

VOICES

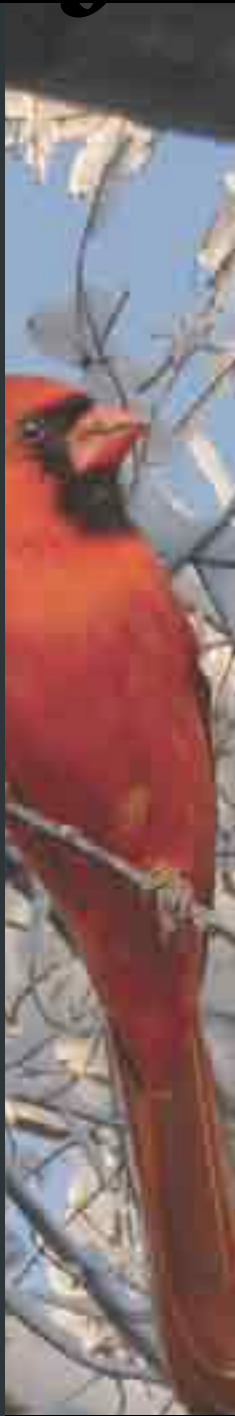


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Lives TOUCHED



Jann Nyffeler, Donna Metelsky, with her niece Shoshana Cherney & Pat Battaglia

A diagnosis of breast cancer affects every aspect of a person's being, and sends out deep ripples through their circle of family and friends. Every October, we set aside an evening to honor and celebrate the lives of all who have been touched by this disease.

Since Lives Touched, Lives Celebrated is a gathering dedicated to all who have walked this walk, it is only fitting that the evening began with a candlelight walk along University Avenue. To keep lights burning in capricious autumn weather and winds, walkers carried battery operated candles this year. But the compassion and solidarity among them were genuine, and conversations along the way were punctuated by frequent laughter. Life, even in the face of uncertainty, can be joyful.

Returning to our Center, the crowd gathered snug and safe indoors to listen as the Reverend Melanie Duguid-May shared her gentle

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Lives Celebrated

JOIN US FOR THE ADVANCED BREAST CANCER SEMINAR: MARCH 22, 2013

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.

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Our Executive Director



Holly Anderson

**Hellos, Goodbyes, Beginnings, Endings,
Lifetimes In Between**

As the hectic month of December winds down, I join many of you in a ritual that goes back as far back as I can remember. I break out a new calendar. Not just any calendar. It must meet all my criteria for inspiration and creativity. I want to enjoy looking at its pages as I turn them over month by month. Goodbye, 2012. Hello, 2013!

First the goodbyes...

As if saying goodbye to beloved staff member Tracey Dello Stritto in August was not enough, we now bid a fond farewell to Angie Demyda, our employee-on-loan from Xerox for the entire year of 2012. We are grateful to Xerox for the gift of Angie, a beautiful young survivor who came to the Coalition following her own diagnosis of breast cancer and wanted to stay. The paid leave is part of the company's Social Service Leave program, corporate America's first community service sabbatical program that has loaned employees to non-profits since 1971. Though we will miss Angie as she returns to Xerox, we are stronger and sturdier as a result of her efforts.

We also say goodbye and thank you to one of our staunchest supporters, Senator James Alesi. When the Coalition was in its infancy, our leaders approached him for funding that would sustain our growth so we could provide educational programs and support to those living in the aftermath of this devastating disease. Thanks to him, we officially opened our doors at a small office on Rochester's Park Avenue in June of 2000. He has stood behind us ever since. Advocacy is part of our mission, and the Senator frequently greeted us at his offices in Fairport and Albany as we approached him about legislative issues that mattered greatly to the breast cancer survivor community. Though he didn't always endorse our position, he always gave us an attentive and compassionate ear. We extend fond wishes as he leaves public office, and welcome his successor, Ted O'Brien, known to us as Minority Leader of the Monroe County Legislature. Though we say goodbye and hello to several other elected representatives, Jim Alesi will always have a special place in our nonpartisan hearts.

We also bid sad farewells to many in our community as breast cancer claimed more lives. These are hard losses to bear, and with each one we renew our resolve to END breast cancer by 2020. See breastcancerdeadline2020.org for more information about this initiative. On a personal note, my family said goodbye at the end of the year to a great man, my father David McGregor. Though I will miss him more than words can possibly express, I will remember the steadfast support he provided during the many transitions in my life, especially in the aftermath of my own Stage III breast cancer diagnosis in 1999, and through the ensuing years. *Fly away, 2012.*

Now the hellos.

We turn the page to 2013 with Jean Sobraske (jean@bccr.org) and Lori

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Personal Journey
Montha Chang

By Pat Battaglia

"And as we let our own light shine, we unconsciously give other people permission to do the same." -Nelson Mandela

It was early August of 2011. Montha Chang was resting at home, recuperating from surgery to an injured shoulder a few weeks before. Mindful of her upcoming mammogram in September, she did a breast self-exam and felt a lump deep within the tissue of her left breast. "I thought, no, it couldn't be anything," she recalls.

The days after this discovery were marked by uncertainty. "Sometimes I felt (the lump), sometimes I didn't." A routine appointment with her primary care physician had been scheduled at the end of that month, and Montha took the opportunity to share her concerns with her doctor. It was difficult to find the lump at first, but the doctor persisted. "I feel it," she announced after further examination, and advised Montha to go for a mammogram right away. The next day, this kind physician picked up the phone herself and scheduled a mammogram to be done that same day.

Montha went to her appointment feeling apprehensive but hopeful that in the end, it would be all right; it would prove to be a benign condition. As is the case with many Asian women, Montha has dense breast tissue that can be difficult to image, and the mammography results were inconclusive. So an MRI was performed. An area of concern was noted, and a biopsy was scheduled for the next day.

On day three of this whirlwind journey, Montha was back at the breast imaging center for her biopsy.

Afterwards, she was told she would receive a phone call with the results the next day. But late that night, Montha's phone rang. The doctor's caring, concerned voice on the other end of the line brought the words no one wants to hear: "We think it's cancer."

"I was numb. I was really, really numb," Montha remembers upon hearing the news. But she rallied quickly. "Okay, what now?" she asked the doctor.

The next step was to consult a surgeon, and Montha was able to find an excellent one based on the advice of the diagnosing radiologist and the recommendation of her own primary care doctor. This surgeon's office proved to be busy, and Montha's first appointment was scheduled for late September. She waited patiently for her consultation, and when the time came, she was offered several options. First, there was a choice between having a lumpectomy or a mastectomy. While the survival value of the two procedures is the same, each has its pros and cons, and the choice is based on a number of individual factors. If a mastectomy was chosen, there would be a further decision to make regarding reconstruction, and beyond that, different types of reconstruction to consider. "I just want it out," Montha thought of the cancer, and weighing her situation carefully, she came to a decision that was right for her.

Although her right breast was free of cancer, the mammogram had indicated a benign condition



**"Forgive yourself,
forgive whatever, and
count your blessings,"
is Montha's advice.**

called ductal hyperplasia. Her doctor explained that this condition can sometimes change, and can occasionally become cancerous. After some thought, Montha took the bold step of choosing a bilateral mastectomy - removal of both breasts. She felt good about undergoing reconstruction, and consulted with a plastic surgeon, whose opinion was that Montha would do well with latissimus flap reconstruction. This technique involves the use of muscle taken from the back to form a pouch where the breast has been removed. Implants are then inserted into this pouch. Montha decided to go ahead and schedule this procedure.

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By Pat Battaglia



Ann Fonfa *Attitude Trumps Breast Cancer*

We at the Coalition honor all individual journeys, and empower those facing breast cancer to make the best choices for themselves, formulating decisions based on evidence and working with their medical team to put a treatment plan in place that is right for them. We believe patients should be supported in their decisions, regardless of what those decisions are, because the words "always" and "never" feel like strong language to us as advocates. This is an account of one woman who blazed her own trail.

Advocacy is in Ann Fonfa's genes. Born into a family of civil rights activists, she spent her formative years in the turbulent 1960's speaking up on the issues of the day. Ever since the first petition drive she organized in the fourth grade – a drive that was successful - then onward through high school, college, and into her adult life, Ann has lent her passionate and compassionate voice to many causes.

At the age of 44, Ann was diagnosed with breast cancer. She underwent several surgeries, but decided to forego chemotherapy and radiation in favor of Complementary and Alternative (CAM) therapies, which she researched exhaustively. What ensued was an 8-year cat-and-mouse game with recurring chest wall tumors, all of which were treated with CAM therapies. On September 12, 2001, more than eight years after her diagnosis and one day after the infamous 9-11 attacks, Ann received word from her doctor: she was cancer free.

With her fighting spirit unscathed, Ann put the wealth of knowledge gained on her journey to good use, answering the questions of others who learned of her story and sought a similar approach to dealing with their own cancer diagnoses. The Annie Appleseed Project was born of this effort, and continues to this day. Billed as having been created by a woman with breast cancer and an attitude, Ann's highly regarded website, www.annieappleseedproject.org, is an extensive resource for those seeking to make the best decisions for themselves with the most complete, up-to-date, evidence-based information available on both CAM and conventional approaches to cancer. For those who want to combine the best of both worlds, Ann is the go-to-gal. She attends scientific and medical meetings throughout the country, and sometimes outside the U.S., and uses her ever increasing base of knowledge to speak up for those affected by breast cancer and other cancers.

Ann Fonfa is a pioneer, gathering reliable knowledge from around the globe for the benefit of all. She has kindly agreed to answer some questions for this newsletter.



When you were first diagnosed with breast cancer?

It was in January 1993. I had Stage 1 invasive lobular carcinoma. No biopsy was done first, so I had a lumpectomy based on my doctor's expectation of invasive ductal. I really had multi-focal disease, but didn't know.

What motivated you to seek CAM therapies?

I have Multiple Chemical Sensitivity (MCS) at a very high level. I was ill weekly with headaches, rashes, dizziness, muscle weakness, which could last three or four days from an exposure.

How are you doing these days?

Really well. It's been a steady climb toward excellent health. I'm eating fruits and veggies - my diet is mostly vegan and yeast-free. I exercise and enjoy life. I also do detox and some relaxation. I'm not a serene type, though. I love to be active.

What is your definition of CAM therapies?

Complementary therapy is that which can be taken with conventional treatments (known as integrative treatment), and studies have shown no evidence of harm or harms, just a trend or actual benefits.

Continued on page 5

Ann Fonfa continued

Are we measuring meaningful outcomes yet?

Natural stuff will not receive level one clinical trials since it cannot be patented by big pharma - they ignore it. Combinations of natural substances and behaviors need to be examined and supported. Some studies have already done so, but are mostly ignored by docs who wait for - and here's the Catch-22 - those level 1 trials! Alternative treatments are those we may need after conventional treatments have failed us, or instead of them, like in my case. There are many, and some work some of the time for some of the people. We don't yet know how to tell who needs what.

