National Lobby Day - Get on the Bus!

Imagine hundreds of breast cancer activists blanketing the halls of Congress, with unity in purpose on a single special and important day. That is the scene that replays every spring when the National Breast Cancer Coalition (NBCC) mobilizes its grassroots for their Annual Lobby Day. As a founding member and current Board Member of NBCC, Virginia Breast Cancer Foundation (VBCF) works closely with NBCC and is proud to coordinate Virginia’s grassroots efforts.

To make it easier to participate, VBCF coordinates transportation to and from the event and provides participants with the training, appointment scheduling, and materials needed to make all participants feel comfortable and prepared. This year, we plan to have bus routes which will stop at numerous stops between Virginia Beach and Washington DC (I-66/I-95 route) and from Roanoke and Charlottesville (I-81/I-64/29/I-66 route) to Washington DC. We invite ALL breast cancer advocates, individuals and organizations, to participate in this important and meaningful day.

Every year, National Lobby Day grows bigger and better. And, every year we hear how valuable and enjoyable the day is for participants.

"Attending Lobby Day has been a life altering experience for me – giving meaning to democracy in action.” The sea of pink on “The Hill” is an incredible sight for all attendees - whether interested family members, advocates, or survivors. And, knowing that we, a relatively small group of people, are truly making a difference while representing others that breast cancer has touched empowers and invigorates like nothing I have ever experienced. I hope that people won’t let the words ‘lobby’ or ‘advocacy’ intimidate them - everyone has something to contribute,” said Rita Handley, VBCF Board and Blue Ridge Chapter Secretary.

This year, VBCF has a goal of 100 Virginia participants!

Team Leaders are pre-selected and trained to lead groups of advocates to meet with legislators and staff throughout the day. So, even if you are not comfortable speaking to or addressing the legislators and staff, we need you to come along to show the diversity and expansive affect breast cancer has on Virginia’s constituency.

Advocates will spend the day on Capitol Hill conducting and participating in meetings with members of Congress and congressional staff. Activists from nearly every state and the District of Columbia will present, discuss and then press their Senators and Representatives to support and become an advocate for the NBCC legislative and public policy agenda. Virginia is fortunate to be close to our national’s capitol and to have the opportunity to make a difference in an effort much larger than us.

So, register you, your family members and friends now so that we can assign teams and make sure you have everything you need to be a productive (and happy) advocate!

Register online at www.vbcf.org or call 1-800-345-8223.
March 2009 is here and soon we will officially welcome spring. However, it certainly feels, smells, and sounds like spring outside my window right now. And, to think, that on March 1 & 2 we had snow and bitter cold. Things can certainly change rapidly.

Recently, the VBCF Board of Directors held its annual retreat in Ashland, VA. Not everyone could join us, but our new board members were able to attend. I am so impressed with our board this year and the commitment that all of us made during the retreat to renew and re-energize VBCF. Elaine Kiziah was our retreat facilitator and did a fantastic job. Also, the Mayor of Ashland, Faye Prichard, stopped by to welcome us to her town. You will hear more about some of our new plans in upcoming e-news and One Voice publications.

Joining the Board on January 1, 2009 were Etta Boyd, Yvonne Eisenberg, Don Geisler, Lynn Holly, Becky Morris, Terry Newberry, and Samantha Reed. Terry is a CPA and is serving as our Treasurer. Please join me in welcoming them to our Board.

Our annual State Lobby Day on February 5 was very successful. This year, VBCF teamed with Sister's Network, Susan G. Komen for the Cure and American Cancer Society for Lobby Day. Together our voice is stronger and while the team leaders delivered the message, it was amplified by all that attended. It was exciting to be in the House Gallery when Delegate Kristen Amundson recognized us and then to see Delegate Margaret Vanderhye's House Bill 2200 pass the House unanimously. In the Senate side, we were welcomed by Senator Patricia Ticer. Senator Mary Margaret Whipple's Senate Bill 1144 had already passed the Senate. Now, why am I excited about the passing of HB2200 and SB1144? You will have to read this edition of One Voice to find out. Some of us even got to meet with Governor Kaine.

Now we are preparing for National Lobby Day, which we do in partnership with the National Breast Cancer Coalition (NBCC). This year Lobby Day is Tuesday, May 5. VBCF will be providing free bus transportation to DC for Lobby Day from various pick-up sites in the state. Last year we had our largest team ever to attend. Our goal for this year is 100 team members. I do hope that you can join us. Just be sure to wear comfortable shoes.

