15th Anniversary Ribbons and Roses Reception
Commemorates 15 Years of VBCF Accomplishments

VBCF commemorated 15 years of breast cancer activism and education by presenting VBCF's 15th Anniversary Ribbons and Roses Reception on Saturday, October 28, at the Virginia Center for Architecture in Richmond. The event featured a silent auction of Virginia treasures, jazz music, food, and drinks in a beautiful environment.

The Ribbons and Roses Reception highlighted VBCF's achievements during the last 15 years and included the presentation of the VBCF Sharon Kohlenberg Healthcare Provider Service Award and Nancy Dopp Volunteer of the Year Award. VBCF's four chapters - the Blue Ridge, Central VA, Hampton Roads and Peninsula Chapters - also presented their annual Volunteer of the Year Awards. The event offered the opportunity to recognize those Virginians who have gone above and beyond in the fight against breast cancer.

VBCF unveiled the 15th Anniversary picture quilt, Faces behind the Fight, which features over 150 pictures of Virginians affected by breast cancer, including individuals diagnosed with breast cancer, their family members and friends, and healthcare providers. The quilt is now prominently displayed in VBCF's Richmond office, and anyone is invited to visit the office and view it.

With Co-Founder Patti Goodall and President Karin Noss sharing their perspectives on the history and accomplishments of VBCF, the Ribbons and Roses Reception helped VBCF pay tribute to the advocates and volunteers who have actively worked the past 15 years to educate Virginians on the truth about breast cancer and advocate for the needs of those affected by breast cancer.

Please see pages 8-10 for additional reception coverage.
As I reflect on the past several months, I must say how proud I am of what the Virginia Breast Cancer Foundation has accomplished over the past 15 years and what we continue to accomplish. Our annual educational conference in September on the issue of survivorship was well attended and helped attendees focus on issues we all face after initial treatment is over. I think our Program Committee continues to find educational topics each year that aren’t covered by many other breast cancer organizations.

Our 15th anniversary Ribbons and Roses Reception was just wonderful. The Virginia Center for Architecture was a perfect venue to recognize the progress VBCF has made towards eradicating breast cancer over the years and to feature things “Virginian” in our silent auction. We were able to honor those who have lost their battle with this terrible disease, to hear Governor Tim Kaine pledge his support of our efforts, and to present annual awards to our outstanding volunteers and community. Yvonne Eisenberg and Audrey Young (volunteers from our Blue Ridge Chapter) presented us with an amazing photo quilt that will hang in our state office to remind us of our rich history.

Our reception came at the end of Breast Cancer Awareness Month and the sea of pink that engulfed us. While the VBCF acknowledges breast cancer awareness is still an important facet of what we do—especially for underserved populations—we are about much more than just “awareness.” One thing that troubles me is that this year more than ever, it seemed Breast Cancer Awareness Month was really about companies marketing their “pink” products and less about breast cancer awareness. The VBCF continues to encourage everyone to look closely at the labels on all “pink” products. Often there is very little that actually goes to support breast cancer awareness from the sale of these items, and as we all know, awareness by itself will not help us eradicate breast cancer. Most often the best way to support efforts to eradicate breast cancer is to give to organizations like the VBCF. By donating to us, you know your money will stay in Virginia and go directly to helping us do those things that will really help eradicate this disease.

Another way to help eradicate this disease is by enacting legislation and establishing meaningful public policy. I hope everyone reading this message voted on November 7th for candidates who will help us the most in meeting our mission. Sometimes it is hard to determine who will help most given all the rhetoric we saw on television and in the press. However, we do know that our elected officials in the previous Congress did not do what they promised they would by enacting the Breast Cancer Environmental Research Act. Despite the “support” of 258 Representatives and 66 Senators, we couldn’t seem to get it done. The Senate allowed Senator Coburn (R-OK) to hold up this bill and didn’t bring it before a vote. Then Senator Coburn tossed out saying we don’t need more funding for breast cancer research. Those that we thought were supportive in the House also spoke against this bill at the final hour. This is unconscionable when more than 40,000 men and women in this country are still dying of breast cancer every year and we don’t know what causes it.

I guarantee the VBCF will continue to work with our elected officials at both the state and federal levels to let them know what is important and we will hold them accountable for getting things done such as passing the Breast Cancer Environmental Research Act and finding a way to provide access to quality care for all Americans. Breast Cancer is a bi-partisan disease and we can’t let the partisan rhetoric or the uninformed get in the way of us meeting our mission of eradicating breast cancer.

Karin Noss, President
Gay Rudis, Vice President
CJ George, Treasurer
Rita Handley, Secretary

Vernal Branch
Maureen “Mo” Cassidy
Evelyn Cooley
Barbara Dittmeier
Nancy Finken
Kathy Funk
Barbara Geisler
Patricia Goodall
Sharon J. Goodrich
Beryl Holzbach
Brenda Martin
Linda Rose
Phyllis Rubinstein
Mary J. Saunders
Linda Seeman

Shirley Showers Belkowitz, Executive Director
Elisa Romans, Program Coordinator
Lisa Boudreaux, Administrative Manager

This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF.