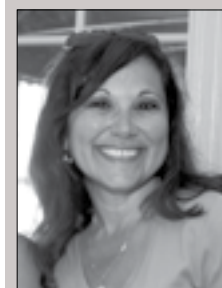
What place do these therapies have in the big picture of overall treatment for breast cancer?

They should be a part of everyone's treatment. Please see our handout, Natural Strategies to Reduce Toxicities for more information. *Follow this link: <http://www.annieappleseedproject.org/index.php/informationbycancertypes>. Then click on HandoutNaturalStrategies to access a full pdf version of this free document from the Annie Appleseed Project. -Ed.

Thank you, Ann, on behalf of all of us at the Coalition. Your resilience in the face of your diagnosis inspires hope. Your willingness to take a stand for your beliefs time and time again reminds us of all the good there is worth fighting for in this life. As survivors and those who care about them link arms in a shared commitment to ending breast cancer, we are glad you are among us. ☺

Sage Advice from Doctor Susan Love

- By Angelina DeMyda



In May of 2012, I had the opportunity to attend the National Breast Cancer Coalition Annual Advocate Summit held in Washington DC with a group of advocates from the Coalition. As part of the three day summit, I attended many educational plenary sessions. One that piqued my interest was presented by Doctor Susan Love, author of "Dr. Susan Love's Breast Book". Dr. Love is respected by millions of women for her expertise and down to earth manner. I was there as she discussed her five easy tips (at right) for individuals to follow in order to help prevent breast cancer.

I found Dr. Love's talk and tips to not only be encouraging, but also put forth in a way which could be easily understood by the average person. Her message, a mixture of positive outlook and easily followed guidance, is a breath of fresh air in the arena of breast cancer awareness. ☺

How can those facing a breast cancer diagnosis seek out the best CAM therapies for themselves?

Go to our Facebook page or our website. We cover so much! See our handout for this too.

What types of questions would you recommend for people to ask their doctors?

Questions like, "I am interested in healthy eating, will you recommend a nutritionist?" "Do you work with an acupuncturist?" "Do you pay attention to studies on natural substances?" "Will you work with me if I choose to supplement this protocol with complementary or alternative modalities?"

If you could offer one piece of advice to someone who is newly diagnosed with breast cancer, what would that be?

Never do chemo or radiation without finding out about complementary therapies that can help reduce toxicities, and sometimes enhance the benefits.

1. **Drink in moderation.** Dr. Love suggests to put down that second glass of wine.
2. **Avoid unnecessary X-rays.** Ask your doctor "How will this change my care?" Work with your health care team to determine if it is absolutely necessary.
3. **If possible, have your children before the age of 35.** Some studies show this can reduce the risk of breast cancer.
4. **Avoid mammograms before the age of 40, if possible.** Dr. Love says "The risk of radiation is about equal to the benefits of a mammogram," for younger women.
5. **Exercise and relax.** Enjoy life and maintain a healthy weight and lifestyle!!

**For more information on Dr. Love and her ongoing work, visit her website: <http://dslrf.org/actwithlove/>*

**The National Breast Cancer Coalition, which BCCR wholeheartedly supports but is not a branch organization, is the originator of the Breast Cancer Deadline 2020 initiative. Hoping to bring an end to the disease within the decade that began in 2010, they are working on many fronts to accomplish this goal. You can lend your voice to this movement by visiting their website, <http://www.breastcancerdeadline2020.org/homepage.html>, and signing their petition in support of seeing the end of breast cancer in our lifetime.*

Talking About

OBE SOGENS

*A Conversation with Dr. Bruce Blumberg at the Breast Cancer Coalition of Rochester
October 12, 2012*

By Pat Battaglia

On a crisp autumn day, the Coalition hosted a conversation between local community health advocates and Dr. Bruce Blumberg, Professor of Developmental and Cell Biology at the University of California at Irvine. Dr. Blumberg and his colleagues at the Blumberg Laboratory are the originators of the Obesogen Hypothesis, which holds that exposure to certain endocrine disrupting chemicals (EDC's), especially during critical periods of development, can cause permanent physiologic changes that lead to the development of more and/or larger fat cells.

Dr. Blumberg discovered that tin-based compounds known as organotins predisposed laboratory mice to gain weight. Tributyltin (TBT), a chemical in this class that has been banned for many of its previous uses but is still used as a wood preserver and stabilizer in polyvinyl chloride(1), was given to pregnant mice. The offspring of these mice were heavier than those not exposed to TBT, even though all consumed the same amount of food. The lab was able to identify at least six genes that were affected by the chemical, and the altered fat cell production lasted through at least two generations. (2)

About twelve more EDC's that appear to have a similar effect have been identified by Dr. Blumberg and his co-workers at the lab. He coined the word obesogen to classify these chemicals.

Most known or suspected obesogens are endocrine disruptors, mimicking the effect of naturally occurring hormones in unnatural ways. Many chemicals in this class are fungicides commonly used in agriculture. Also included on this list are such compounds as bisphenol A (BPA), found in plastics and in the lining of canned food, and perfluorooctanoic acid (PFOA), used in non-stick cookware, waterproof clothing, microwaveable food items, and textile stain repellants. (2)

According to statistics gathered by the World Health Organization, worldwide obesity rates doubled between 1980 and 2008. (3) It is generally thought that our modern diet and sedentary lifestyles are the culprits. This may be true to some extent, but it appears that environmental exposures could also play a role in the ever-expanding waistline of the average person. The ubiquitous nature of obesogenic compounds makes them virtually impossible to avoid. For those who struggle with weight issues despite having healthy diet and exercise regimens in place, awareness of obesogens might provide some reassurance that there are other factors beyond calorie intake and expenditure that play an important role in the development of excess body mass.

Obesogenic chemicals exert their effects at very low levels of exposure. Some substances that are toxic

Obesogens continued

enough at high doses to lead to weight loss have, paradoxically, the opposite effect in very small amounts. (4) It seems, at least with some chemicals, there is no safe level of exposure.

Despite widespread environmental contamination, we are not helpless. Dr. Blumberg reminded us that reducing chemical exposures requires efforts at both the individual level and the policy level.



First and foremost, Dr. Blumberg advises all to "Eat fresh food." While organic food is ideal, any food prepared at home from fresh ingredients is far superior to processed forms. Taking charge of meal preparation will go a long way toward reducing chemical exposures. Further, he encourages the public to "Say no to plastic." Stainless steel and glass containers do not leach chemicals into the foods they hold.

Mothers are one of the most powerful advocacy voices, Dr. Blumberg maintains. They are the ones who, historically, have gotten the most done when pushing for policy change. But there are others who can and should join in a push for a safe chemicals policy. And researchers can provide a solid base of science for advocates to work from. All voices, taken together, lend strength to each other.

We at the Coalition are living proof that those affected by breast cancer are compelling, influential advocates. Many of us have read and heard of the suspected links between endocrine disrupting chemicals and our disease. It was fascinating to learn there is a link between these

chemicals and obesity as well. Given that obesity is considered a prime risk factor for developing breast cancer (5), the complexities of the disease and what has yet to be discovered by science becomes readily apparent.

But we don't need to wait for more scientific discoveries before taking action. Even though we are exposed daily to a host of chemicals over which we have no control, we can let our voices be heard by those who do have the power to make changes.* We can also take charge of what goes onto our plates and into our bodies, knowing that it isn't the entire battle, but it's an enormous step in the right direction.

None of us needs to feel guilty about our weight, our diagnosis, our nutritional lapses, or any other aspect of ourselves. We are living with a complicated diagnosis in a complicated world. Despite the intricacies of the science, Dr. Blumberg's message to the public is straightforward and clear. We are grateful for his groundbreaking work, and for the time he took to share his discoveries and recommendations with us. ☺

References

1. Holtcamp, Wendee, *Obesogens: An Environmental Link to Obesity*, Environmental Health Perspectives, Volume 120, Number 2, February 2012, p. A65
2. <http://blumberg-lab.bio.uci.edu>
3. *Ibid*; p.A66
4. Varshney, Vibha; Sachan, Dinsa; Matharu, Sonal: *The New Obesity*, Down to Earth, June 16-30, 2012, p. 35
5. *Ibid*.; p 37
6. <http://www.breastcancer.org/risk/factors/weight>

**Our Advocacy Committee is a great place to learn about the issues and get involved. We welcome new members to this group. Call our office (473-8177) for more information.*

Executive Director's Column continued

Meath (lori@bccr.org) at the helm of Programs and Outreach respectively. While Jean took her seat in early September, Lori has just begun. I know that both are learning what so many of us know: that there is nothing more rewarding than walking with courageous breast cancer survivors and those who love and support them as they begin journeys of inspiration.

We also welcome our newly elected political representatives. In the U.S. Congress we have Dan Maffai in the 24th Congressional District and Chris Collins in the 27th Congressional District. In the

NYS Senate, Ted O'Brien now represents the 55th Senate District, and in the NYS Assembly, Bill Nojay represents the 133rd Assembly District. We look forward to bending each ear as we share concerns common to all political parties. Breast cancer does not discriminate!

Finally, we welcome all of YOU who are new to this journey. You have joined a club you never asked to join. However, you will find the most amazing and inspiring sisters (and brothers) among us. Do not let a single opportunity pass whereby you can fully appreciate all this great organization has to offer. Whether

or not you make New Year's resolutions, please resolve THIS YEAR to take full advantage of our education and support programs, which are as diverse as all of you. See pages 10, 11 and 30 for just some of these opportunities.

Life is punctuated by beginnings and endings. Most of the time, we're in that in-between place where the rhythms of our lives help sustain us. Wherever you may be in this spectrum, you have access to the strength and wisdom of others who have walked a difficult road, and who extend their helping hands. This is the meaning of community. Come join us. ☺

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Programs

COMMON GROUND

A time to gather for those living with metastatic breast cancer

Thursday Support Group

The Living with Metastatic Breast Cancer Support Group is designed to lend support to those who are coping with a diagnosis of advanced breast cancer. This group is led by Peg DeBaise, LMFT. The group meets the **2nd and 4th Thursday mornings at 9:30am** each month at the BCCR. There is no need to RSVP - just come when you can!

10th Annual

Cindy L. Dertinger Advanced Breast Cancer: Tools For the Journey

“Living with Metastatic Breast Cancer”

Our Deepest Gratitude to Jon Dertinger and M&T Bank for their invaluable support of this annual seminar

Moderator:
Zachary Kramer, M.D.

Panel:
Beth Lenegan, Ph.D.
Wakenda Tyler, M.D., M.H.P.
Brian Yirinec, M.D.

Friday, March 22, 2013
at the Memorial Art Gallery

Laura's Gifts: Sharing With Those Who Face Breast Cancer

- By Pat Battaglia

Dealing with a breast cancer diagnosis is difficult, to put it mildly. Dealing with it during the Holidays can be especially challenging. Dealing with advanced breast cancer for a single mother during the season of giving is practically impossible.