But, while we refer to our Lobby Days, this is really an ongoing process throughout the entire year. In March, five folks attended the NBCC Team Leader Training program. While in DC, they also did a mini-lobby day to make sure that our new Representatives and Senator know who we are and our priorities. Our advocacy committee, chaired by Frank Poynter, meets monthly and was very busy during the recent Commonwealth of Virginia Legislative Session. VBCF sends out e-mail action alerts when we need you to contact your legislators. Anyone interested in advocacy is welcome to join us.

To continue our mission VBCF looks to our community for support. In December I was presented with donations from SuperValu totaling $2,248.59. It is events like this that fund our programs. Much thanks to SuperValu and their "Pennies for Pink" campaign.

May your 2009 be filled with love, laughter, joy, hope and good health………..Gay

Gay Rudis, President
Vernal Branch, Vice President
Terry Newberry, Treasurer
Rita Handley, Secretary
Etta Boyd
Yvonne Eisenberg
Kathy Funk
Alison G. Gaucher
Don Geisler
Shirley M. George
CJ George
Sharon J. Goodrich
Lynn Holly
Becky Morris
Frank Poynter
Samantha Reed
Mary J. Saunders
Linda Seeman
Angela A. Lawrence
Executive Director
Jaime Strohacker,
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.

Jaime Strohacker,
Content 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 23230.
Attention Ukrop's Shoppers!

Ukrop's is pleased to offer Golden Gift 2009. You can help VBCF earn a portion of this year's $200,000 payout!

You will earn 1 (one) point for every dollar you spend at Ukrop's from March 2 through March 28. No registration is required. Just use your UVC Card when you shop.

The more you shop, the more points you earn. Check with Customer Service at your Ukrop's store to make certain your mailing address is correct. In May Ukrop's will mail you a Golden Gift Certificate. When you donate your points at the end of the program VBCF can redeem them for a portion of the payout. For more details about this program, please visit www.ukrops.com.

The Golden Gift Certificate will be mailed to you in mid-May. Please mail your points to VBCF at 5004 Monument Avenue, Suite 102, Richmond, VA 23230.

Books-A-Million Fundraiser for VBCF!

Books-A-Million store at 9131 Midlothian Turnpike in Richmond, VA 23235 will have VBCF literature available and will be donating a portion of the proceeds from their sales to VBCF on Saturday, May 9. This is a great chance to get a last minute gift for Mother's Day and support VBCF at the same time!

Camp for the Cure presents the Second Annual Performance of The Musical Cure

A musical theatre camp and benefit performance called Camp for the Cure will take place this year from August 17 through August 21. Proceeds from the camp and performance titled The Musical Cure will benefit VBCF. Last year the camp raised over $4,200 for breast cancer. The camp is open to all rising 2nd graders through rising 12th graders. During the week, campers learn songs and dances and then perform for family and friends on Friday evening, August 21. The cost for the week-long camp is $105 for the first child, and $80 for additional children from the same family. Both the camp and performance will take place at Mary Munford Elementary School. For information and registration, please contact Laurie Follmer at 804-622-6711.

VBCF Partners with Carpenter Co.

Carpenter Co., the worlds largest producer of comfort cushioning products, will market a special bed pillow and mattress pad on a national scale. Proceeds from the sales of these products will go to VBCF to further education and advocacy dedicated to curing breast cancer in our time. "We believe that good deeds start at home and we are extremely proud to be associated with the Virginia Breast Cancer Foundation. We believe that what is done here will help women everywhere," said Dan Schecter, Vice President of Sales and Marketing.
Welcome to Our Newest Board Members!

The VBCF Board of Directors recently added several new Board Members. They replace Board Members who have served two consecutive three-year terms and rotated off the Board as well as filling a few vacant positions. The Board is a diverse group of individuals from throughout Virginia.

**Etta Boyd** is a five year breast cancer survivor. She is a retired R.N. with forty years of nursing experience. A member of VBCF's Central Virginia Chapter for 4 years, Etta currently serves as the Chapter's Vice-President. Etta has attended State and National Lobby Days for four years, having served as team leader. She serves on the advocacy committee and volunteers at many community events.

