are considered in this book, and many issues regarding breast cancer are examined. Heredity, hormonal factors, and environmental factors all come into play in a complex disease process that affects far too many of us. "In the United States, nearly one million years of women's lives are lost each year..." to breast cancer. In the face of this sobering analysis, there is no room for complacency.

This eloquent, thought-provoking book conveys a sense of the complexity of the problem that chemical contamination poses in the global community. It imparts an appreciation of the intricate connections between human activity and all living beings on the planet. And it empowers the reader to act on this knowledge. ♪

## Arlyn Grossman



The Breast Cancer Coalition of Rochester is mourning the loss of Arlyn Grossman, a longtime friend, volunteer, and tender advocate for those coping with metastatic breast cancer.

Arlyn was diagnosed with Stage IV breast cancer twenty three years ago at the age of thirty-four. The disease had already spread to her lymph nodes and bone. Her two children, Debbie and Peter, were eight and four years of age at the time. An inspiration to many, Arlyn often counseled others who were newly diagnosed with metastatic breast cancer. Her quiet sense of calm, as well as her longevity in coping with the disease, provided encouragement to so many

of her breast cancer sisters. Arlyn took the difficult moments and challenging trials of breast cancer and turned them into opportunities for others to join her on what otherwise might have been a lonely journey. Her sense of community and her triumphant spirit was most evident when she presented on the topic "Living with Metastatic Breast Cancer" at our Advanced Breast Cancer: Tools for the Journey Annual Seminar in April 2007, and while sharing her experience with others as a participant in our Living with Metastatic Breast Cancer Support Group.

Arlyn lived a vibrant life, volunteering as a docent for the Susan B. Anthony House, the Landmark Society, and the Breast Cancer Coalition of Rochester. She obtained a Bachelors of Science in Nutrition and Food Science from Cornell University and worked as a Diet Technician at local nursing homes, hospitals and, more recently, Meals on Wheels. She was also a reader for WXXI Reachout Radio.

Arlyn is survived by her husband, Bob Grossman, and her children, Debbie and Peter. She will be missed.

## Friends Remembered...

*Marilynne Anderson*

*Arlene Enright*

*Cheryl Greuer*

*Mary Johnson*

*Joni Singer*

*Linda Williams*



## Tributes Welcomed

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

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

We look forward to hearing from you!

## Afternoon Tea

*Coming this summer...*

The Breast Cancer Coalition of Rochester will be hosting a tea especially for women living with metastatic breast cancer.



Look for more information coming soon!



# HUMAN TOUCH

On-site Massage Programs

## Human Touch for Patients

Human Touch, launched an on-site chair massage program at the Elizabeth Wende Breast Clinic in fall of '07. Patients waiting for their mammogram results or who are there for diagnostics are now able to have a 10 to 20 minute chair massage during their wait time for a dollar per minute. The Licensed Massage Therapists donate 10% to local breast cancer charities every month. One of the charities is The Breast Cancer Coal-



tion of Rochester. Surveys of the patients who received a massage indicate 100% of them are pleased with the program.

Following are some of the comments from the surveys:

“It is a positive gem in a difficult experience”

“What a wonderful treat today...I forgot where I was for a while—THANK YOU SO MUCH!”

Contact Kim at 755-6622.

Stephanie Seitzinger, an LMT  
(Licensed Massage Therapist)

## I wish I had known:

*“That I could have asked for a physical therapy referral to help with range-of-motion problems.” -Berry*



## Telephone Workshops Offered

CancerCare Connect® is a national non-profit organization that offers free, professional support services to anyone affected by cancer. Their programs, which include counseling, education, financial assistance and practical help - are provided by trained oncology social workers and are free of charge. Founded in 1944, CancerCare now reaches out to more than 97,000 people each year. Its website receives more than 2.1 million hits annually.

They offer free telephone workshops that cover a variety of topics. In July, 2008 they will be offering *Managing Treatment Side Effects: Supportive Care*. There is no charge for these telephone workshops and they can also be accessed online.