That was the situation Sheri Maloney found herself in this past December. With four children to care for, and having recently begun chemo for metastatic spread of the disease, she didn't have the time to even begin to wonder how she was going to handle the Holidays with her brood.

Enter John Frazier and his children. John is the husband of Laura Frazier, who was lost to breast cancer in 2011. Both have been beloved members of the Coalition community since before Laura received her own diagnosis. In the 2012 Holiday season, John and his family have begun a tradition in Laura's memory which they've named Laura's Gifts. The family, with a cadre of friends—their “Santa's helpers” - shop, wrap gifts, and pull together everything they can to make Christmas happen for those who are unable to do so themselves because of a breast cancer diagnosis.

On December 20th, John and his three children Jordan, Nina, and Alec, lugged bags of wrapped presents, a gift basket, and a pink tree festooned with gift cards into the Coalition office. Dressed in Santa hats, the family waited expectantly for the arrival of Sheri Maloney, who had arranged to pick up the gifts for her children and herself.

Sheri was speechless when she saw the display of genuine caring and affection from the Frazier family to her own. The first words she was able to utter were of thanks to John for making it all happen. She and John chatted, and the group posed for pictures by the Coalition tree. As the Fraziers helped carry the goodies to Sheri's car, hugs and fond holiday wishes were exchanged before Sheri drove off to bring Christmas home to her family.

Laura's Gifts is about one family extending a helping hand to others in need. There were more families that benefitted from Laura's Gifts this past Holiday season. It was an honor for us at the Coalition to witness this particular exchange first hand, and especially moving to know that a single mother living with breast cancer need not feel alone during the Holidays.

Thank you, John. Thank you, Laura. There are some amazing people who have your back, Sheri. ☺



John, Jordan, Nina and Alec Frazier present Sheri Maloney with Christmas gifts for her family through their Laura's Gifts Foundation

SUPPORT

Tips For Caregivers of Those Living With Advanced Breast Cancer

Living with metastatic breast cancer presents many challenges, both for the woman who is diagnosed and for her caregivers. There are many ways to help and support a woman with metastatic breast cancer. Because caregiving can be stressful, it's important that you take care of yourself, too.

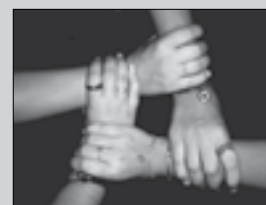
- **Communicate with your loved one.** If you're unsure about something, ask. Share your feelings, and listen when she wants to talk about her feelings. You don't have to offer opinions or solutions – just lend a caring ear.
- **Respect her decisions.** Even if you are in a position to share decision-making, remember that she is the one facing cancer and treatment. Decisions about her care and her life are ultimately hers to make. It's also important to let her decide what role she wants to continue to have in the family, and where she would like to have help.
- **Ask how you can help with medical matters.** Would your loved one like you to come with her to her medical appointments? It can be helpful to have someone to take notes during visits to the doctor. Or perhaps you can help by keeping a calendar of her appointments. Ask your loved one how she would like you to be involved in her health care.
- **Offer to take responsibility for practical needs.** Driving to medical appointments, filling prescriptions, doing household chores – offer to do some of these tasks yourself, or ask family members and friends if they can pitch in and help. Community organizations that provide support for people with cancer may be able to offer volunteer drivers, respite care, and other services. Talk to a social worker about what kind of help may be available in your community.
- **Volunteer to manage the financial paperwork.** Your loved one's cancer treatment will generate a lot of paperwork. You can help her cope by offering to take care of medical records, bills, insurance claims, and so on.
- **Know your rights.** Talk with a social worker about benefits for which you or your loved one may qualify. For example, under the Family and Medical Leave Act (a federal law), you may be entitled to unpaid leave from your job in order to care for your loved one.
- **Give your loved one “space” for emotional ups and downs.** Living with metastatic breast cancer can be an emotional roller-coaster ride. Understand that your loved one will have good days and bad days. Reassure her of your continued love for her.
- **Help her find ways to look and feel her best.** A woman with metastatic breast cancer may feel self-conscious about changes to her appearance caused by treatment. Encourage your loved one to learn about options for coping with physical changes and to try different solutions until she finds what makes her most comfortable.
- **Talk to her about her comfort level with intimacy.** A woman with metastatic breast cancer may have conflicting feelings about physical closeness. Ask your loved one how much closeness she needs and feels comfortable with. Hugging and holding hands can be simple ways of staying physically connected.
- **Take time to care for yourself.** While caregiving is often rewarding, it can sometimes feel like a full-time job. Plan a few moments to do something for yourself each day, even if it's just taking a walk around the block. It's normal for a caregiver to feel helpless or angry sometimes. Allow yourself to experience and accept your feelings. If some of your emotions are too difficult to cope with, speak with a professional counselor or oncology social worker.
- **Join a support group.** Support groups let you connect with others going through similar situations. They give you a chance to talk about the challenges or rewards of caregiving, for example, and to share tips and resources with other group members. ☺

http://www.cancercare.org/publications/48-supporting_a_loved_one_with_metastatic_breast_cancer_caregiving_tips_for_men

Our Programs at the Breast Cancer Coalition of Rochester... *all FREE of charge!*

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.



Tuesday Night Breast Cancer Support Group

This discussion-based support group, led by Joan Mitchell, meets regularly here at the Coalition. Meet others coping with a diagnosis of breast cancer, share your experiences and lend your support. We

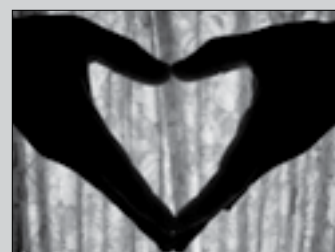
meet **every second and fourth Tuesday evening** from 5:30 to 7 pm. Though no registration is required, please call for the next meeting date.



Thursday Night Breast Cancer Support Group

This discussion-based support group, led by Peg DeBaise, LMFT, meets bi weekly and is perfect for those who are newly diagnosed with breast cancer, or for those within the first two years following the end of treatment. Meets **the 1st and 3rd Thursday of the month** from 5:30-7:00

p.m. This is an open support group- no registration required.



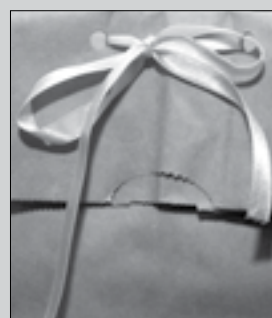
Friends & Family Support Group

For those who have a friend, partner, or family member who has been diagnosed with breast cancer, we extend an invitation to a special group designed to offer support and guidance. This group, led by Peg DeBaise LMFT, meets

on the **second Thursday of each month** from 5:30 until 7:00PM.

When the caregiver (male or female, any age) needs support, we're here for you! An RSVP is appreciated, as light refreshments will be served, but don't let the fact that you haven't called in advance keep you away. Please call 473-8177 for more information or to RSVP.

Brown Bag Fridays

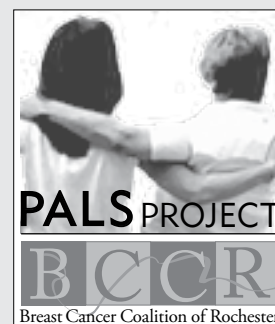


At the Breast Cancer Coalition! Any given **Friday at noon** finds a group of women conversing over anything from the latest research on Herceptin to our own locally-funded research initiatives... from hair loss to funky re-growth...from neoadjuvant therapy to the latest clinical trials...from acid reflux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

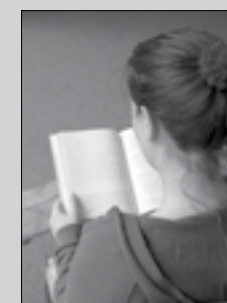
This is a non-traditional support group, which is exactly what many of us have been looking for. Brown Bag is a drop-in program. There is no need to call ahead.

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

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

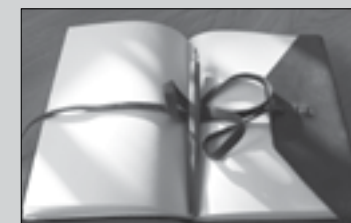


Peer advocacy is at the core of the philosophy behind the Breast Cancer Coalition of Rochester. In that spirit, we have developed the PALS Program. The concept of this program is simple: individual breast cancer survivors reach out to those who are new to the disease, providing a foundation of caring through one-to-one contact, helping them to connect to resources in the community, and working hard to instill confidence in the face of a difficult situation. Please call to learn how you can become involved as a mentor, or if you would like to be enrolled in the program after your own diagnosis to receive some much needed support and a pack of goodies.



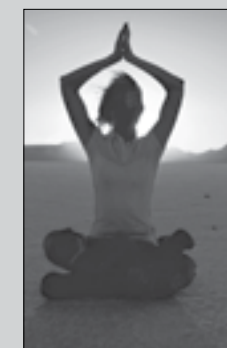
Book Club

What if a traditional support group isn't for you, but you still like the idea of participating in a supportive community following a breast cancer diagnosis? Join our Book Club! The Book Club meets on the **4th Thursday of the month**, from 6:00-8:00 p.m. Participation is limited and sign-up is required. To reserve your seat, learn the next book selection, or to suggest a book, call Jean at 473-8177.



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

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



Gentle Yoga

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

Young Survivor Soiree

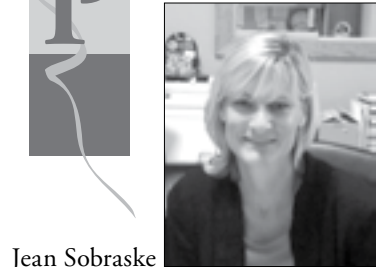
What is a young survivor? Only an individual can determine whether or not the term fits. It could apply to a woman of any age, but it usually refers to those between the ages of 20 and 50. A young survivor can identify with those who have been dealt a breast cancer blow in the midst of a career climb,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



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

Please see page 30 for information on new programs RISE I&II and The Healing Arts Initiative

Program Coordinator's Update



Jean Sobraske

"We don't heal in isolation, but in community."

-by S. Kelley Harrell



As old man winter tries to force us all into hibernation, don't let the cold weather prevent you from attending the Coalition's numerous programs, seminars and events that will be in full swing as we begin the new year. The opportunities for seeking support and information are endless, and I invite you to come on in to the Coalition to see how we can help you navigate the myriad of issues surrounding breast cancer treatment, recovery and survivorship. Your breast cancer experience, or that of a loved one, may not be like any other's, but rest assured we are here to provide a safe, nonjudgmental atmosphere in which your questions, worries, fears and triumphs can be shared.