**Yvonne Eisenberg**, Vice-President of VBCF's Blue Ridge Chapter, was diagnosed with infiltrating ductal breast cancer in 1999. She is actively involved in many breast cancer related organizations and projects. She has participated in State and National Lobby Days and is a Project LEAD graduate. Yvonne is a volunteer teacher for women's cancer education programs at Remote Area Medical (RAM) in Southwest Virginia. She also educates the public about breast cancer at many community events. She is a grandmother of 7.

**Alison Gaucher** joined the VBCF Board mid-year last year. As a Health Educator with the UVa Breast Care Program, she works as a liaison between breast cancer patients and their caregivers, and their health care team. She also serves on a team to help identify psychosocial needs. Alison is also very involved in community education in high schools, churches and community groups. She is a member of Junior League of Charlottesville and volunteers with other organizations.

**Don Geisler** is the son, husband and brother-in-law of breast cancer survivors. Don has been active with the Central Virginia Chapter of VBCF for many years and has received the Chapter's Volunteer of the Year award. Don attends many VBCF programs including both State and National Lobby Days. If you have been to a Lobby Day, chances are you have seen Don in the front seat of the bus – making sure everything runs smoothly. Don brings with him financial and advocacy experience from other organizations and hopes to bring the voice of those related to breast cancer patients to the VBCF Board.

**Lynn Holly** is a University of Richmond graduate having earned a B.S. in Business Administration with a concentration in marketing. She is married and is the mother of two teenagers, ages 17 and 15. Lynn enjoys playing competitive tennis in her free time. A breast cancer survivor herself, she is excited about her work with VBCF.
Lynn hopes to further the efforts of VBCF by making a difference in the lives of Virginians affected by breast cancer through education and advocacy work.

**Becky Morris** returns to the VBCF Board after taking a few years off — having previously served as Secretary and Advocacy Chair. Becky has been actively involved in breast cancer education, service and advocacy since her diagnosis with breast cancer in 1995. She is Past President of the Women's Cancer Advocacy Network (WCAN) and coordinates a multi-state group of women's cancer education volunteers at the Remote Area Medical (RAM) Clinic for uninsured women in Southwest Virginia each year. Becky is a graduate of the National Breast Cancer Coalition Project LEAD and Clinical Trials LEAD courses, and has been instrumental in several successful legislative initiatives. She volunteers for a variety of breast cancer organizations and research programs.

**Terry Newberry** is a CPA with Wells Coleman & Company in Richmond. Terry volunteered for the Treasurer position, bringing with her extensive auditing experience. She looks forward to sharing her accounting expertise with VBCF while gaining great experience dealing with the 'other side' (non-audit) of accounting. She is a newlywed.

**Samantha Reed** is a six year breast cancer survivor. She is a graduate of the Project LEAD, Quality Care Project LEAD, and Project LEAD Clinical Trials programs and has attended the Annual National Advocacy Conference for four years. Most recently, she attended the San Antonio Breast Cancer Symposium. Samantha is involved in Sisters Network Central Virginia, has served on VBCF's advocacy and program committees and is a presenter for the Stay Abreast speakers bureau program. She has 22 years of active military service.

These Board Members joined existing Board Members for a day and a half long Board Retreat February 28 and March 1 in Ashland, VA. The retreat was very productive and will help guide the board and staff into the future – as VBCF continues to focus on, and brings new energy to, its mission to eradicate breast cancer through education and advocacy right here in Virginia.

Welcome all new Board Members! We look forward to their service and dedication!

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**A Mammogram Could Save Your Life,**
by Susanne Wiggins Bunch, Amherst, Virginia, Legislative Aide to Delegate Ben Cline

Attacker of so many lives,  
Breast cancer's reach is long.  
Detecting it quite early yields  
Survival rates quite strong.

A mammogram could save your life,  
Or that of one you love.  
Please schedule yourself yearly from  
Age forty and above.

The discomfort is quite fleeting  
Compared to cancer's pain.  
For the price of minor soreness,  
It could be life you gain.

What is the cost of putting off,  
Or waiting and delaying?  
Quite simply put, sweet time is lost  
For living, loving, playing.

You can't control the age at which  
Breast cancer just may strike;  
But early diagnosis gives  
The winning odds we like.

Encourage loved ones in your life  
To have this simple test.  
A mammogram can diagnose  
Most cancers of the breast.