For more information, contact CancerCare Connect at 1-800-813-4673 or [www.cancercare.org](http://www.cancercare.org). A listing of featured programs is available by calling 1-888-337-7533. Selected workshops can be accessed by logging onto [www.cancercare.org/podcasts](http://www.cancercare.org/podcasts).





Tris DiFulvio and team



## Thanks to our prize donors/supporters

BJs - Greece  
 BJs - Henrietta  
 Body & Face Spa  
 Build A Bear  
 Crabtree & Evelyn  
 Dicks Sporting Goods  
 Dunkin Donuts  
 Galleas Tropical  
 Greenhouse  
 Layer 8 Group  
 Party City  
 Pharoh's Hairum  
 Rockcastle Florist  
 Shear Ego  
 Starbucks  
 Target - Webster  
 Walmart - Hudson

## More race memories...

### Our race volunteers...

Marybeth Allyn  
 Griffin Anderson  
 Harvey Anderson  
 Holly Anderson  
 Ian Anderson  
 Morgan Anderson  
 Tom Anderson  
 Zachary Anderson  
 Cindy Andrews  
 Megan Andrews  
 Dan Andrus  
 Benita Aparo  
 Danielle Ayers  
 Liz Bailey  
 Jane Beamish  
 Steve Berke  
 Michele Besette  
 Haley Biemiller  
 Kenny Biemiller  
 Maria Biemiller  
 Morgan Biemiller  
 Margie Bonsignore  
 Sam Bonsignore  
 Linda Brenner  
 Kathi Burton  
 Traci Cahill  
 Cheyenne Callerane  
 Bianca Camillaci  
 Lisa Camillaci  
 Diane Campoli  
 Marisa Campoli  
 Francesca Capototaro  
 Jerlyn Capototaro  
 Lia Capototaro  
 Evan Carrier  
 Ann Casey

George Cedeno  
 Myriam Cedeno  
 Carley Ciesluk  
 Rachel Ciesluk  
 Debbie Ciulla  
 Gary Ciulla  
 Kathy Clark  
 Ashley Cleary  
 Lorriane Cleary  
 Jack Connelly  
 Nancy Cranch  
 Cindy Cumming  
 Carol Czenzel  
 Phat Dao  
 Chelsea DeBaise  
 Peg DeBaise  
 Laura Deckman  
 Kathleen DeFazio  
 Sara DelVecchio  
 John Deming  
 Karen Destino  
 Mike DeWolf  
 Betty Digby  
 Jen Digby  
 Cindy Dykes  
 Jim Dykes  
 E. Irondequoit Key  
 Club Students  
 Sue Eesen  
 Lauren Ennis  
 Aimee Erwin  
 Deanna Erwin  
 Tara Falbo-Brundage  
 Jon Federico  
 Susan Frederick  
 Leo Fusilli, Jr.

Olivia Fusilli  
 Mike Galitzdorfer  
 Jen George  
 Eileen Gilchrist  
 Mary Gross  
 Mary Guinan  
 Irem Gultekin  
 John Guzman  
 Joanne Hanna  
 Miriam Helm  
 Samantha Hill  
 Eric Hirst  
 Marcia Hover  
 Adam Hughes  
 Brendan Hughes  
 Kris Hunt  
 Meghan Ingerick

Kim Kircher  
 Rachel Lawler  
 Julia Leach  
 Sharyn Leahy  
 Allison Leahy  
 Brandon Liotta  
 Michelle Liptak  
 Natalie Lipton  
 Blenda Luong  
 Connor MacArthur  
 Bonnie Mason  
 Lynn Maxim  
 Karen McCarthy  
 Dustin McCoon  
 Katy McCoon  
 Kat McMahan  
 Susan Meynadasy



Mary Gross and team

Lindsey Ingraham  
 Greg Johnson  
 Amy Jones  
 Bob Joseph  
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 Carol Wheeler  
 Joyce Wichie  
 Kathy Williams  
 Jason Wormsley  
 Deb Wyspianski  
 Kaylee Zaffuto  
 Armanda Zardzewlala  
 Paul Zimmerman

BCCR is unique in that we have developed an astounding sense of community whereby members have come to know each other through our current programs. We are far more than a database of numbers and checked-off forms. We have already identified and informally utilized many breast cancer survivor "PALS" who possess the skills and experiences to be trained and to offer support to other survivors who are new to navigating their present status/condition with breast cancer.