When someone calls the Coalition for the first time, often they have just been handed the life-altering news that they have breast cancer. Usually they are reeling from the shock and disbelief that this disease could have somehow invaded their body. Yet, they have taken a very courageous step in seeking support just by calling the Coalition. We reassure them that they are not alone on this journey; we are here for them every step of the way.

Providing support for a newly diagnosed individual can take on many forms. The networking options at the Coalition are varied, and we try to offer something for everyone, whether it is a traditional discussion-based support group

such as those we offer on Tuesday and Thursday evenings, or a non-traditional group like our Voices & Vision writing workshop. The Breast Cancer 101 session is an opportunity to gather information to help manage the complex tasks and emotions of a breast cancer diagnosis. Our Brown Bag Friday group is a weekly opportunity for survivors of all ages and stages of diagnoses to gather in an open atmosphere where they are free to discuss whatever is on their mind.

Women living with metastatic breast cancer are welcome to join our monthly group designed to lend support to those who are coping with a diagnosis of advanced breast cancer. Friends and family members of breast cancer survivors will find a common bond with other caregivers at our monthly Friends & Family

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To learn more about our support programs and the information available at BCCR, please call Jean at 585-473-8177.

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 Jean Sobraske at jean@bccr.org

Thanks!



*Browse,
Borrow
& Read*

Enjoy the Breast Cancer Coalition Library

Valued Volunteers



Cindy Dykes

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."

-Marianne Williamson

As a new year dawns, we take this opportunity to reflect on and appreciate the many amazing volunteers who gave of their time, energy and talents in so many ways throughout the past year.

An excellent example is the impressive number of volunteers who helped to make the eleventh annual ARTrageous Affair on October 6 another great success. The gala committee members start working on this event early in the year to secure sponsors and donors, stuff invitation envelopes, process artwork donations and display them at the Artist Reception, then pack it all up and set up again at the Rochester Plaza Hotel the morning of the gala. In addition to the hard-working committee members, more than fifty volunteers worked the night of the gala – many behind the scenes – to register and welcome guests, sell the popular pink balloons, monitor silent auction items, process the winning bids and help at the checkout table to send our guests home with their purchases.

We truly appreciate the efforts of everyone who helped make this event such a lovely, enjoyable evening for our guests and a wonderful success for our organization. We especially wish to thank a few individuals who stepped into new roles this year for going above and beyond: Lisa Pietrangeli, who took over as Artist Committee chair, sharing her abundant energy and innovative ideas; Rose Gilbert, new Silent Auction Committee chair, who along with Hillary Teremy, worked tirelessly to secure donations; and Cathy Ockunzi, a new volunteer who spent many hours processing artwork, helping out before and after the Artist Reception, and working on registration and checkout the night of the gala.

Of course, October is a busy month for us, and many events take place in addition to the ARTrageous Affair. We extend a warm "thank you" to the volunteers who represent us at numerous community fundraising events held to

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Volunteer SPOTLIGHT

By Pat Battaglia

Jessica Nightingale



The registration and checkout process for our annual gala, the ARTrageous Affair, is a complex undertaking and requires its own Check-out & Registration committee. Overseeing the registration of hundreds of guests, and ensuring that they are able to leave with their purchases smiling at the end of the evening, requires strategy, foresight, and intensive work. A group of Paychex employees have formed the core of this important committee. In 2009, as the date for the gala was fast approaching, we found ourselves in the position of searching for a Check-out & Registration Chair. This was particularly challenging because the group was in the second year of making sweeping changes to the process. Jessica and one of her co-workers stepped in to fill the void, and there were rave reviews from guests that year about how easy and quick their checkout experience was.

In 2011, Jessica flew solo, leading this committee through another successful event. In 2012, she worked side by side with Patti Cataldi as co-chair of the entire ARTrageous Affair. While she was doing this, she was also planning her wedding, which took place

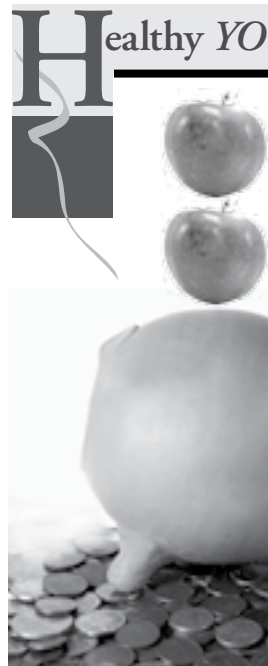
four weeks prior to this year's gala.

Jessica and her new husband, Rob, returned from their honeymoon in time to attend the Artist Reception two weeks prior to the big event. The newlyweds then returned the following day to help pack up the artwork in preparation for moving it to the Gala site.

Patti Cataldi, our Board Chair in addition to being Jessica's Co-Chair for the ARTrageous Affair, shares that "Jessica is reliable, efficient, a natural leader and always willing to go the extra mile when necessary. She relates well to the committee members as well as all the volunteers who work the night of the event. I have enjoyed working with her and value her contributions, not only to the ARTrageous affair, but to the Coalition as well."

We at the Coalition are pleased and grateful that Jessica shares her strengths and leadership abilities with us. We look forward to the ARTrageous Affair in 2013 confident that it is in caring, experienced hands.

Thank you, Mrs. Nightingale! ☺



Fresh and Frugal

Eating fresh food can not only minimize exposures to some chemical contaminants, it takes advantage of foods at their peak flavor and nutritional value. When the cost per serving is taken into account, fresh foods are almost always less expensive than their highly processed counterparts. Processing can remove nutrients from food, giving them less nutritional bang for the buck. Additionally, processed foods often contain unwanted chemicals in the forms of additives and residues from packaging. Any way you look at it, fresh food is a good deal.

OPTIONS AROUND WHEN SHOPPING FOR FRESHNESS. IN ADDITION TO YOUR LOCAL GROCERY STORE, CONSIDER:

- J Food co-ops and buying clubs. A co-op is a business, often open to the general public, which is owned and operated by its members. A buying club is an organization in which members pool their resources to negotiate the best prices from wholesale food distributors.
- J Farmers markets are a great place to find produce bargains, and many include organically grown items. Or pick your own at local farms and orchards. Buying directly from growers lowers the cost and adds to the variety of affordable fresh options.
- J Consider joining a CSA (Community Supported Agriculture) group to become part of the process of bringing fresh, locally grown foods from the farm to your table. CSAs offer their members regular shares of regional farm harvests. The Northeast Organic Farmers Association of New York (NOFA-NY) sponsors an annual informational event on area CSAs. For more information, visit their site at <https://www.nofany.org/?q=csafair>. The USDA also maintains a list of databases on CSAs that can be searched by state, city or area code. Go to <http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml> to find a CSA near you.

Sources:
<http://static.ewg.org/reports/2012/goodfood/pdf/goodfoodonatightbudget.pdf>
<http://healthyeating.sfgate.com/eat-unprocessed-foods-budget-4630.html>
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet16EatingBetterOnABudget.pdf>
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<http://strongertogether.coop/fresh-from-the-source/eating-local-on-a-budget>

HERE ARE SOME ADDITIONAL MONEY-SAVING TIPS GLEANED FROM SEVERAL SOURCES. LINKS TO THE ORIGINAL SOURCES ARE PROVIDED AT THE END OF THIS ARTICLE.

- a Have a plan before hitting your local farmers market or grocery store. As you contemplate a week's worth of meals, be mindful of the guideline to fill half your plate with fruit and vegetables. Take into account the food you already have on hand, then make a shopping list. Avoid impulse purchases unless you come across something that fits into both your budget and your meal plan.
- a Seasonal produce is most often at its peak freshness and flavor, and at its lowest price. When fresh choices are not available, frozen vegetables and fruit are less processed and usually more economical than canned.
- a Buy in bulk whenever possible. Take advantage of quantity pricing on items that have a long shelf life, such as dried beans, whole grains, pasta, and frozen items.
- a When cooking, make double or triple batches and freeze the extra for those days when there's no time to cook. Store food properly to reduce waste. Food thrown away is money thrown away.
- a Organically grown produce is the safest to buy in terms of reducing chemical exposures. But when the cost is prohibitive, shop selectively. The Environmental Working Group publishes a list of produce items that carry the heaviest contamination, called the "Dirty Dozen." Organic versions of these particular things should be chosen whenever possible. Conversely, the "Clean Fifteen" lists conventionally grown produce items that have been tested and carry little, if any, pesticide residues. Both lists can be downloaded at www.ewg.org/foodnews/.

Sausage & Apple Stuffed Acorn Squash

Ingredients

- 2 acorn squash, halved and seeded
- 1 TB butter, melted
- 1/4 tsp garlic powder (or fresh, crushed)
- 1/4 tsp ground sage
- 1 lb sausage or vegetarian sausage substitute
- 1/2 cup onions, finely chopped
- 1 celery rib, finely chopped
- 4 ounces mushrooms, chopped
- 2 apples, cored and chopped
- 1 cup fine breadcrumbs (or Farro, soaked, not cooked)
- 1/2 tsp sage
- salt and pepper
- 1 egg, beaten
- 2 TB fresh parsley, chopped

- Combine melted butter, garlic powder and 1/4 tsp sage; brush over cut sides and cavity of squash. Salt and pepper to taste.
- Bake in large roasting pan, cut side up, at 400 degrees F until squash is tender yet still holds its shape, about 45 minutes to 1 hour.
- Meanwhile prepare stuffing: Brown sausage; remove to colander to drain. Drain all but 2 TB drippings from pan. Add onion, celery and mushrooms and saute 4 minutes. Stir in apples and saute 2 minutes.
- Combine sausage, vegetables and breadcrumbs in a large bowl.
- Taste and season with sage, salt and pepper if needed.

Serves 4
 Recipe from www.food.com

A Journey to Better Health: One Woman's Story

Eat Well Live Well is a program sponsored by both the Rochester Business Alliance and Wegmans. With the goal of increasing activity levels and healthy eating habits, groups from companies throughout the area join this effort. Participants wear pedometers to count their steps, aiming for a grand total of 10,000 steps per day; they are encouraged to consume five servings of fruits and vegetables daily, adjusting their calorie intake as necessary to accommodate the additional amount of fresh food; and they take full advantage of joining a group to provide encouragement and inspiration to them in their efforts. The Coalition sponsors a group which runs in eight week sessions several times a year. Debra Gaffney joined us in our Fall Eat Well Live Well Challenge, and was an inspiration to us all.



Debra, when were you diagnosed with breast cancer?

In January, 2002. I had two lumpectomies, and doctors were not able to get clear margins, which led to a mastectomy with TRAM flap reconstruction in May, 2002.

How did you come to realize that you needed to make some changes in your lifestyle?

After breast cancer, I was diagnosed with lupus in 2003. This was a real wakeup call for me. Learning that lupus is not curable but could be manageable, I was terrified. I starting seeing my rheumatologist for medication and health monitoring. During this time I realized that I had gained a lot of weight. The weight gain was attributed to tamoxifen (taken for the full 5 years), stress eating, and lack of exercise.