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**VBCF Board -- Committed to the Future**

The VBCF Board of Directors recently held a one and a half day retreat to explore and better understand VBCF's core purposes, constituencies, and roles with other organizations. After identifying needs and trends, the Board considered resources that are or may be available to VBCF and what current and future programs are important to the organization and its constituency. Finally, the Board identified preliminary short and long term goals and next steps needed for achieving those goals. With the addition of many new and returning Board Members, the retreat was especially helpful in making sure we are all working for the same purposes. "This retreat was very valuable and will serve to guide VBCF effectively," reported VBCF Executive Director Angela Lawrence. Watch future newsletters and email alerts for information on new and enhanced programs and services.
**Volunteer Spotlight: Eunice McMillan**

Eunice, Mac, Elona, Miss Mac, Miss McMillan. Who is Eunice E. McMillan and why does she devote her time, energy, effort and resources to working for the VBCF? Let me share her story.

Twenty years ago when Eunice McMillan’s best friend was diagnosed with breast cancer, Eunice took on the fight as if it was her own. Although her friend lived in another city, she spent what seemed as every free hour helping her friend in countless ways. She assisted with childcare, accompanied her to chemo treatments and sat with her after treatments as she expelled her guts resulting from the negative effects of the chemo. Most of all, Eunice worked to keep her friend’s spirits up as she considered all the negative possibilities if the chemo treatments didn’t work. When her friend got better and decided to work actively for the eradication of breast cancer through work with VBCF, Eunice supported her efforts by signing petitions, lobbying, attending conferences and participating in rallies, marches, rides and other activities in the Richmond area.

Fast forward to 2009 and you will find that Eunice McMillan is still actively involved in the fight against breast cancer. Unlike many who embrace the cause because they are themselves survivors, Eunice is a supporter and someone who has never had breast cancer. Although her best friend has remained cancer free for over 22 years, Eunice hasn’t stopped fighting. Instead, in 2002, she decided to honor her friend and help bring VBCF’s state level advocacy to her region. With a few close friends gathered in her Portsmouth living room, most of whom were not survivors or living with breast cancer, Eunice organized what is now known as the Hampton Roads Chapter of VBCF.

Eunice served as the second president of the Hampton Roads Chapter of VBCF. During her tenure, the chapter formed a partnership with Eunice’s motorcycle club, Thunder and Lightning. That partnership led to the “Rolling for Life” motorcycle ride to raise breast cancer awareness. Additionally, the Hampton Roads Chapter holds an annual luncheon and sponsors the Victory Walk during the Portsmouth Umoja Festival.

Being a warrior and fighting for good causes is not something new for Eunice. As a high school Librarian with the Portsmouth Public Schools for 33 years before retiring, Eunice worked tirelessly helping students with research for school assignments as well as learn skills to navigate through life’s tough challenges. Affectionately known as Miss Mac by the students, Eunice was often found in a corner teaching “life” lessons not found in textbooks. She was active in many Continued on Page 15

**Blue Ridge Chapter**

The Virginia Skyline Council of the Girl Scouts of America and the VBCF Blue Ridge Chapter are partnering with Augusta Medical Center (AMC) to present the third annual Youth Health Fair Saturday, April 25, 10:00am – 2:00pm in the AMC Community Care Building. The Health Fair is open to all youth ages 9-17 and any interested adult accompanying them. The event is designed to provide education about different diseases and healthy lifestyles. There will be a specific emphasis on breast cancer - how it is diagnosed and treated and resources within the community. There will be opportunities to learn how to be involved as a family member, friend and advocate. Representatives from career, education, support services and health care agencies will be providing hands on learning experiences. Girl Scouts attending the event will have the opportunity to earn different badges. For more information, contact the VBCF Blue Ridge Chapter at 540-332-8223 or blueridge@vbcf.org.

**Central Virginia Chapter**

**Hospital Hospitality House Cookie Walk**

Chapter members, their families and volunteers take a moment to pose during the annual HHH Cookie Walk.

The Hospital Hospitality House (HHH) provides lodging and non-medical services to families and individuals in medical crisis. Guests are referred from physicians, staff and social workers. Since it’s opening in 1984, they have served over 100,000 guests. They support clients in home-like environments and all are served with dignity, regardless of their financial resources.