Elisa Romans, Editor
Lisa Boudreaux, Layout Editor

If you wish to join VBCF or have any editorial comments please call 1-800-345-8223 or write to Virginia Breast Cancer Foundation, 5004 Monument Avenue, Suite 102, Richmond, VA 23220

The Virginia Breast Cancer Foundation is a grassroots organization committed to the eradication of breast cancer through education and advocacy.

Educate. Advocate. Eradicate.
Speakers Bureau Trainings Launch Revised Presentation

A sub-committee of VBCF's State Program Committee has diligently worked the past year to revise VBCF's Speakers Bureau Presentation, Stay Abreast. A special thanks goes to sub-committee members Rita Handley, Mary Saunders and Julie Shelton for their long hours and help with this revision.

VBCF's Speakers Bureau training on September 21 taught about 20 participants how to present the newly revised Stay Abreast, which discusses breast health, breast cancer facts, VBCF's mission, and advocacy.

The revised presentation also includes modules for specific audiences, such as men and young women. The presentation is informative, up-to-date, and relevant, and training participants are now ready to share Stay Abreast in their communities. VBCF also held a training for the Peninsula Chapter at their September meeting in Newport News. Trained speakers are an asset to VBCF as they help spread VBCF's message to a variety of audiences, such as churches, businesses, women's and men's clubs, and more.

If you know of an opportunity for a speaker to present Stay Abreast, or if you are interested in becoming involved with VBCF's Speakers Bureau, please contact VBCF at (800) 345-8223.

Board Decision on VBCF Membership

The VBCF Board of Directors voted in June 2006 to end VBCF membership at the state level. The VBCF has been a membership organization since its founding in 1991; however, the VBCF has not offered incentives or advantages for membership in the past few years. Therefore, the VBCF has decided to eliminate state "membership" while encouraging past "members" to remain "supporters." This is in keeping with a trend in other non-profit organizations. As a non-profit organization, the VBCF will still rely on our "supporters" for financial assistance in order to carry out our mission. All donations remain tax deductible.

The VBCF Board also voted to give our Chapters the authority to implement membership dues at the chapter level. The amount may vary depending upon the chapter. For more information about membership, please contact VBCF at (800) 345-8223. VBCF appreciates your patience and continued support during this transition.

VBCF Thanks Outgoing Board Member and Co-Founder Patti Goodall

Patti Goodall, Co-Founder and Board Member, is departing the VBCF Board after 15 years of service. In 1991 while undergoing treatment for complications from her first chemotherapy treatment one month after a modified radical mastectomy, Patti saw a Today Show interview with Elenor Pred. The rest is VBCF history. Elenor shared her ideas on the need for breast cancer advocacy and talked about a Mother's Day rally she helped organize in San Francisco. Patti shared their conversation with other members of her support group at the Medical College of Virginia (now VCU Health System) and in May they held a Mother's Day rally as VBCF's first event.

During the years Patti has been instrumental in the growth of VBCF and has served in a number of roles, including Vice-President and President of the Board. When elected President in 1996, Patti commented, "The thing that really moved me to become an activist is the fact that nothing really had changed much in two generations - no known cause for breast cancer, no prevention, no cure. I have a daughter. I want her to know I tried to change things for her. I don't want her to wonder why somebody didn't do something all these years." VBCF thanks Patti for her dedication and commitment to our mission to eradicate breast cancer and is grateful for her hard work and many contributions.

4th Annual All Chapters Meeting

VBCF held the 4th Annual All Chapters Meeting on June 4 in Richmond. A group of over 20 Chapter members from throughout Virginia met to network and share information about their efforts during the past year to educate and advocate in their communities.

Shirley Belkowitz, Executive Director, and C.J. George, Board Treasurer, shared the revised Chapter Guidelines and discussed the main areas where changes have been made. Each Chapter President received a Chapter Handbook that included pertinent information for the Chapters, and Chapter members were encouraged to ask questions to ensure the new guidelines are clear and relevant. For more information on how to get involved with a VBCF Chapter, contact VBCF at (800) 345-8223.
Volunteer Spotlight: Julie Shelton

This issue's Volunteer Spotlight focuses on Julie Shelton, Member of the Central VA Chapter and State Program Committee and recent Chair of the Ribbons and Roses Reception Silent Auction Committee. Julie was diagnosed with breast cancer in May of 2003. She underwent a lumpectomy, chemotherapy, radiation and currently takes Tamoxifen.

Julie became involved with VBCF in 2004 after requesting a newly diagnosed packet of information near the end of her treatment. Julie then met past Board President Barbara Dittmeier and Program Coordinator Elisa Romans at a luncheon where Elisa invited her to a Program Committee meeting. Julie attended, and the rest, as they say, is history. She found the committee to be very welcoming and inclusive and jumped into action helping to plan the VBCF Program, Proactive Steps after Breast Cancer, which took place in Virginia Beach in June of 2004. She has remained involved ever since.

Julie likes working with VBCF because she feels that she is helping to make a difference. Julie was especially impacted when a woman approached her after the recent Beyond Breast Cancer Conference in Charlottesville to thank her for presenting the program and to tell Julie that she depends on VBCF for information. Julie also simply enjoys the "wonderful people" who are involved with VBCF.