What changes did you make, and how did those changes work for you?

I started walking periodically but nothing consistent, so the weight was like a merry go round. I would lose some weight, then gain it back plus some pounds. I had accepted the arthritis pain I experience every day in my spine and knees, until this year. I started walking more, drinking more water, and eating better. I managed to lose thirty-four pounds before the Eat Well Live Well Program.

What did Eat Well Live Well do for you?

This program gave me additional avenues for monitoring my food intake and increasing my exercise. This, added to what I was already doing,

continued on page 20

2012 ARTrageous Affair

On Saturday, October 6, 2012 the Breast Cancer Coalition celebrated the 11th Annual ARTrageous Affair at the Rochester Plaza Hotel. Almost 450 attendees and over 50 volunteers mingled among the pink balloons, extraordinary artwork, themed gift baskets and pink bubbly to support our efforts to “Redefine Pink”. The ballroom was transformed into a sea of pink with tables topped by “Hot Lady” pink rose centerpieces from Kittelberger Florist, and chairs adorned with bright pink pashminas courtesy of Parkleigh.

From our loyal sponsors, to our dedicated ARTrageous Affair Committee, to the many artists, vendors, businesses and individuals who gave their time, talent, goods and energy, we are honored to say thank you for helping us raise over \$99,000 for the Breast Cancer Coalition. We wish to extend our gratitude to all who sponsored this event, including our

Premier Sponsor, Excellus BlueCross BlueShield and our Gold Ribbon

continued on page 29

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Frank Teremy
Marijo Thomson
Rachel Voak
Nancy Weinmann
Stephanie Zambito
Connie Zeller
Joel Zeller
Roger Zeller
and many others who have made this evening possible!



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Hillary Teremy
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- | | | |
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| Melinda Andrus | Suzanne El Rayess | David Majchrzak |
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| Fran Bliak | Going | Kim Pfahl |
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Real men wear pink pachminas!



Pink balloons, a special surprise in each one

PATRONS

- Tom & Holly Anderson
Lila Bluestone
Richard & Patricia Cataldi
Tom & Maria Cook
Senator Joseph Robach
Alexander Solky, MD

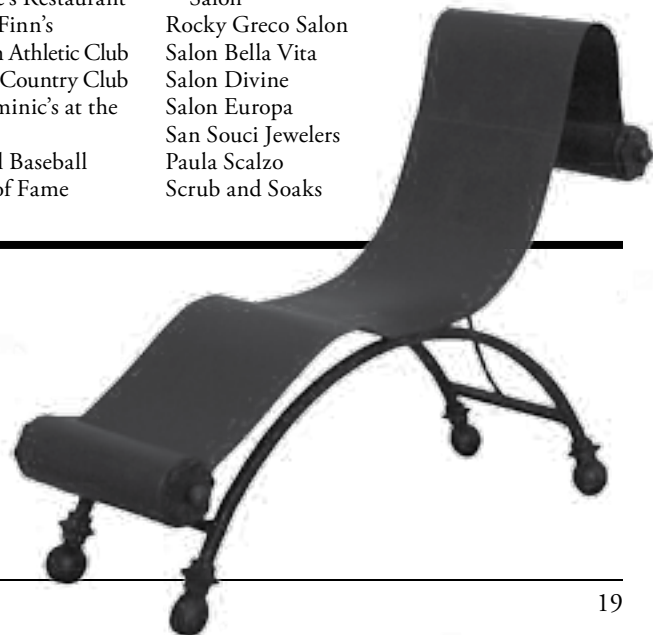


The bidding in full swing!

Event photos taken by Ria Tafani

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| Chef K2 LLC | Karen Laufer | Leo's Bakery & Deli | Abby Wambach |
| Ci Bon | Leo's Bakery & Deli | Little Theatre | Webster Golf Club |
| Kathy Macbeth Clark | M&T Bank | Lumiere Photo | Western Regional Off-Track Betting Corporation |
| Classy Cookie & Deli | MacKenzie-Childs | M&T Bank | Whitehouse Liquor |
| Clean Your Carpets | Magnolia's Deli and Cafe | Margie La Tourette | Windor Cottage |
| Colie's Cafe | Massage Envy | McArdle's Restaurant | Wizard of Clay |
| Corning Museum Of Glass | Mickey Finn's | Midtown Athletic Club | Woodcliff Hotel |
| Crossfit Fairport | Midvale Country Club | Mr. Dominic's at the Lake | Xerox Rochester International Jazz Festival |
| Crossfit Rochester | Mr. Dominic's at the Lake | National Baseball Hall of Fame | |
| Darien Lake | | | |
| Delta Sonic | | | |
| Donna Beane | | | |
| Downstairs Cabaret | | | |
| Drawbridge Liquor | | | |
| Eagle Vale Golf Club | | | |



A Journey to Better Health continued

helped me to lose an additional twenty-four pounds for an total weight loss of fifty-eight pounds. This program helped me to work my way up from 4700 steps on day one to twenty-eight straight days of 10,000 steps. The virtual badges were an incentive to do the best that I could for me, and I achieved a final total of 70 badges.

How do you feel now?

I never thought I would be able to walk 10,000 steps due to my lupus. I feel more energized and I no longer have food cravings. I eat everything in moderation and I now use portion control. I had an excellent support system both through the Eat Well Live Well team and my friends. When I was skeptical of reaching 10,000 steps, my friends told me to do my best and don't think about the steps, just take one day at a time. I feel great and I can now wear clothes that I haven't worn in over 10 years.

If you could offer a few words of encouragement to someone just starting out on a journey similar to yours, what would you say?

We all need some type of support system, whether it's family, friends, or some type of health program. No matter what you choose to do, it all starts within yourself. No support system or program will work until you are willing to make a commitment to yourself and your health.

Congratulations, Debra, way to be proactive! You have every right to be proud of yourself. ♡

Thank You to Warm 101.3 and Melissa Etheridge

Jodi & Lucas Cullen won a contest sponsored by Warm 101.3 for 2 tickets to the October 28th Melissa Etheridge concert, a signed guitar and a meet and greet with the artist before the show. The Cullens winning bid of \$717 was then rounded up by their friends Jeanette & Benjamin Atkinson. Their donation of \$300 allowed the total goal of \$1000 to be met. Thank you!



Program Coordinator's Update continued

support group.

One cruel reality that has surprised me the most since I began as Program Coordinator is the number of young women in our community who are diagnosed with breast cancer. Contrary to popular belief, this is not a disease that only strikes older women. While relatively uncommon, young women are indeed at risk for developing breast cancer. Our Young Survivor Soirees, held four times a year, provide an opportunity for young women to network in a casual, social atmosphere. Topics associated with the impact of breast cancer on families, children and careers are often discussed while women enjoy a fun, relaxing evening. Our newest support group, RISE (Relationships, Intimacy, Sexuality, Empowerment), is geared toward fostering discussions related to companionship, sexual experience, body image and the task of explaining one's breast cancer history.

Our monthly evening seminars are a forum for providing community education by hosting speakers, many who are medical professionals in the Rochester area. Topics for 2013 will include Integrative Medicine and Long-term Effects of Chemotherapy after Breast Cancer, among others. The Saturday Healing Arts classes offer breast cancer survivors an introduction to complementary practices such as Qi Gong and Fluid Motion.

As we ring in the New Year, remember that you and your loved ones are not alone on this so-called breast cancer "journey". Don't let old man winter force you into seclusion. There is a community of support for you right here at the Coalition. May 2013 bring peace and happiness to you and those you love! ♡

Women's Council of Realtors Annual Fashion Show



Holly Anderson accepting the generous donation check with Carole Snow, Maureen Toombs, Janet E. Romano and Katherine Dexter

The Women's Council of Realtors of Rochester held their 16th annual fashion show on October 10th at Locust Hill Country Club. \$6,500, a generous portion of the proceeds, was donated to the Coalition.

Thank you for your continued support!



Fran Mann - By Tracey Dello Stritto

A dear friend. A tender soul. An inspiration. Those are a few phrases that define Fran Mann. But how can one truly define a person with words? Fran and I began our friendship over our mutual love affair with the ocean. We had both frequented Singer Island, north of Palm Beach in Florida. It's a beautiful, restful place and we were surprised to learn the other knew of its glory. With our love for the ocean, wind, and seashells to bind us, Fran and I became fast friends.

On the walls at the Coalition, you will find professional photographs of survivors. Their faces add strength and beauty to our bare walls. Two years ago, Fran was selected to have her portrait taken, and I offered to drive her to the photo shoot. Fran filled the 25 minute drive with the most beautiful stories - memories of her husband, Jack, who had passed away of a rare cancer; stories of her children and grandchildren and how proud she was of each and every one of them; tales of her weekly golf league and how she had been working on her swing; excitement about her upcoming trip to Singer Island; and even admitting to the pain from her cancer that plagued her almost daily. After listening to Fran, I felt full. You know that feeling when all is at peace in the world and you can't think of one thing wrong in your life? Fran had just shared with me the most precious things in her life. Listening to her, I was aware that the cancer was a constant struggle, but somehow she was able to find a way to continue to live while dealing with treatments, surgeries and appointments.

Last February, I asked Fran to speak at our ninth annual Advanced Breast Cancer Seminar that was to be held in March. Fran agreed, even though her beautiful hair was falling out due to a recent regimen of treatments and she knew she would be wearing a scarf. The day of her talk came, and Fran looked stunning. The colors in her scarf were radiant and her eyes were bright. Some would say she was a trend setter, as a few men donned balding heads as well that day. Fran shared her story. She shared useful tools that helped her through her treatments. She shared that one must advocate for themselves. She shared that surrounding oneself with positive people can be one of the most potent drugs. She shared that her doctor approved trips to the ocean were a retreat, a way for her to reset. Fran was living proof that a balanced life can give blessing and energy, even when it seems there are neither to be had.

Four months ago, my husband and I moved to Richmond, Virginia. Just before Christmas, I was so pleased to receive a Christmas card with the return address of Nunda, NY - an update from my dear friend, Fran. Inside the holiday envelope was a Christmas greeting and a picture of Fran enjoying the good life on the balcony in Singer Island. This arrived just two weeks before her passing. I raise my glass to you, Fran, and may I find the true joy and balance in life that you shared with me. Cheers. ♡

Friends Remembered...

Jean Batz

Mary Ellen Harkness

Linda Malinich

Fran Mann

David McGregor



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 (300-500 words) with a digital photograph to Susan Meynadasy, BCCR Voices of the Ribbon Newsletter Editor, at susan@bccr.org.

We would be happy to honor your loved ones.