The Day Restroom is furnished and decorated with support from our own VBCF Central Virginia Chapter. This provides a resting place for Richmond area people who are not requiring an overnight stay. They can rest in a comfortable, quiet room until they are shuttled home.

They also provide a wide range of services including; a library,
laundry room, telephones, Chapel, and exercise room. A pediatric room and transplant floor are other services lovingly provided. All of these services are paid for by private donations.

Once a year, the Central Virginia Chapter provides a special service to HHH. On the first Sunday in December they schedule their meeting at HHH and have their “Cookie Walk.” Family and guests are invited and bring dozens of tasty cookies. They walk along and fill boggies with cookies which are offered to HHH guests at Christmas time. They play music, socialize, and eat delicious snacks and leftover cookies. Participants also may tour the Day Restor Room and bring various items which are on the HHH wish list. This past December Chapter members were joined by the Omega Gamma Chapter of the Iota Mu Fraternity, Inc. and their sweethearts. This group has helped the Central Virginia Chapter with various events throughout the last two years.

This is such a gratifying activity and a simple act of kindness to those in need, especially at Christmas. Please mark December 6th on your calendar and walk with us this year. You will have a good time as you are providing a special service for special people.

Breast Cancer is More than a Pink Ribbon Girl Scout Workshop

Dr. Shannon Gilham teaches Girl Scouts how to perform breast self exams using breast models.

Girl Scouts from Central Virginia converged for a breast cancer educational workshop, Breast Cancer is More than a Pink Ribbon, Saturday, March 14. The Richard Bland College location was chosen to create a collegiate atmosphere for the girls ages twelve to eighteen, mothers and troop leaders.

The opening speaker, Angela Luu, stressed the impact of breast cancer on the lives of all who are touched by the disease. Using medical journal photographs and breast models, Dr. Shannon Gilham, from Southside Regional Medical Center discussed knowing your body and how to perform self breast exams. VBCF Board Member and UVA Educator, Alison Gauthier shared actual mammo-

gram slides and exactly what breast cancer can look like.

What would an educational workshop be without information on a positive life style with exercise and healthy eating? Jay Crow, an exercise instructor from Richmond, led everyone in stretching exercises before lunch.

An Interactive discussion of advocacy, showing the Girl Scouts how to locate their state and federal representatives from the World Wide Web was given by Gay Rudis, VBCF President. An invitation to the National Breast Cancer Lobby Day in Washington, DC on May 5, was extended.

A tour of the RBC campus by Whitney Gershowitz was given to the Girl Scouts. Afterward a variety of groups had educational tables for easy one on one conversation as the closing activity.

Education and Advocacy goals were met with these interested young women.

Thanks for all the help by Central VA Chapter members that made this important educational workshop a positive experience for the Girl Scouts.

Hampton Roads Chapter

The Hampton Roads Chapter participated in Breast Cancer Awareness Night at Norfolk State University on Saturday, February 21. This event was at the Joseph Echois Hall at a regularly scheduled basketball doubleheader. The Norfolk State Spartans hosted South Carolina State. Breast Cancer survivors were invited and participated in a “Celebration of Life” parade during halftime. The Hampton Roads Chapter presented shocking statistics about breast cancer. A Moment of Silence was observed for those who lost his/her battle to breast cancer. Pink ribbons and information was shared with the attendees.

Peninsula Chapter

The All For U Salon in Grafton, Virginia raised $420 for the Peninsula Chapter in October 2008. The salon did a fund-raiser selling raffle tickets on a huge basket full of items. Many thanks to salon owners Mun Christensen and Kathy Byrum for their continued support of VBCF.

Attention Chapter Members!

The 7th Annual All Chapters Meeting will take place in Richmond Saturday, June 13, 10:00 am - 3:00 pm. Chapter members have a great time sharing helpful strategies and realizing that they are part of a statewide effort. This year’s focus will be on the implications of tough economic times for non-profits. Join us as we team up to fight breast cancer in our local communities.
Clinical Trials Project LEAD – Samantha Reed, VBCF Board Member

Leadership Education Advocacy Development

As a member the National Breast Cancer Coalition (NBCC) and Virginia Breast Cancer Foundation (VBCF) I have had the distinct privilege to attend three of the Project LEAD courses offered by National Breast Cancer Coalition, which include Basic Project LEAD (Nov 06), Quality Care Project LEAD (Mar 08) and my most recent being Clinical Trials Project LEAD held in Northern Virginia November 13-16, 2008.