Julie is a graduate of NBCC's Project LEAD and Quality Care Project LEAD scientific trainings, and she has attended NBCC's Annual Advocacy Conference and VBCF's State and National Lobby Days.

Professionally, Julie works as Adjudication Manager for the Enforcement Division of the Department of Environmental Quality (DEQ). She represents DEQ in hearings, works on enforcement matters and case preparation and coordinates referrals to the Attorney General's Office. A Waynesboro native, Julie received her nursing degree from the University of Virginia and law degree from George Mason University. Other than living in Atlanta for 7 years after marrying her husband Eric, Julie has lived in Virginia all her life. She and Eric currently live in Montpelier with their two cats.

Julie recently received the Central VA Chapter Volunteer of the Year Award and was noted as being one of the chapter's "behind the scene" volunteers who comprise the backbone of VBCF. VBCF is thankful to her for her hard work, effectiveness and dedication to our mission.

Blue Ridge Chapter

The Blue Ridge Chapter stayed busy this fall with numerous health fairs and educational outreach opportunities. On October 10, Blue Ridge Chapter Members presented VBCF's Stay Abreast presentation to the United Sisters Organization of UVa, which included an audience of over 30 young women. One student commented, "I honestly do not think that our meetings and members have ever been as attentive as they were during this presentation on breast cancer."

The United Sisters Organization of UVa set up a literature table for Breast Cancer Awareness Month using VBCF resources. Pictured are (l-r): UVa students Rainey Perez, Amanda Bell and Amanda Fulwood.

Central Virginia Chapter

The Central VA Chapter presented their 13th Annual Dance for the Cause Jazzercise Fundraiser on October 21 in Richmond and their 10th Annual Breast Cancer Awareness Dinner on October 30 in Petersburg. The Dance for the Cause, which raised over $9,000, was held at Wistar Jazzercise Center and provided participants the opportunity to dance and exercise while raising donations for VBCF. The Breast Cancer Awareness Dinner featured local celebrity as wait staff and took place at the Brickhouse Run in Old Towne. This sold-out event included a four-course meal and raised $14,000 for VBCF.

Want to stay up-to-date with breaking news and legislative information about breast cancer? Sign up for VBCF's Legislative Alert e-mails. Send an e-mail to Lisa@vbcf with the word "Subscribe" in the subject line.
Hampton Roads Chapter

The Hampton Roads Chapter held their 4th Annual Rolling for Life Motorcycle Ride on Saturday, October 21, in partnership with Bayside Harley-Davidson and the Thunder & Lightning Motorcycle Club. Riders journeyed from Portsmouth to Paul D. Camp Community College in Franklin, and the successful event raised over $2,000 for VBCF.

The Central VA Chapter Breast Cancer Awareness Dinner featured local celebrities as wait staff and was a success. Pictured are (l-r): Kathy Funk, Central VA Chapter Treasurer, Board Member and Dinner Organizer; Bishop Knott Jr., Prince George County Clerk of Court; Sheriff Harold “Bucky” Allin III, Prince George County Sheriff; Delegate Rosalyn Dance, Delegate of 63rd District of Virginia; Wayne Covi, WTTR-News 6 Bureau Chief for the Tri Cities; and Mayor Annie Mickens, Mayor of Petersburg.

Pictured at the Hampton Roads Chapter Rolling for Life Motorcycle Ride are members of the Thunder & Lightning Motorcycle Club.

Peninsula Chapter

The Peninsula Chapter presented their 12th Annual Golf Classic on Saturday, October 7, in Hampton. The tournament, organized by Co-Chairs Diane Scott and Bodina Wright, was a big hit, raising over $8,000. Attendees enjoyed beautiful weather, golf, a silent auction and a delicious lunch prepared by the Chapter.

The Central VA Chapter held their Annual Library Book Drive in May to donate funds to public libraries in the central VA area for the purchase of current literature on breast cancer. The Chapter presented checks to numerous area libraries. Shown presenting one of those checks at the County of Henrico Public Library are (l-r): Maureen Cassidy, Central VA Chapter President and Board Member; Judy Atlas, Collection Management Coordinator; Jane Sumpster, Collection Development Librarian; and Beryl Holzbach, Central VA Chapter and Board Member.

Peninsula Chapter Members were ready to serve hungry golfers lunch at the Annual Golf Classic. Pictured are (l-r): Nancy Hopkins, Chapter Vice-President Sharon Whitely, Stalma Hacker, Crystal Daniel, Chapter President Diane Beilharz, Jeannie Harrell, and Gene Harrell.
Nanotechnology and Breast Cancer
by Frank Poynter, VBCF Advocacy Committee Member

Nanotechnology is the field of research that deals with the engineering and creation of things from materials that are less than 100 nanometer (one billionth of a meter) in size, especially single atoms or molecules. Researchers are studying nanotechnology in the detection, diagnosis and treatment of cancer. Nanoparticles are most often in the form of balls or spheres and need to be coated with a substance that will allow these balls to first enter the bloodstream and then enter the targeted tumor.