The 10 Commandments of Breast Cancer

-Jackie Fox

1. Thou shalt give thyself time to think. When you're diagnosed, you may feel like you have to do something right now. You don't. Take a deep breath. Give the spinning in your head time to slow down before you make any decisions.
2. Thou shalt not judge thy neighbor's treatment or reconstruction choices or attitude toward their diagnosis. I honestly have not seen people in the breast cancer community judge each other's treatment or reconstruction choices, either online or offline. The real armchair quarterbacks are the people who have never been through it. They need to be mindful of who's actually on the playing field. Attitude gets a little trickier. No one has the right to tell you how you should feel. Some people would have you think you should be able to overcome your fluffy pink cancer by being all shiny and happy, or that you should be grateful for some life lesson. That's a BIG fail. But you may be the naturally optimistic type. You may actually be grateful. And we all need to remember that's okay too. We're all wired differently. I always say that telling you how you should feel about your diagnosis is kind of like saying you should be six feet tall or have brown eyes.
3. Thou shalt honor thy own feelings, whether shiny and happy or tired or angry or scared. And don't be surprised to feel all these things within the space of 15 minutes, several times a day.
4. Thou shalt love thyself as thy neighbor. Women are so darn hard on ourselves. Give yourself the same break you would to a loved one going through a big diagnosis.
5. Thou shalt not beat thyself up. You don't have breast cancer because you ate the wrong things or didn't breast-feed your kids or exercise enough or the right way. You have breast cancer, because.
6. Thou shalt allow others to help you. This is a tough one for many of us. But your family and friends want to be able to do something for you; let them.
7. Thou shalt not bear false witness against science. You may or may not decide on a certain course of treatment. (See Commandment 2.) You may or may not have a good experience. We can learn so much from each other's honest recounting of our experiences, but that doesn't make us medical experts. Celebrities and politicians have a special responsibility here.
8. Thou shalt ask thy doctors questions. Do not be afraid to ask, "What is the risk if I do A or B?" or "What does that word mean?" or "Could you repeat that?" Good doctors welcome your questions and concerns. Not-so-good ones need to be reminded there's a person attached to the breast.
9. Thou shalt seize the day. There's no doubt cancer is the elephant in the room. But sometimes you just have to pat its big ugly flank and say, "Excuse me, elephant, but I'm going to the beach, or the movies, or the back yard with my kids. I'll catch you when I get back. Right now, I'm off to have some fun."
10. Thou shalt remember you are more than your cancer. Cancer is all about cells run amok in your body. It will do its best to claim your identity as well. You may be a woman with cancer, but you are also a wife, mom, sister, daughter, employed person and friend. Let the extent to which cancer becomes part of your identity be your choice, not its choice.

Our Fundraising Friends

The Duke Company Building a Better Community

The 2012 Duke Terry Memorial Golf Tournament was held on September 15th at Shadow Pines Golf Course. A record number of golfers participated, making this their most successful tournament to date. A putting contest, raffles, lunch and dinner added to the fun-filled day. The event raised \$11,093!

Thank you to Duke and all of their customers for their continued support of the Breast Cancer Coalition and helping us to give support to those that need it most right here in Rochester!



A Very Special Sweet Sixteen Party



Left to right;
Susan Meynadasy,
Chris Meckler,
Brittany Meckler and
Angelina Demyda

In celebration of her sixteenth birthday and in honor of her mother Chris, a breast cancer survivor, Brittany Meckler hosted a party on September 30th at Webster Park. She asked for donations in lieu of gifts. Brittany and her Mom delivered \$650 to the Coalition. This amazing young woman and her friends give hope to the future. Thank you.

Gates/Chili Federal Credit Union

Having been personally touched by breast cancer, the seven employees at the Gates/Chili Federal Credit Union held a variety of fundraisers throughout the month of October. With the help of their members, they raised \$155 for the Coalition. Thanks for your support!

Jewelry Party With a Local Purpose

Tricia Fagan dedicated half of her commission from all of her Silpada jewelry parties during the month of October to the Coalition. Her efforts raised \$355. Thanks for keeping it local!

Ristorante Lucano

Mike Finegan had his initials added to the charity wall at Ristorante Lucano for his generous donation of \$100 in support of the Coalition. Grazie Mike!



Local Advertising Raises Awareness & Funds

In their October issue, the Genesee Valley Penny Saver included a special section devoted to breast cancer awareness. Advertisers purchased space and honored many individuals affected by breast cancer.

Thanks you for your generosity of \$200.

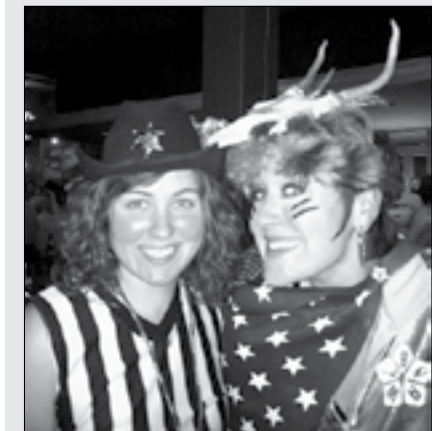
Making a Difference Door-to-Door

Juliana Miceli, MaKayla Impallaria and Jack Underwood went door-to-door in their Cherry Laurel Circle neighborhood on October 3rd and collected \$120. The donations were then given to the Coalition in support of breast cancer awareness month. Thanks to our young friends for keeping it local.

Simply Cindy

Local artist, Cindy Ritchie, created and sold an item to benefit the Coalition. Her efforts raised \$20. Thank you!

Boobrawl Wrestles Breast Cancer



Cheryl Ernst with a BRAWL wrestler

The Rochester BRAWL (Broads Regional Arm Wrestling League) held their largest arm wrestling fundraiser to date on October 20th. Teams, decked out in costume, competed throughout the evening for the arm wrestling championship title. The lively audience was encouraged to join in the fun

by bidding for the chance to challenge the wrestlers or by "bribing" the referee.

The festivities raised \$1,600 for the Coalition! Thank you!

Our Fundraising Friends



Fight Like a Knight

The Canandaigua Knights Girls Hockey Team played an exhibition game on November 16th at the Blue Cross Arena. A portion of the ticket sales were donated to the Coalition with a total of \$1,016.

Thank you to these galliant Knights!

Zumbathon at Studio 413



Left to right - Brittany Riggs, Heidi McIntosh, Tammy McIntosh, Kari Gonzalez, Andrea Bonnacorso

53 people came out to groove to the beat at Studio 413 in Williamson at a Zumbathon held on October 21st to benefit the Coalition. A number of local businesses donated raffle items. A fun-filled day was had by all, raising \$940. Gail McIntosh, mother-in-law of Heidi, the event organizer, donated an additional \$60, rounding the total donation to \$1,000.

Thank you to all who participated.

Blades For Life

The Blades For Life store in Greece held a Pink Knife Shelf Sale during the month of October. 50% of sales from the designated merchandise were donated to the Coalition amounting to \$100.

Thank you!

Heartfelt Homecoming & Carnival

The senior class of Greece Arcadia High School raised \$118 for the Coalition during their September 8th homecoming & carnival game. Truly a class act!

Dog Gone It, Xerox Has Done It Again!



Left to right - Brittany Riggs, Heidi McIntosh, Tammy McIntosh, Kari Gonzalez, Andrea Bonnacorso

Once again our friends at the Xerox Webster Complex held their annual Chili-n-Dog Bash on October 17th.

Creating their own cafe, Xerox employees made over 30 different pots of chili, hot dogs, homemade desserts and also donated many raffle items for the event. Their culinary efforts raised \$3,000 for the Coalition!

Thank you so much for sharing homemade goodness for a good cause.

IDI Billing Solutions Halloween Coffee Hour



Left to right - Elaine Lanni, Mike Holleran, Beth Noble & Steve DiNatale

Celebrating the spirit of Halloween, IDI Billing Solutions created IDIBUCKS Coffee Cafe, serving such goulish concoctions as Hogs Breath Coffee. Their eerie efforts raised \$200 in donations for the Coalition.

Thank you to all who participated for this unexpected treat!

Livonia Junior Bull Dogs football teams and their cheerleaders held a special pink day of football games on October 14th.

50/50 raffles, donation buckets and helmet collections raised \$429.09. The donations raised were then matched by the Bull Dogs Organization for a total of \$858.18 for the Coalition. Thanks for all your support!

Livonia Junior Bull Dogs



Windjammers "Strikes" Again



Melissa Selover, Angelina Demyda and Doug Phelps

Windjammers Bar & Grill held their second annual bowling event at Pleasure Lanes in Hilton on October 13th. Thanks to the continued leadership of Doug Phelps, and the generosity of all the participants, the event raised \$3,100 for the Coalition.

Blue Heron Hills

During a week long series of fundraising events that included raffles, a silent auction, and putting contests, Blue Heron Hills Golf Club raised funds in the fight against breast and prostate cancers. The Coalition received \$1535 from their efforts.

A big thank you to all who participated!

Bishop Kearney Key Club Pink Passion Day



Cindy Dykes with Key Club members

Bishop Kearney Key Club raised \$1,000 for the Coalition on their Pink Passion Day. Announcements and commercials were run daily during the week to promote awareness and the need to donate when Pink Passion Day arrived. Truly a passionate effort, thank you!

SOTA Girls Volleyball Team "Sets" a Good Example



The School of the Arts girls varsity and jv volleyball teams, sporting pink volleyballs, raised \$785 for the Coalition. Mary Gross accepted the donation on behalf of the Coalition and also "bumped" the amount to \$800! The game winning pink volleyball went to Tianna Leggette for highest fundraising.

Thanks to all of you for your spirit and generosity!

Big Oak Golf Tournament

The annual Big Oak Golf Tournament, held on September 23rd raised \$3,400 for the Coalition. All participants enjoyed a cool but beautiful day of golfing and raffle prizes.

Thank you once again to Big Oak for your generosity!



Denim Days...

Greece Public Library

The staff at the Greece Public Library raised \$140 during a dress down denim day on October 15th. They celebrated with pink themed treats throughout the day.

What a comfortable and delicious way to begin the week and give back to the community. Thank you!

School of the Deaf

The School of the Deaf held their annual dress down denim day in October. Enjoying a day of comfort for a great cause, they raised \$150. Thanks to all who participated.

Notre Dame Boys Varsity Soccer Goes Pink



In support of breast cancer awareness, the boys varsity soccer team of Notre Dame High School in Elmira wore pink socks and played with pink soccer balls during the month of October. In addition, for all home games, the team collected donations at the gate. Team member Likonga Molingou's parents rounded up the amount helping the team raise \$200 for the Coalition. GOAL!

Ordinary Laces, Extraordinary Donation



Tyler Spencer, a graduate student at RIT, fashioned pink bracelets out of hockey skate shoelaces. This was part of a project for an entrepreneur class in which students used \$10.00 to start a small business.

Tyler sold the bracelets for a total of \$540 in profits. Going above and beyond, Tyler then donated his profits to the Coalition in honor of a friend's mother. Thank you for your creative generosity!

This Little Pig Delivers BIG

Christina Lioi, a breast cancer survivor, hosted her first annual Pig Roast in support of the Coalition.