The National Breast Cancer Coalition offers three different Project LEAD training courses. Each course focuses on preparing advocates to engage and effectively influence breast cancer decision-making within different types of local and national forums. The Project LEAD Institute is a five-day science course on cancer biology, genetics, epidemiology, research design, and advocacy. Quality Care Project LEAD is a four-day course on how to improve the quality of breast cancer care through systems change. Clinical Trials Project LEAD is a four-day advanced course on understanding and improving the clinical trials process.

Clinical Trials Project LEAD is open to graduates of Project LEAD and the Project LEAD Institute and focuses on understanding and improving breast cancer clinical trials research. This course, part of NBCC’s Clinical Trials Initiative, trains advocates to participate in all levels of the clinical trials process from evaluating trial design to serving on Institutional Review Boards and Data Safety Monitoring Boards. This advanced course is offered every other year.

Project LEAD courses are challenging and are designed to be informative, educational and empowering to ensure advocates can speak with confidence and be comfortable when serving on research panels and collaborating with local and national health care organizations. Attending Clinical Trials Project LEAD has expanded my knowledge of defining the criteria and the Food and Drug Administration approval process of clinical trials thus positioning me to be an advocate that can be a portal for the newly diagnosed faced with making a decision of whether to accept an enrollment to a clinical trial.

During the course I reflected on my own personal experience with whether to participate in a clinical trial when I was diagnosed with breast cancer in 2003 and realized how limited my knowledge base was. I now have a better understanding of the purpose, methodology, access and benefits of clinical trials endpoints and am able to evaluate the importance of the outcomes. I’ve been trained on how to evaluate the scientific contributions of breast cancer clinical trials and to identify the population, intervention, comparison and the intended outcomes to ensure the validity of an investigational new drug (IND).

I strongly encourage anyone interested in increasing their knowledge to gain a better understanding of cancer biology, research design, advocacy, quality care or clinical trials to register for the next Project LEAD course. It is an experience you will never forget and it will ignite your thirst for more knowledge and entice you to embark on opportunities you would never imagine were available ranging from reading and understanding medical journals and articles to sitting on the Department of Defense (DoD) Peer Review Board. After attending Project LEAD courses an advocate will be armed with vast knowledge and enthusiastic about exploring the opportunities to make their voice heard in the community and on Capitol Hill.

Although I personally gain the knowledge, my mission is to share and utilize the information gained from attending Project LEAD for the benefit of my advocacy efforts. I have also become an empowered advocate who is prepared to lobby locally and nationally.

I have challenged myself with becoming as educated and knowledgeable as possible about what is happening in the breast cancer community because without knowledge there is no power. I wear a breast cancer pin everyday as a reminder that God saved my life and to provoke awareness that breast cancer awareness is not limited to just the month of October but is to be remembered everyday.

NBCC is now offering a short introductory Project LEAD. Visit www.stopbreastcancer.org for information on future workshops.

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. To order a packet visit www.vbcf.org or call 804-285-1200 or 800-345-8223 or e-mail Lisa@vbcf.org.
VBCF Advocacy Trainings

VBCF will be holding advocacy trainings at local VBCF Chapter meetings in March and April. These trainings will be less than an hour and will discuss participation in National Lobby Day on May 5 and NBCC’s National Legislative and Public Policy Priorities that participants will advocate for that day as well as throughout the year. Contact VBCF at 800-345-8223 for more information.

Richmond-area training: Thursday, April 9, 6:30 pm, Chester, VA. Location TBA.

Peninsula/Hampton Roads Area Training: Tuesday, April 14, 7:00 pm, Mary Immaculate Hospital Education Building, 2 Bernardine Drive, Newport News, VA 23602

A training was recently held in Staunton.

VBCF will provide this training upon request to other groups. Please contact angela@vbcf.org.

Change is Coming to Washington and So Should You!

The National Breast Cancer Coalition (NBCC) will present the Annual Advocacy Conference in Arlington from Saturday, May 2 to May 5. 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.

Register for National Lobby Day!
Visit our website at www.vbcf.org or call 800-345-8223 today.