As you may know, MRI (Magnetic Resonance Imaging) testing is not sensitive enough to detect cancer cells that are small or in the early stage of development. It has been shown that the use of biocompatible magnetic nanoparticles (MNPs) improves cancer diagnostics. MRI images are negatively enhanced by magnetic nanoparticles (MNPs), so cancer metastases may be detected using MRI.

Nanoparticles can also be used in the treatment of cancer. Depending on the application requirements MNPs may be functionalized using various molecules. For example, poly(ethylene glycol) PEG and folic acid have been used to coat MNPs. These and other surface coatings have shown improved nanoparticle internalization of the various cancer cells. It has been demonstrated in recent studies that Luteinizing Hormone Releasing Hormone (LHRH) conjugated MNPs will target breast cancer cells as well as prostate cancer cells. Researchers are studying other biological substances (drugs) as well. The hope is that when these biologicals enter the tumor they will turn off the cancer cells and stop them from reproducing. This is a gross oversimplification, but this is how I understand what the researchers are hoping to accomplish.

How does all of this translate to curing breast cancer? I have heard there is translational research (phase I clinical trials) going on but have not been able to identify any in my research. Nanotechnology has already proved beneficial in chemotherapy with the advent of the drug Abraxane. Abraxane is the same basic drug as Taxol, but does not require the use of steroids because of the nanotech delivery mechanism. Researchers also have high enthusiasm for the use of nanotechnology in imaging modalities and are currently planning or accruing trials.

Nanoparticles are already being used in cosmetics with very little testing. This leads me to the question of, how safe are nanoparticles? How long will these balls or spheres stay in the body? In addition, what side effects will be incurred? What is the proper dosage for a given tumor? I will be attending the San Antonio Breast Cancer Symposium in December and plan to bring back information on this new treatment modality. In addition, I will ask some hard questions about the side effects.

---

Save the Date for State and National Lobby Days!

Save the date for VBCF's State Lobby Day – Wednesday, February 14 (Valentine's Day) – in Richmond. VBCF will take a bus from the State Office to the Capitol where VBCF advocates will break into teams and visit Virginia Delegates and Senators' offices to discuss key breast cancer issues. The bus will return to the State Office in the early afternoon. VBCF volunteers and supporters are needed as we unify to present a strong voice to Virginia lawmakers. Contact VBCF at (800) 345-8223 or email Lisa@vbcf.org to reserve your spot today!

National Lobby Day and Annual Advocacy Conference

Save the date for VBCF's National Lobby Day – Tuesday, May 1 – in Washington D.C. VBCF will take a bus to D.C. where advocates will break into teams to visit our Representatives and Senators and lobby for important national legislative issues related to breast cancer. Your participation matters! Contact VBCF at (800) 345-8223 or email Lisa@vbcf.org to sign up today.

In addition to National Lobby Day, the National Breast Cancer Coalition (NBCC) will present the Annual Advocacy Conference in Arlington from April 28 to May 1. Join hundreds of breast cancer advocates and learn the latest about breast cancer science, research and public policy. Find out how to become an effective activist in the fight to end breast cancer and finish up the conference by attending the National Lobby Day with VBCF. To register for NBCC's Annual Advocacy Conference, contact NBCC at (800) 622-2838 or visit www.stopbreastcancer.org. VBCF offers sponsorship for volunteers to attend this conference, which reimburses up to 2/3 the cost of hotel and transportation for approved applicants. For more information and to request a sponsorship application, contact VBCF.
Serving on an IRB: What is it and Why?
by Becky Morris, VBCF Advocacy Committee Member

IRB—Is it a verb, an herb, or what? IRB is an acronym for Institutional Review Board. I had not a clue what it stood for or what its purpose was until I completed the National Breast Cancer Coalition’s Project LEAD (Leadership, Education, Advocacy & Development) class in 2001. At the end of the LEAD workshop, you are expected to “continue finding opportunities to educate yourself and seek out opportunities to participate in the breast cancer research and policy process in your community,” by writing your graduate reflection and action plan and following through with it. One of my goals was to serve on an IRB at Virginia Commonwealth University (VCU) where I received my breast cancer treatment at the Massey Cancer Center. I began serving this year.

Any institution (hospital, cancer center, university) conducting biomedical or behavioral research involving human subjects must by law have an IRB in order to protect the rights of human subjects of the research. It has the authority to act on proposed studies, require progress reports and oversee the study, can suspend or terminate approval of a study and has the authority to restrict research. Panels usually consist of physician scientists, pharmacology scientists, social scientists, medical epidemiologists, psychology social scientists, oncology scientists, radiology scientists, biochemists, pathology physician scientists and must have at least one community volunteer scientist. Members serve as a primary or secondary reviewer of research proposals.

The purpose of the IRB is to provide a system that ensures the following things take place: Ethical concerns are not overlooked; risks to subjects are minimized; risks are reasonable in relation to anticipated benefits (beneficence); and when appropriate, selection of subjects is equitable (justice). The IRB seeks informed consent from each subject (respect for persons), which is appropriately documented. When appropriate, the IRB monitors data collection to ensure subject safety, privacy and confidentiality. The IRB requires additional safeguards for vulnerable populations (children, prisoners, pregnant women, fetuses and neonates) who are involved in the research.