The Breast Cancer Coalition of Rochester is the only full-scope breast cancer organization in the Greater Rochester Region. We primarily serve Monroe and the six surrounding counties of Wayne, Ontario, Livingston, Wyoming, Genesee and Orleans. As a result of our collaborations with our local cancer treatment facilities, and because we focus exclusively on breast cancer clients and survivorship issues, we believe we are in the best position to meet the needs of this population and to offer services and support to those newly diagnosed with the disease. We were thrilled to learn that the New York State Department of Health agreed to fund this important project!

Participants in the PALS Project are immediately invited to participate in a vibrant, diverse, empowered community of survivors. Right here at the Breast Cancer Coalition.

The PALS Project is a wish shared aloud by many. They have expressed, verbally and in writing, a longing for a companionship program that would help them find each other. Not just each other, but groups of "each other." This project is able to facilitate that connection. Through the personal, initial contact the project fosters, we hope to plant seeds of support and understanding that will continue to grow through treatment, recovery, and well into well-lived survivorship years.

The PALS Project is a new offering that would build on the success of six of our current programs: Breast Cancer 101, Breast Cancer 201, Brown Bag Fridays, the Sister Sak Project, Young Survivor Networking Group and the Advanced Breast Cancer Support Group, all of which have resulted in a number of informal, successful, peer support relationships.

We are grateful to those in our community who wrote letters of support for this project including Sue Swift of Highland Breast Imaging, Kristen Skinner, M.D. and Carmen Signorino, MSW of the Comprehensive Breast Cancer Center at the University of Rochester's James P. Wilmot Cancer Center, Susan Vetter, LSW of the Pluta Cancer Center, Therese O'Connor, MSW of the Lipson Cancer Center, and Lisa Bowdey of the Health Partnership of Monroe County.

If you are interested in becoming a PALS mentor, please contact us at (585) 473-8177 or e-mail us at [info@bccr.org](mailto:info@bccr.org). Training will be provided. ☺

## The Community Cancer Collaborative

*Presents:*

### A Celebration of Life

August 23, 2008 at Frontier Field

3:30 – 5:30pm – Free Picnic, Food, Games

7pm – Red Wings Game

\*Fireworks after the game\*

Please contact Niki MacIntyre at 473-8177 for game tickets and to RSVP for this special day!

*BCCR presents:*  
**'Tee'd Off at Breast  
Cancer' Golf  
Tournament**

**Save  
the  
date**

**Monday,**

**July 21, 2008**

**Shadow Lake Golf Course**

**Local funds & support for  
local women and families**

For more information contact Barb  
at [info@bccr.org](mailto:info@bccr.org).

# Donations from January 1, 2008 to March 31, 2008

The name of the individual honored or remembered is shown in **bold type**.  
The Breast Cancer Coalition thanks donors for these gifts made since our last listing.  
(Donations made after March 31st will be included in the autumn newsletter.)