National Breast Cancer Coalition’s 2009 Legislative and Public Policy Priorities

The National Breast Cancer Coalition (NBCC) has established the following legislative and public policy priorities for 2009. VBCF will work with NBCC throughout the year to further refine and support these priorities. We will lobby for legislative priorities at National Lobby Day in May. Each will be further discussed at upcoming trainings.

Legislative Priority #1: Guaranteed access to quality health care for all. We will not achieve our mission of eradicating breast cancer until everyone has guaranteed access to quality health care. NBCC’s Board of Directors adopted a Framework for a Health Care System Guaranteeing Access to Quality Health Care for All, after extensive analysis and deliberation. We will use this framework to demand action towards comprehensive health care reform.

Legislative Priority #2: $150 million for FY 10 for the Department of Defense Breast Cancer Research Program. As a result of previous advocacy and strong bipartisan leadership on Capitol Hill, more than $2 billion has been invested in this competitive peer-reviewed research program. This program has changed the world of breast cancer research. The inclusion of consumers in every aspect of decision-making and the program’s unique grant opportunities have led to groundbreaking scientific advances.

Public Policy Priorities:
Breast Cancer and Environmental Research Act (BCERA). The strategies outlined in the NBCC support of BCERA would result in an overarching plan to look at the links between the environment and breast cancer and a new model of resource allocation at the National Institutes of Health (NIH). NBCC is looking at various strategies to achieve the original intent of BCERA.

Quality Breast Cancer Care. While we advocate for guaranteed access through a framework for a system governing coverage for health care, we must also push for quality care. One step toward quality is determining how to measure whether the public is getting the right care for breast cancer. NBCC is working on quality measures that will become the basis of a campaign for regulatory and legislative reform in this area.

Preservation of Medicaid Breast and Cervical Cancer Treatment Program (BCCTP). While NBCC pursues its work on guaranteeing access to quality health care for all, we are committed to making sure women with breast cancer have access to the care they need. The BCCTP, known as Every Woman’s Life in Virginia, provides screening and diagnosis for low-income, uninsured women. VBCF and NBCC are committed to working to protect and preserve the program.

Transparency and Accountability at the National Institutes of Health (NIH) and National Cancer Institute (NCI). NBCC strongly believes that the enterprise of clinical and scientific research at NIH could be vastly improved with greater participation from educated health care consumers and trained advocates who can help to inform all aspects of decision making at NCI and across the Institutes. NBCC also has deep concerns about the lack of transparency, external oversight and accountability in research priority-setting, decision making and evaluation. What is needed is to determine the right process for and atmosphere within which biomedical research will be prioritized and conducted.
VBCF State Lobby Day a Success!

Governor Tim Kaine met with Gay Rudis, VBCF President, and fellow breast cancer advocates at State Lobby Day.

Over 40 participants from around the state gathered at the Virginia General Assembly on Thursday, February 5 for VBCF's State Lobby Day. VBCF was pleased to have members of fellow breast cancer organizations join us again this year, including members of the Sisters Network Central Virginia and Richmond chapters and members from Susan G Komen for the Cure and American Cancer Society affiliates across the state. Advocates thanked state legislators for their support of strong laws protecting those with breast cancer in Virginia. They also took the opportunity to reinforce the importance of insurance mandates and funding for the Every Woman's Life program. Participants were recognized in both the Senate and the House. The House voted and unanimously passed HB 2200 to great applause that day. The group was visited by Delegates Vanderhye and Amundson that morning. Please join our Email Alert List to keep posted on legislation critical to your health needs.

Photo One: Breast cancer advocates enjoy a bus ride to the State Capitol.

Photo Two: Delegate Amundson greets the group during a briefing prior to visits to legislators.

Photo Three: VBCF Executive Director Angela Lawrence reviews the day's agenda with participants.

Photo Four: Delegate Vanderhye discusses HB2200 with Lobby Day attendees.

You may qualify for a free mammogram and pap test through the Every Woman's Life Program. Call today to see if you qualify!
866-EWL-4YOU

Every Woman's Life
A Virginia Department of Health Program
Advocacy, Speakers Bureau and Volunteer Trainings a Success

In January, VBCF conducted a series of trainings throughout the state to train volunteers to be more effective advocates, speakers and educators. The trainings were well attended and well-received in Staunton, Richmond and Norfolk. “Your Voice in Action: A Handbook for Breast Cancer Advocacy” was revised and reprinted just in time for the trainings. The handbook is available on the VBCF website and hard copies are available by request. “Having comprehensive trainings in locations convenient to our volunteers has worked well, especially at a time when travel costs prohibit some from attending meetings in one central location” stated Angela Lawrence, Executive Director. A follow-up training, focusing on national advocacy and priorities, will be held at chapter meetings in March and April.