Why do we need an IRB? Why not just obtain a guarantee from the scientists that they will follow these principals in conducting their research? Basic human nature tells us that highly motivated and trained people tend to focus on their own scientific goals and may unintentionally overlook other aspects of their work, just as we may tend to focus on getting to work on time and may ignore traffic lights on the way. Think back to the WWII Nazi war crimes we all abhor and the Tuskegee Alabama syphilis study in the 1940’s in which African American farmers were recruited exclusively and were coerced, deceived and abused in order to prove a theory - syphilis differed among racial groups. Events like these were the impetus in forming international guidelines for human research. Basic human nature also tells us that no one can be totally objective about his or her own work, and one can underestimates the risks to participants associated with research. Researchers also have an inherent conflict of interest when judging their own research. As a result, every research activity, whether bio-medical or social-behavioral, needs an independent, objective review that takes ethics into account. Professional (institutional, state, federal, FDA), explicit ethics codes provide guidance on the ethical conduct of research, and reviewers are required to understand and adhere to these guidelines in their reviews.

VCU requires all reviewers (panel members) to complete the human subject protections training course and attend regular training sessions offered at the university in order to maintain an effective understanding of the regulations. As a community-non scientist reviewer, I receive all proposals in advance of the monthly meeting. For those proposals assigned to me, my responsibility includes the following: Review all materials; ask questions and submit comments to the primary reviewer or principal investigator submitting the proposal, prepare to lead the discussion of the informed consent document and recruitment procedures; present specific recommendations for panel action including changes and/or questions to the Panel Coordinator; and then provide the specific changes directly to the Panel Coordinator following the Panel vote.

Why do I serve? Project LEAD taught me the importance of advocate involvement in the research process. Serving on the Panel is an opportunity to be an active participant in my community’s research and advocate for the ethical and safe recruitment and participation of patients like you and me. We are the faces of breast cancer and bring invaluable input to the table of the doctors and scientists who are working to find a cure for this disease and all others. It is a challenging, educational, rewarding experience. If there is a hospital, cancer center or university in your community, why not place the call and find out how you can ADVOCATE by becoming an IRB Panel member?

1 National Breast Cancer Coalition-Project LEAD training manual.
(Footnotes)
VBCF Volunteer and Breast Cancer Advocate Becky Morris Awarded VBCF Nancy Dopp Volunteer of the Year Award

In 1992 the VBCF Board of Directors established the Nancy Dopp Volunteer of the Year Award to recognize an outstanding volunteer who has contributed time, talent and passion to our organization. This year’s recipient, Becky Morris, is an exemplary volunteer who gives her time and energy to educate, advocate and eradicate breast cancer and has made a significant impact for and on VBCF through her efforts.

Becky served on the Board of Directors from 1996-2005, as well as serving as Board Secretary and Chair of the Advocacy Committee. Becky also helped found VBCF’s Richmond (now Central VA) Chapter. She is a current member of the Advocacy Committee, the Central Virginia Chapter, the Central VA Breast Cancer Coalition and Virginia’s Cancer Plan Action Coalition. She also now serves as a community representative on Virginia Commonwealth University’s Institutional Review Board and is a patient advocate representative on the Massey Cancer Center’s new Cancer Control & Survivorship Clinic Planning Committee.

Becky has been a tireless worker in the advocacy arena for VBCF. She is a graduate of the NBCC Project LEAD and Clinical Trials LEAD courses. She participates as a Team Leader in our national lobby day and is a strong supporter of the Every Woman’s Life program, which offers free screening and treatment of breast and cervical cancer for low-income, uninsured women. In the past Becky was instrumental in passing such important legislation as Virginia’s Breast Reconstruction Bill and was the driving force behind the VBCF Pink Ribbon License Plate.

Becky has written that it is her desire “to make a difference in the quality of treatment for women diagnosed, to aid in the research process from a consumer standpoint, and to focus more attention on the quality of life for women who are dying from breast cancer. I will not mourn silently.”

Commemorating 15 Years: A Look at the Last 15 Years of VBCF’s History

In honor of VBCF’s 10th Anniversary in 2001, One Voice printed a timeline of VBCF accomplishments from 1991-2001. This issue of One Voice features VBCF and medical achievements since our 10th Anniversary from 2002-2006:

2002
- VBCF presents first Speakers Bureau Training for Stay A Breast Presentation;
- VBCF creates new Program Coordinator position and hires third staff member;
- The General Assembly passes the Genetics Employment Discrimination Bill thanks to the hard work of VBCF advocates;

2003
- VBCF and the American Cancer Society found the Central Virginia Breast Cancer Coalition;
- New VBCF Hampton Roads Chapter is founded to serve the Portsmouth, Hampton and Norfolk area;
- VBCF presents Life after Breast Cancer Conference in Richmond, in partnership with VCU’s Massey Cancer Center and NCI’s Cancer Information Service;
- The General Assembly passes mandated insurance coverage for treatment of lymphedema with the efforts of VBCF advocates;
- VBCF holds the Reclaim the Pink Ribbon Rally at the State Capitol featuring Sharon Ford Watkins of NBCC and Lt. Governor Timothy Kaine;