## *In Honor of:*

### **Cathy Bishop**

Susie Smith  
Robin Vavrina

### **Sylvia Cappellino**

Ann Mazzarella

### **Rich & Kathy Clark**

Shirley Anselm  
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Clark Moving & Storage  
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Denise Howell  
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Kathy Wambach  
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### **Reena Hutchinson**

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### **Cheryl Kuttner**

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### **Diane Mozzarella**

Ann Mazzarella

### **Judy Rohrer**

Ann Mazzarella

### **Nonny Shapiro 80th Birthday**

Lois Fait

### **Sue Welch**

Marianne Sargent

## *In Memory of:*

### **Nick Agnello**

Ann Mazzarella

### **Marilynne Anderson**

Beverly Anderson  
Marion Anderson  
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Warren & Jeanne Waldow  
Joyce Wichie  
Reyton & Dorothy Wojnowski

### **Dominic Antritano**

Jim & Barb Zimmerman & family

### **Alexandra Bisbee**

Ronald & Elaine Kane

### **Suzanne Clayton**

Susan Miller

### **Shirley Comiez**

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**Contributor's Circle \$1-\$49**

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Kim Ross  
Franz Schwenk  
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Jerry McHugh & Kathy Downs  
Second Bloom

**Pink Ribbon Circle \$100-\$499**

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Blanchard Chiropractic  
Geraldine Casale  
Eastridge High School Student  
Government  
Element K Corporation  
Executive Mgt. Team  
Human Touch-Stephanie Seitzinger  
James Lenhard  
Mary Micket  
Sandra Monahan  
Mark Raeside  
Sam's Club Foundation-Betty Digby  
Stephanie Seitzinger  
Mr. & Mrs. Bruce Zicari, Sr.

**Advocate's Circle \$500-\$999**

Carol Mullin

**Visionary Circle \$1,000-\$4999****Founders Circle \$5,000 +**

Bowl for a Cure

**Material Gifts:**

Jean Maier  
IBM – Rick Matter  
The Skein Dames Knit &  
Crochet Club, Yardley, PA

Dave Zimpfer

**BCCR Fundraising Event Donations:****Artrageous Affair****Sponsorship**

Gallo & Iacovangelo

**Donations**

Michael Aguglia

**Bowl for a Cure**

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Wanda Barber  
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**Pink Ribbon Run & Family Fitness Walk**

Jill Belasco  
Tom & Maria Cook

**Tee'd Off at Breast Cancer Golf Tournament**

Elmwood Dental – Frank LaMar &  
James LaMar

**Volunteer Service Donor's:**

Lifetime Assistance

**United Way Donations – Donor Choice #2334**

Anonymous  
Candice Kraemer  
Lisa Landry  
James Weidman



Many thanks to our volunteers Liz Rich and Karen Destino who represented BCCR at the recent Skyway Open.

## Fall 2007 United Way Campaign

Teresa Bartolone  
Deborah Christie  
Tina Conibear  
Bruce Conover  
Sarah Cook  
Judith DeHaven  
Cindy Dykes  
Adair Eodice  
Natalie Forty  
Janice Goldman  
Amanda Haessler  
D'Allante Howell  
Katie Hoy  
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Jennifer Myles  
Daniel O'Dea  
Mark Raeside  
Chelsea Reynolds  
Stephanie Shirley  
Jaclin Truscott  
Joseph Verdaasdonk  
Joyce Wichie  
Caitlin Zipfel



Outreach Coordinator, Niki MacIntyre and intern, Michelle Gasbarre engage a passerby at the Lilac Festival.

## Pesticide Neighbor Notification Law



The Monroe County Pesticide Neighbor Notification Law became effective January 1, 2006. This law requires groups/individuals applying pesticides to provide certain types of notification to neighbors. Failure to comply with the law can result in fines.

There are four basic groups that must comply with this law. The primary

notification requirement is listed for each group:

1. **Commercial Pesticide Applicators**, who previously were required to post lawn signs when applying pesticides, are now required to provide at least a 48-hour notice to neighbors (within 150 feet) of the property being treated with pesticides. This notification is required only when the applicator is using sprayed pesticides (liquid or aerosol) to the ground, trees, or shrubs. Use of granular products and certain other applications, including spot treatments of less than 9 square feet, are exempt from the 48-hour neighbor notification requirement.
2. **Landlords** (rental/apartments) within 150 feet of the property being treated will be notified by commercial applicators 48-hours prior to sprayed pesticides being applied. They are then required to inform the occupants of such dwellings 24-hours in advance of the pesticide being applied.
3. **Retailers** that sell products covered by this law are required to post signs near where pesticides are being sold informing homeowners about their requirement to use lawn markers.
4. **Homeowners** are required to place markers on their lawn if applying any form of pesticide (including granular) to more than 100 square feet of their property. It is also recommended that they inform their neighbors prior to application of pesticides, although the latter is not required. If homeowners utilize a commercial applicator, the company will take care of necessary notifications.