The festivities took place at My Apartment Bar & Grill. A day filled with food, music and raffles raised \$1,048 for the Coalition.

Donations ending September 30, 2012

The name of the individual honored or remembered is shown in **bold** type. The Breast Cancer Coalition thanks donors for these gifts made since our last listing. (Donations made after September 30th will be included in the spring newsletter.)
We apologize for any errors and/or omissions on our donor pages.

In Honor of:

Holly Anderson
Dorothy Pecoraro

Sylvia Cappellino
Ann Mazzarella

Diana Mazzarella
Ann Mazzarella

Judy Rohrer
Ann Mazzarella

St. John Fisher College Basketball School
Kimberly Henshaw
Tracey Malloy
Sharon Trobia

In Memory of:

Mary Agnello
Ann Mazzarella

Nick Agnello
Ann Mazzarella

Thomas Crown
Judith & James Ball

Geraldine Doherty
Mary & Dick Knapp
Stanley Pogroszewski

Jenny Doyle
Valentine C. Ancalone

Mary Reilly Franchina
Kathy & Rip Reilly

Rose Giambrone
Mary Lou & Jim Arrow
Marie Kenyon Coleman
Therese Kenyon Ensworth
Nancy Farrell
Beverly & Joseph Grippo
Gloria Romano
Ann Marie Sposato

John Hitter
Judy & Harry Wood

Althea Jones
Board of Directors - Brockport FCU

Maureen Lowry
Dana Brooks & family
Mary Lowry French
Jenny B. Kidambi & family

Ruth Ann Lowry Brooks
Mary Jane Sagura
Jean & Bill Schlageter

Alfred Moorman
Judy & Harry Wood

Joseph Napoli
Angela Cataldi

Cecilia Palluconi
Rosetta & Robert Damico
Ann Fox
Eileen Powderly
Linda Ruggles
John Santoli
Elaine & Frank Vergari

Laura Robertaccio
Mendon Pediatrics, PLLC

Karen Sanders
Susan & Richard Chase
Elizabeth Jeanote
Julie Kabelac
Bryan KinCannon
Lauren & Mike Murphy
Juliete & James Spina

Ann Schaefer
Jocelyn Helm
Suzanne Spencer

Duke Terry
Stacey & James Holahan

Founder's Circle \$5,000 +

Estate of Ruth Emma Wurster
The Duke Company - 2012 Duke Terry
Memorial Golf Tournament
University of Rochester Division of
Plastic Surgery - ARTrageous Affair
Gold Sponsorship
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Oncology - ARTrageous Affair Gold
Sponsorship

Visionary Circle \$1,000-\$4999

Senator James Alesi - ARTrageous Affair
Silver Sponsorship
Blue Heron Hills Golf Club - Rally for
the Cure
Borg & Ide Imaging, P.C. - ARTrageous
Affair Bronze Sponsorship
Fight Like a Girl Pig Roast - Christine
Lioi

Genesee Surgical Associates -
ARTrageous Affair Bronze Sponsorship
David L. Guadagnino & Steven
Szczyblewski - ARTrageous Affair
Bronze Sponsorship
The William and Sheila Konar Foundation
Konar Properties - ARTrageous Affair
Bronze Sponsorship
Dr. Avice O'Connell
The Overtime Grill - Pink Solo Cup
Breast Cancer Awareness
Dr. Alexander Solky
Vega Aesthetic & Reconstructive
Surgery - ARTrageous Affair Silver
Sponsorship

Advocate's Circle \$500-\$999

Aristo Development, Inc. - ARTrageous
Affair Pink Sponsorship
Melisande & Richard Bianchi -
ARTrageous Affair Pink Sponsorship
Sylvia & James Cappellino - ARTrageous
Affair Pink Sponsorship
Stefano La Sala Foundation

Pink Ribbon Circle \$100-\$499

Molly Branch
Roberta Buttino
Mary Conley
Culley, Marks, Tanenbaum, & Pezzulo, LLP
DeJoy Chiropractic
Linda DiCesare
The Duke Company
Carol & Timothy Fitzgerald
Flaherty's Tree Flags Inn
Genesee Regional Bank
Hackers Golf League
Margaret Hamilton
Industrial Tire
Mary Ellen & William Kane
Kevin Kobey
Debra Kusse
Alane Mandell
Paula J. Martin
Judy Masonis
Gail McElroy
M&T Bank
Nagendra Nadaraja, M.D.
OK Barber Shop
Lori Peloquin
Johanna Ringwood
Stormers Soccer Club
Mary & Tom Toole
Ian Wander

Joyce Wichie
Beverly Zimmer

Friend's Circle \$50-\$99

Billie Bosdyk
Amy Brawdy-Carlo
Joseph Cerretto
Josephine Digregorio
Susan Drouin
Jane & Kenneth Duke
Empire Pizza Penfield
Maryilyn Falzone
Jillian Forman
Laura Hammond -
GAP Matching Gift
Joyce Heilbronner
J. Fione & Company
Marcy Lazio
Christina Le Roux
Ann Marie Lipari
Linda MacKenzie
Mary Maggio
Fran Mann
Marketview Liquour
Christine McNeil
Midvale Golf & Country Club
Geraldine Muoio
Karen Munson
Offsprings Charities, Inc.
Fred Onufryk
Mary Kay Parrone
Patricia Ransco
Patricia Raynor

Carol Robinson
Elaine Strecker
Francine & Anthony Tramonto, Jr.
Lori Uhazie
Kathryn Wissler
Judith Wolf
Carol Yancey
735 Park Avenue, LLC

Contributor's Circle \$1-\$49

Kathleen Anderson
Helen Barbato
Katrina Campanaro
Customink.com
Mary Ennis
Arthur Fischman
Gaylord Fires
Ying Huang
Barbara Julian
Margaret Kavesh
Joanne Kelsey
Kim Kircher - Creative Outlook
Ann Marie Lipari
Nancy Mesoella
Deborah Panaggio
Betty Podlesh
Rita Rose
Nancy Schaad
Patricia Smith
Nan Van Den Bergh
Christine Versteeg
Noreen Whitney
Olivia Wittig, Maggie, & Bridgette -

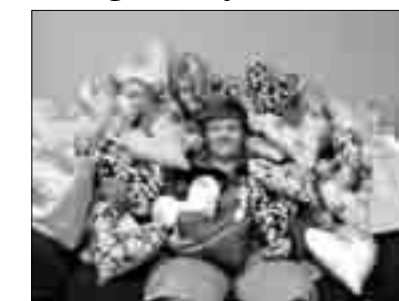
Lemon Aid Stand

Gifts in Kind:

Patricia Cataldi
Montha Chang
Dee Miller
Jean Rudai
Marlene Caroselli
Marj Cunningham
Alison Currie
Tracey Dello-Stritto
Mallory Dixon
Genesee Office Interiors, Inc.
Girl Scouts of Western NY- Ashley
Stafford Troop 60639-Cadette
Girl Scouts of Western NY - Genevieve
Rubland Troop 60270-Ambassador
Jess Graen
Joe Graen
Linda Hall
Sandy Koch
Tonja McNair
Diane Nelson
Pittsford Ward Relief Society
Lori Kemp-Schneider
Amy Schwert
Ria Tafani
The Church of Jesus Christ of Latter
Day Saints
Lisa Tydings
Genevieve Yaeger

Gifts in Kind

Traveling Pillows for the Sisterhood



Kristen Morse, a high school junior from Tioga, Pennsylvania, got a head start on her senior project last summer. Kristen spent 40 hours making heartshaped pillows for those undergoing treatment for breast cancer to create greater awareness within school and community. Breast cancer is a cause close to Kristen's heart, with several close family members who have been diagnosed. Happily, all are doing well. Thank you to Kristen and her Mom for making the journey to Rochester and spreading generosity and good will!

Our Fundraising Friends

Sparkling Donation

Thank you to Pam Kindig, a dear friend of the Coalition, for holding a jewelry show and donating part of the proceeds to such a great cause! Pam raised \$200.

Warriors In Pink



Webster Schroeder High School Warriors Varsity Football team dedicated one game to breast cancer awareness. Wearing socks and collecting donations, the boys raised \$67 for the Coalition. Thank you for helping us tackle breast cancer!

Zumba Class fundraiser



Thank you to Megan Mendolera for holding a Zumba class and raising \$515 for the Coalition in October. Thank you to the Rochester Fitness Center for the use of the space.

The Latin American Deaf Club



A donation of \$88.42 is the result of a community service project fundraiser held by the Latin American Deaf Club at the National Technical Institute for the Deaf at RIT.

Afterwards, she did some soul searching and came back to her original thought that the most crucial thing was to remove the cancer. Knowing reconstruction would always be an option for her further down the road, she called the plastic surgeon's office and cancelled the procedure. Her bilateral mastectomy, now simplified and easier to schedule because there would be no reconstruction at the same time, was scheduled for November 2nd.

In the interval before surgery, Montha experienced some strange sensations in her left breast, "like electric sparkling wires," as she describes it. Reassured by the nurse at her surgeon's office that it couldn't be anything serious, she continued to wait despite the discomfort that occasionally caused her to stop what she was doing and hold the area until the sensation passed.

Surgery day came, and everything went smoothly. Montha was home and healing when some surprising results came back from the pathology on her tumor; it had grown from the approximately 2 centimeters it was estimated to be at the time of her diagnosis to 12.5 centimeters. Montha had listened to her body well. The odd feelings she had experienced were her indication of an unusually fast-growing tumor.

Given the tumor's size and the fact that several lymph nodes were found to be cancerous, things began to move quickly. As soon as the last surgical drains were removed, chemotherapy began. Each person who undergoes chemo reacts differently, and Montha unfortunately found that nausea was a constant for her during that time. Drawing on her knowledge of Chinese remedies, she found some relief in nibbling on salty pickled plums and smelling menthol vapors similar to cold rub remedies in our culture. While Western medicine was dealing with her

cancer, Montha's knowledge of Eastern remedies was helping her cope with the side effects.

After chemotherapy was finished, radiation followed. "It is like walking in the park," Montha quips as she compares her reaction to radiation versus chemo. While she did experience some fatigue and burning from the radiation, she felt much better overall. She learned to schedule her radiation treatments in the morning so she could go home and spend the rest of the day resting. As the weeks of radiation passed, Montha began to experience a burning sensation in the treated area. When she learned that turmeric has helped some deal with the burning that radiation occasionally causes, she added capsules filled with the bright yellow spice to her daily routine. "That seemed (to be) helping," she says, and along with applying lotions after her treatments, Montha made her way through this phase of her journey.

As estrogen was found to be a growth factor for her cancer, she was given a prescription for an aromatase inhibitor - a medication that lowers estrogen levels and has been found to reduce the rate of reoccurrence in this group of cancers. There are three different drugs in this class, and Montha is currently in the process of determining which particular one suits her best with the fewest side effects. Having given one a try and switched to another, this chapter of her story is still unfolding.