2004
- VBCF presents first teleconference, New Advances in Treating Metastatic Breast Cancer;
- New VBCF Blue Ridge Chapter founded to serve the Fishersville, Staunton area;
- VBCF presents Proactive Steps after Breast Cancer Workshop in Virginia Beach, in partnership with Sentara Cancer Services;
- VBCF Richmond and Tri-Cities Chapters merge into one Central VA Chapter;
- VBCF holds Picture Yourself in their Shoes Program in Richmond to highlight the national personal story campaign;
- VBCF presents day of holistic health mini-workshops at the Mid-Atlantic Holistic Health Conference in Richmond, in partnership with Oriental Medicine Specialists, P.C.;
- In February the FDA approves Avastin with 5-FU as first line treatment for metastatic colorectal cancer. Avastin is now used to treat metastatic breast cancer and is the first U.S. FDA approved therapy designed to inhibit angiogenesis – the process by which new blood vessels develop and carry nutrients to a tumor;
2005

- VBCF presents teleconference, *Sexuality and Intimacy: A Breast Cancer Survivor's Perspective*;

- In January the FDA approves the use of Abraxane for the treatment of metastatic breast cancer. Abraxane is a nanoparticle albumin-bound form of paclitaxel (Taxol), which means that this chemotherapy can be given without steroid premedication;

- VBCF Advocacy Committee creates a "Track Team" to monitor online the General Assembly's activities;

- VBCF holds *The Emotions of Breast Cancer* Program in Kilmarnock, in partnership with Rappahannock General Hospital;

- In May the results of a Phase II trial of Herceptin in the adjuvant setting are announced. The trial ended early given how beneficial the drug is in combination with traditional chemotherapy for Her2 positive tumors;

- VBCF presents *Life after Breast Cancer* Program in Lynchburg, in partnership with the Awareness Garden Foundation and Centra Health;

- VBCF presents *An Evening with Dr. Susan Love* in Richmond, in partnership with Bon Secours for Women and Bon Secours Richmond Health Care Foundation;

2006

- VBCF presents teleconference, *Cancer in the Workplace: Understanding Your Rights*;

- In May VBCF moves into new Richmond headquarters;

- VBCF presents *Beyond Breast Cancer Conference* in Charlottesville, in partnership with UVA Breast Care Center;

- VBCF commemorates 15th Anniversary with *Ribbon and Roses Reception* in Richmond featuring Governor Timothy Kaine;

- VBCF continues to work with the National Breast Cancer Coalition to advocate for funding for the Department of Defense Breast Cancer Research Program;

- Medically, on the horizon are technologies to better classify breast tumors, improve tumor markers, and identify more targeted therapies;

- VBCF has four chapters throughout VA – Blue Ridge, Central VA, Hampton Roads and Peninsula. Each chapter does educational outreach, advocates on a state and national level for breast cancer issues and holds at least one VBCF fundraiser a year;

- VBCF presently has three staff members – Executive Director, Program Coordinator and Administrative Manager;

- VBCF reaches over 4,000 supporters throughout Virginia.

---

**VCU Breast Cancer Genetics Team Awarded VBCF Sharon H. Kohlpenberg Healthcare Service Award**

Pictured at the Ribbons and Roses Reception are (l-r): Award Recipient Dr. Sharon H. Kohlenberg, Healthcare Service Award recipient Joann Bodurtha, MD, MPH, and Healthcare Service Award recipient John Quillin, PhD, MPH, CGC.

The VCU Breast Cancer Genetics Team, comprised of Dr. Sharon H. Kohlenberg, Dr. John Quillin, Dr. Joann Bodurtha, and Dr. Joann Bodurtha, received the Sharon H. Kohlenberg Healthcare Service Award at VBCF's Ribbons and Roses Reception. The team members are strong advocates for families addressing breast cancer risk and are dedicated to service and the improvement of breast cancer genetics knowledge.

Ms. Creswick is a certified genetics counselor who joined the Massey Cancer Center in 2005. She has revised all of the patient communication materials, helped develop website materials regarding family history, collaborated in two grant proposals to address access to cancer genetic counseling services for uninsured or underinsured women, and worked on the state genetics educational plan with a focus on community outreach. Ms. Creswick's commitment has resulted in a doubling of patients served through the clinic this year.

Dr. Quillin has been a genetic counselor and geneticist at Massey Cancer Center since 1999. He is known for his steadfast work in helping women understand their genetic risk of breast cancer and their subsequent options. The National Institutes of Health and Komen Foundation have nationally recognized his work. Dr. Quillin, who is also a tireless teacher and community volunteer, is currently directing a study to assess the impact of incorporating breast cancer risk assessment in an urban women's health clinic.