To report a violation or to have questions answered about the Pesticide Neighbor Notification Law, contact the Monroe County Department of Public Health at **753-PEST** (753-7378) or by e-mail at [mchealth@monroecounty.gov](mailto:mchealth@monroecounty.gov).

If reporting a violation, please be prepared to provide:

- date when product was applied
- approximate time when product was applied
- address where the product was applied
- name of company applying the product
- your name, address, phone number or e-mail, so the Health Department can follow-up if needed

Visit the Monroe County Health Department website at:

<http://www.monroecounty.gov/health-alerts.php> or the New York State Department of Environmental Conservation at <http://www.dec.ny.gov/chemical/8529.html> for more information.

Source: Monroe County website [www.monroecounty.gov](http://www.monroecounty.gov)



# Upcoming Events & Programs at BCCR

**Monday, July 21, 11:00 A.M.**

Registration, shotgun @ Noon  
"Tee'd-Off at Breast Cancer" 6th Annual Golf Tournament at Shadow Lake. \$125 per person. Fantastic prizes! For more information or to register, please call BCCR at (585) 473-8177.

**Thursday, August 21, 4:00-7:00 P.M.**

Fifth Annual Terri Schmitt Legislative Reception. Come meet your elected officials and mingle with other members of the breast cancer community. Light refreshments will be served. RSVP required, however this event is free.  
Call (585) 473-8177.

**Wednesday, August 27, 7:00 P.M.**

Evening Seminar: Triple Negative and Inflammatory Breast Cancer (tentative topic)

**Wednesday, September 24, 7:00 P.M.**

Evening Seminar: Pathology

**Wednesday, October 22, 7:00 P.M.**

Lives Touched, Lives Remembered

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**

*Wear our pins proudly!*



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! We do accept Paypal as well as most major credit cards. ☺



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, and support.

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- \$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 of \$100 or more receive a free Comfort Heart.**

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

In  Honor of \_\_\_\_\_

Memory of \_\_\_\_\_

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

## Salmon, Shitake Mushrooms & Wilted Greens

adapted from Nigella Bites

Serves 2

3/4 lb. salmon fillets, skinned and divided in two  
cooking spray (or olive oil)  
salt and pepper to taste  
1 bunch mustard greens (or bok choy or kale)  
1 TBSP olive oil

2 cloves garlic, minced  
1 cup baby shitake mushrooms,  
cleaned and sliced  
4 TBSP soy sauce  
2 tsp sesame oil



1. Preheat the broiler and prep the fish: spray each fillet with cooking spray, and salt and pepper to taste.
2. Prep the greens by separating the stems from the leaves, and chop both roughly.
3. Heat the olive oil over medium heat in a large non-stick skillet. Fry garlic ever so slightly until it releases its fragrance, about 1-2 minutes. Add stems and mushrooms and give it a quick stir. Then throw the top on and let it steam away for 5 minutes.
4. Meanwhile, lay the fish in a broiling pan and stick it in the oven about 5 inches beneath the broiler.
5. Once the stems and mushrooms have steamed about 5 minutes, add the leaves, soy sauce and sesame oil. Cook until the leaves have wilted, about 2-3 minutes. Depending on the thickness of your salmon, the fillets should be ready by now.

### *Voices of the Ribbon*

*Published Quarterly by the Breast Cancer Coalition of Rochester*

*Tel. 585-473-8177 • Fax 585-473-7689 • E-Mail: [info@bccr.org](mailto:info@bccr.org) • Online at [bccr.org](http://bccr.org)*

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