While she was in chemo, Montha found the Coalition. She attended a BCROI session, was matched with a "pal" who had undergone a diagnosis similar to hers, and became a regular at the Brown Bag table on Fridays. Forging connections within the Coalition as she forged onward through the sometimes difficult days of treatment, Montha was welcomed

within the fold of mutual support and encouragement that is the hallmark of the Coalition. Her emotions after her diagnosis, and especially after her startling pathology results, were difficult to deal with, and Montha often found herself feeling angry. Sharing the journey with others who understood what she was going through was a powerful experience for her. "I feel like I can talk about it and everybody understands," she says of her time at the Brown Bag table. "You feel safe to come over here . . . (the women) give me some advice. And then you kind of filter it and adjust it to yourself. That is really, really helpful for me."

Feeling a deep desire to pay forward the level of support she has received, Montha has become a mentor in our PALS Program.* Being there for others who are new to this journey is important to her. "That's what I really want to do," she says. "I feel that if one thing comes out good about this, I can be a mentor or be a voice for somebody. I can be helpful for people." When a newly diagnosed woman who spoke only Mandarin Chinese turned to the Coalition recently, we called Montha. We learned that she speaks three Asian languages, including Mandarin Chinese, and she was glad to extend a helping hand to this woman, offering not only strength and support, but a friendly, familiar voice in a strange land.

Our Lives Touched, Lives Celebrated event last October was a time of unexpected healing for Montha. The words of one of the speakers that evening resonated deeply with her: words about forgiveness. While Montha is at peace with her diagnosis and the multiple turns of events that followed, she came to realize how important forgiveness is to her. It can be forgiveness of self,

or forgiveness of a universe where something like cancer can exist; whatever form it takes, it has been a significant step for Montha in healing and moving forward. "Forgive yourself, forgive whatever, and count your blessings," is her advice.

"So it's one day at a time," she continues. "Through this experience you see who your true friend is. Your friend is really there beside you. It doesn't matter if you fall, or you're happy, or you're having a good day or not - they are there."

Montha is there. As she looks forward to mentoring others and helping us at the Coalition in any way she can, her compassionate, thoughtful presence and smiling face have brightened the day for many. It is good to know that Montha is one of the true friends that we at the Coalition can count on, no matter what. ☺

**For more information on PALS and our other programs, please see pages 10-11.*

Valued Volunteers continued

support us. Thank you to Kathy Cook and Diane Altmire for going to this year's Chili 'n Dog fundraiser at Xerox, and to Patti Cataldi for her help at the "Boobrawl". Thanks to Rebecca Solomon for once again attending "Songs for a Cure," to Mary Gross for attending a fundraiser for us at a girls volleyball game at the School of the Arts, and to Lori McJury for her help at "Shop for Hope." We also wish to thank Kathy Cook and Nancy Weinmann who helped Angie Demyda oversee our table at the Ultimate Rochester Women's Expo, and Nancy for attending "Kick for the Cure" at RIT.

We deeply appreciate the support we receive from our volunteers during the busy month of October and throughout the year. ☺

Sponsors – Martino Flynn LLC; Parkleigh; Schiano Law Office, PC; University of Rochester Medical Center, Division of Plastic Surgery; and University of Rochester Medical Center, Radiation Oncology.

Mistress of Ceremonies, Ginny Ryan, and Auctioneer Carol Ritter-Wright, encouraged the crowd to bid high as they enjoyed pink champagne, compliments of Marketview Liquor and Elmira Distributing Company. Later in the evening, guests heard stories from those touched in some way by a breast cancer diagnosis, including honorary co-chairs Sylvia Cappellino and Katherine Macbeth Clark, who each shared their reflections from the beginnings of the Breast Cancer Coalition, now its fifteenth year. This year's award recipients - Katrina Smith Korfmacher, Ph.D, who was presented with the Advocate's Spirit Award, and Alexander J. Solky, MD, recipient of the Laurie Pask Heart & Hands Award – also addressed the group in turn. Our signature prize-filled pink balloons were a hot item that evening, with sales that set an ARTrageous new record. Thank you once again to Glen Moscoe Jewelers for providing the Pink Balloon Grand Prize, and congratulations to the winner of the exquisite 18k gold pink quartz and diamond necklace. We also wish to thank the winner of last year's Pink Balloon Grand Prize for generously donating the pink sapphire and diamond ring back to us to be raffled off to another lucky winner at this year's gala.

Carol Ritter Wright whipped the crowd into a bidding frenzy for pieces of original art by Virginia Braun, Cordell Cordero, John Grieco, Chris Manos, Kathleen Rouvina-Oullette, Ramon Santiago, and April Stein. Other live auction items included exciting travel and entertainment packages at Greek Peak Mountain Resort's Hope Lake Lodge and Indoor Waterpark, the Nantucket Inn, New York City, a Xerox Rochester International Jazz Festival Package and a Buffalo Bills package with suite tickets plus jerseys and footballs signed by Jim Kelly and Thurman Thomas, valued at more than \$4000.

Gap Mangione and The New Blues Band returned to entertain and keep our guests on the dance floor.

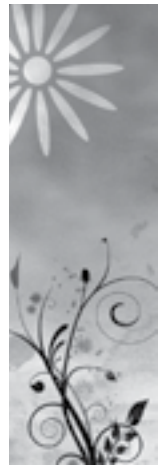
We hope you will consider joining us next year for another night of celebration and reflection at the 12th Annual ARTrageous Affair, to be held on Saturday, September 28, 2013. ☺

Lives Touched, Lives Celebrated continued

wisdom with words of hope, healing, and celebration. Marty Casper of WFKL (Fickle radio) and Jody Dietz read reflective poems to the group. Cards that had been written by attendees in honor, gratitude, or remembrance of those who face breast cancer and those who care for them were read by Donna Metelsky, Betty Miller, and Linda Gaylord.

Interwoven throughout the evening were strains of inspiring music performed by Jim Drew, who ended on a high note with a rousing, hand-clapping number called "This Road Don't Run in Circles" that left participants in good spirits as they gradually departed and made their separate ways home.

Until we see an end to the destructive swath breast cancer has cut through our world, it is our hope that those whose lives have been forever changed by the illness will find a renewed sense of wholeness and meaning. We are honored that so many have chosen to share the journey with us at the Coalition. This annual evening of hope, healing, and remembrance is offered to celebrate the inner strength and warrior spirit present in each and every one of us, and to remind us that there are places breast cancer can never touch. ☺



The Healing Arts Initiative

The Healing Arts Initiative is an opportunity to learn about a practice you may have heard of, been curious about, or have fallen away from due to breast cancer treatment.

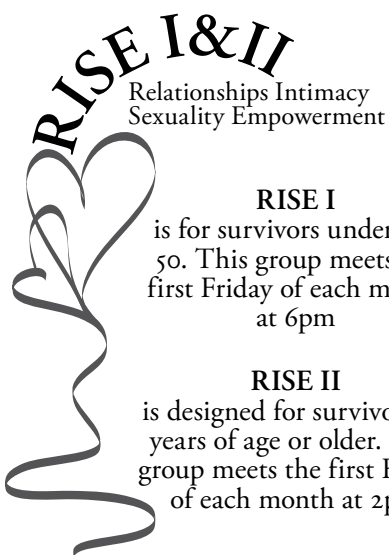
These offerings will be held in four-week sessions on Saturday mornings throughout the year.

Offerings such as:

- Fluid Motion
- Gentle Yoga
- Qi Gong
- Tai Chi

For more information, please call the Coalition at 585-473-8177

NEW GROUPS



Relationships Intimacy
Sexuality Empowerment

RISE I
is for survivors under age 50. This group meets the first Friday of each month at 6pm

RISE II
is designed for survivors 50 years of age or older. This group meets the first Friday of each month at 2pm

BOTH groups are open to **ALL** women regardless of marital/partner status or sexual orientation.

Upcoming Events & Programs at the Coalition

Wednesday, February 27, 2013
Dawn Riedy, M.D.
The Pathologist's Role in Caring for Patients with Breast Cancer
7:00 - 9:00pm

Friday, March 8, 2013
Young Survivor Soiree
6:00 - 8:00pm

Friday, March 22, 2013
Advanced Breast Cancer Seminar:
Tools for the Journey
at the Memorial Art Gallery
1:00pm

Wednesday, March 27, 2013
Ruth Hetland, M.D.
Updates & Trends in the Surgical Management of Breast Cancer
7:00 - 9:00pm

Wednesday, April 24, 2013
Kate Mendenhall
Executive Director, Northeast Organic Farming Association of New York
&
Chris Hartman
Director, Good Food Collective
7:00 - 9:00pm

Wednesday, May 29, 2013
Marcia Krebs, M.D.
Longterm Effects of Chemotherapy After Breast Cancer
7:00 - 9:00pm

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

Volunteer Information form

Name _____

Address _____

Phone _____ Work/Cell _____

E-mail _____

I am a breast cancer survivor

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

PROGRAMS:

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

REPRESENTING THE BREAST CANCER COALITION AT:

- Health Fairs
- Festivals
- Public Speaking (Churches, Schools, Community Groups)

FUNDRAISERS:

- Pink Ribbon Run & Family Fitness Walk
- "Tee'd Off" at Breast Cancer Golf Tournament
- ARTrageous Affair Gala
- Community Event Fundraisers

OTHER:

I am bi-lingual in _____

I am a deaf interpreter

I am able to deliver newsletters (Quarterly)

I am available: Days Evenings

Weekends

Other ways I would like to volunteer: _____

Breast Cancer Coalition of Rochester
840 University Avenue Rochester, NY 14607
585.473.8177 • 585.473.7689 fax
info@bccr.org • www.bccr.org

Take Action!

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

I am a breast cancer survivor

\$5000 Founder's Circle

\$1000 Visionary Circle

\$500 Advocate's Circle

\$100 Pink Ribbon Circle

\$50 Friend's Circle

\$25 Contributor's Circle

\$ Other

I am not able to make a donation at this time but would like to be on your mailing list.

**Gifts of \$100 +
receive a
complimentary
Comfort Heart.**

I would like to make a gift of \$ _____

In Honor of _____

Memory of _____

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

Payment Choice

Check, Money Order Visa/Master Card/AmEx

Amount Enclosed \$ _____

Credit Card No. _____

Expiration _____

Signature _____

Name on Card _____

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

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Voices of the Ribbon

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

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

SAVE THE DATES FOR 2013...

MOTHER'S DAY Sunday, May 12, 2013
PINK RIBBON RUN & FAMILY FITNESS WALK

Monday, July 29, 2013 BrookLea Country Club
TEE'D OFF AT BREAST CANCER GOLF TOURNAMENT

Saturday, September 28, 2013
ARTRAGEOUS AFFAIR