Dr. Bodurtha has devoted her professional life to making genetics work to help people. She helped develop the national model of annually collaborating with VBCF to educate medical students in small groups about cancer. She initiated an internship for students from Virginia Union University and Virginia State University in which minority students participated in the Family Cancer Clinic. On a personal level, Dr. Bodurtha's daughter was a classmate of Sherry Kohlenberg's son and a colleague of Sherry's, and Dr. Bodurtha remains inspired by Sherry's example.
VBCF Chapter Volunteers of the Year

Blue Ridge Chapter

The Blue Ridge Chapter Volunteer of the Year, Rita Handley, helped co-found the Chapter in 2004 and currently serves as Chapter Secretary and Board Secretary. Rita is known for her willingness to go anywhere, traveling throughout the Blue Ridge area to staff health fairs, give VBCF's Speaker's Bureau presentations, help with special events and more. The Chapter describes Rita as a "strong breast cancer survivor."

Central VA Chapter

The Central VA Chapter Volunteer of the Year, Julie Shelton, has given many hours to various chapter activities, including the Hospitality House Day Restor's Room, the annual Breast Cancer Book Drive, fundraisers and health fairs. Known as one of the chapter's "behind the scene" volunteers, she quietly and efficiently gets the job done and is a dedicated supporter of the Chapter.

Hampton Roads Chapter

The Hampton Roads Chapter Volunteer of the Year, Marilyn Lewis, is known for being reliable, trustworthy and dependable. A Chapter charter member, she has volunteered for every annual Chapter luncheon, missed only one meeting in four years, helped with events, health fairs and more. To sum up how the Chapter feels about her, Chapter President Eunice McMillan said, "I think she should be cloned."

Peninsula Chapter

The Peninsula Chapter Volunteer of the Year, Barbara Mathews, took the job of Chapter Treasurer during her second year of involvement and has kept the position ever since. She is known for her attention to detail and has given many hours to make sure the financial aspects of the Chapter are in order. She also helps with the Chapter's two fundraisers and is known for her dedication and commitment.


BCF Mourns the Loss of Margaret Borwhat and Beth Williams

VBCF and the breast cancer community recently lost two devoted breast cancer advocates to metastatic breast cancer.

Margaret Borwhat, former Board President, passed away on November 4, 2006. Margaret was a Board Member from 1993-1997, serving as Legislative Chair, Publications Chair, Vice-President and President. She submitted articles for the newsletter, published a special edition election newsletter and educated policy makers on breast cancer issues. During her tenure as President, VBCF sponsored the first Physicians Symposium in Virginia that offered primary care providers state of the art information on breast cancer diagnosis, treatment, and management. Margaret served as VBCF's State Coordinator for the National Breast Cancer Coalition (NBCC) and on the NBCC Board.

Margaret held many leadership positions in breast cancer advocacy. She was a Board member of the Patient Advocate Foundation and the Legal Information Network for Cancer (LIINC) and while serving as a board member and legislative liaison to the National Patient Advocate Foundation, she researched states' legislative bills and resolutions related to cancer and health care insurance. Margaret also served on numerous national committees as a patient advocate, including the Human Research Protections Advisory Committee and the National Action Plan on Breast Cancer.

In 1997 Margaret was a Co-Founder and President of the Women's Cancer Advocacy Network (WCAN), a non-profit organization dedicated to helping women with cancer. With Margaret's help WCAN has worked to provide a patient advocate's perspective to cancer research and treatment. Margaret also conducted educational outreach programs for indigent and rural communities in Virginia and Nevada.

Before passing away Margaret removed her mask to say "I am doing this so hopefully other women will not have to be in a bed like me. I only hope that from my work and experience that I made a contribution that will help other women. When asked to help don't find excuses, just help."

Breast cancer advocate Beth Williams lost her 10-year battle with breast cancer on November 5, 2006. In 1997 Beth was a typical, young working mother of three until she found out that she and her husband were expecting another child. After discovering a lump in her breast and with no prior family history, Beth was diagnosed with an aggressive form of breast cancer – she was 9 weeks pregnant.

With a team of doctors at Massey Cancer Center, Beth underwent chemotherapy while pregnant and allowed the Richmond Times-Dispatch and the national news show, 48 Hours, to follow her through treatment. She gave birth to her healthy son, Mac, on national TV. Beth went on to have another child and a recurrence but maintained her commitment to her family and to her work as a breast cancer advocate.

Beth served as Board Secretary and Chair of the Advocacy Committee. Though dedicated to her family which includes 5 children, Beth found time to work to pass legislation to increase funding for breast cancer research and increase services to women diagnosed with the disease. She was instrumental in getting the Breast and Cervical Cancer Treatment Act passed and was invited, along with other advocates, to be honored for her work by former President Bill Clinton at the White House. Beth also focused on working to have legislation passed that would prohibit genetic discrimination.

Beth was known for actively telling her story to reporters, groups of women, and even those she met in the grocery store so young women could learn from her experiences.

Beth and Margaret truly lived the VBCF motto: Educate. Advocate. Eradicate.
Beyond Breast Cancer: Moving On...Moving Forward Conference a Success

Pictured at the Beyond Breast Cancer Conference are (l-r): Vernal Branch, Board Member and Workshop Presenter; Marcia Steele, Plenary Presenter; Carol Guyre, Blue Ridge Chapter Member; and Karin Noss, Board President and Moderator.

Chris Desch, MD, Plenary Presenter, speaks to participants on follow-up care and medical surveillance for breast cancer survivors at the Beyond Breast Cancer Conference.

VBCF teamed with the University of Virginia Breast Care Program to present the daylong conference, Beyond Breast Cancer: Moving On...Moving Forward, on September 30 to over 100 participants in Charlottesville. Beyond Breast Cancer featured Chris Desch, MD, National Medical Director of the National Comprehensive Cancer Network, and Marcia Steele, a breast and ovarian cancer survivor. Plenary sessions and workshops examined topics such as medical concerns of cancer survivors, emotional healing, diet and nutrition, advocacy and community involvement and stress management.

VBCF and UVa received overwhelmingly positive feedback about the conference. Evaluations included comments such as, "I could have listened all day" and "Please come back again next year!"

Richmond artist Terry Smith presented the 2nd Annual Art of Surviving Art Show, which opened on September 22 and continued through October 22 at Art Works. The show provided a forum for women artists whose lives have been touched by breast cancer, mastectomies or other breast health issues to share their experiences and stories through their works of art. VBCF thanks Terry for her dedication to raising awareness of breast health and for including VBCF in this event.

Pictured above are (l-r): Artist and show organizer Terry Smith, artist Leah Cole, artist Katherine Podlewski and artist Polly Taylor.

Newly Diagnosed?

Have you recently been diagnosed with breast cancer or know someone who has? Contact VBCF to receive a Newly Diagnosed Information Packet, which contains information on how to understand your pathology report, emotional healing, treatment options and more. Call (804) 285-1200 or (800) 345-8223 or email Lisa@vbcf.org.

Thanks to Virginians' support, the VBCF breast cancer license plate raised over $64,000 in 2006! VBCF appreciates those Virginians who have purchased or renewed their pink ribbon plate as a way to promote breast cancer awareness and contribute to VBCF.

VBCF receives $15 from each plate that is purchased or renewed.

If you would like to purchase a plate visit your local DMV or log on to www.dmv.state.va.us today!
Women’s Memorial Golf Tournament Celebrates 20th Anniversary!

Pictured are (l-r): Sharan Talarico, Women’s Memorial Golf Tournament Director, and Gay Rudis, Board Vice-President.

This year the Women’s Memorial Golf Tournament completed 20 years of giving back to the community and 15 years of support to the Virginia Breast Cancer Foundation. Over 100 individuals participated in this annual event that included golf, a raffle and a silent auction. Sharon Talarico and her hardworking volunteers made the 2006 tournament a terrific event and raised over $44,000 for VBCF.

Seasons Salon in Carytown held their first ever Cut-a-thon benefit for VBCF on June 4, which raised $850. Special thanks to Seasons co-owners Susan Stuckey and Julie Bampton and Seasons staff for holding this successful event.

VBCF’s youngest fundraiser ever, Jasmine Turner, raised over $1,000 for VBCF at her birthday party, and she and her mother, Carolyn Turner, delighted attendees at the Ribbons and Roses Reception with their beautiful singing. Pictured are (l-r): Jasmine Turner, Carolyn Turner and Co-Founder Patti Goodall.

Virginia Folk Artist Kacey Carneal Holds Benefit for VBCF

Monarch Pearls presented VBCF a check for over $700 due to sales proceeds from their Pearls of Promise Breast Cancer Awareness Bracelet. The beautiful pink pearl bracelet, which is priced at $35, may be purchased through VBCF or by visiting www.monarchpearls.com. Pictured are (l-r): Monarch Pearls Representative Cyndee Norris, Executive Director Shirley Belkowitz, and Monarch Pearls Representative Randy Jett.

VBCF thanks Virginia folk artist Kacey Sydnor Carneal, who held an intimate luncheon on May 20 at her historical home in Gloucester County and donated all proceeds to VBCF. Kacey offered attendees the opportunity to have lunch with the artist and view hundreds of her works. Guests also were able to tour her historical home, which is known as the Free School House (c. 1675), and visit her studio located on the banks of a creek leading into the Mobjack Bay. Visit www.vbco.org to order gift card sets (shown above) featuring Kacey’s artwork.
Contribution

A contribution of $__________________ is enclosed.

In Memory Of

or In Honor Of (If you would like an acknowledgement card sent, please include name and address of recipient)

Name

Address (Include Apt. #, P.O. Box, etc.)

City
State
Zip Code

☐ Please send me information on Planned Giving.

This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF supporters. If you wish to join VBCF or have any editorial comments, please call (800) 345-VBCF or write to: Virginia Breast Cancer Foundation, 5004 Monument Avenue, Suite 102, Richmond, VA 23230

I would like to make a contribution of:

☐ Supporter $50  ☐ Friend $100  ☐ Patron $250
☐ Benefactor $500  ☐ Champion $1,000  ☐ Other $______

Name

Address (Include Apt. #, P.O. Box, Etc.)

City
State
Zip Code

Phone
Fax
e-mail