Legislation Passes - VBCF Made a Difference!

Thanks in large part to VBCF volunteers, legislation designed to expand the Every Woman’s Life Program, a program that provides screening, diagnosis and treatment to uninsured women in Virginia passed through the House and Senate and has been effectively signed into law. The bill allows for a Trust Fund to be established for the purposes of expanding the program. It also allows for the eventual voluntary tax check-off on state income tax forms. The bill is expected to markedly increase the number of uninsured women screened and treated for breast and cervical cancer through Virginia’s Every Woman’s Life program. VBCF was an instrumental player in the initiative – working closely with Delegate Vanderhyde and Senator Whipple on the legislation and ensuring advocates’ support. Those attending State Lobby Day were able to see the House vote on the measure that day (followed by much applause and yes...even a little hollering). The Governor has invited VBCF to a special signing ceremony for the measure.

Now, we re-group and start approached foundations and individuals who may be willing to contribute to the Fund. If you would like to help, please contact VBCF.

VBCF Awarded Advocacy Grants

The National Breast Cancer Coalition Fund (NBCCF) is pleased to announce Virginia Breast Cancer Foundation (VBCF) as one of the 14 recipients of a 2009 Programmatic Capacity Building Grant as part of the Best Practices in Breast Cancer Advocacy Awards Program®. Awardees were selected among invited membership organizations by a competitive process. This grant, which is generously made possible by the Breast Cancer Fund of National Philanthropic Trust, will be utilized by the VBCF to educate breast cancer advocates and to organize breast cancer advocacy efforts. VBCF will receive $15,000 through this program.

“We are excited to make this opportunity available to Virginia Breast Cancer Foundation for their difficult and important work to help in our mission to end breast cancer,” said Frances M. Visco, President of NBCCF. “I am confident they will use the grant to enhance programs that will have a lasting impact on systems of research, access and/or public policy.”

VBCF is also one of 20 organizations across the U.S. receiving an Advocacy in Action Grant from NBCCF. The winners, all member organizations of the NBCCF were selected by a competitive application process to assist them in forwarding advocacy locally. Each group received $5,000.

“I congratulate VBCF for this award and for its commitment to advancing NBCC’s priorities and its goal of eradicating breast cancer,” said Fran Visco, President of NBCCF. “The public policy work we all do is intense, complex, and vital. I am confident the VBCF will use this grant to expand advocacy in its community and move beyond awareness to work for systemic change.”

These awards, which are generously funded by the Breast Cancer Fund of National Philanthropic Trust, will be utilized by VBCF for continuing its important advocacy efforts including the revision and printing of Your Voice In Action: A Handbook for Breast Cancer Advocacy, regional advocacy trainings and workshops, coordination of State and National lobby day efforts, and VBCF’s e-mail Action Alert system.

“I am honored that our advocacy work has been recognized and that we have been selected by NBCCF to receive these grants. VBCF is a founding member of NBCC and has been actively involved in advocacy since it was formed in 1991. These grants will allow us to expand our advocacy programs in the legislative and medical communities, and allow us to take our programs into all areas of Virginia. Together, we have, can, and will continue to make a difference. Please join us,” said Gay Rudis, VBCF President.
A Prospective from a First Time Attendee of the San Antonio Breast Cancer Symposium (SABCS), Samantha Reed, VBCF Board Member

I am grateful to the Virginia Breast Cancer Foundation for assisting me in attending the 31st Annual San Antonio Breast Cancer Symposium, December 10-14, 2008. As a breast cancer survivor and patient advocate, I’ve attended many conferences and workshops but this was my first opportunity to attend a multi-façade conference of such magnitude. The pharmaceutical companies were on site introducing newly developed and cutting edge drugs to treat breast cancer. A vast array of valuable information was disseminated from the speakers who were doctors and scientist that traveled from across the United States, Belgium and the United Kingdom just to name a few of the places to provide an indication of the variety of backgrounds and experiences surrounding this conference. Fortunately, I’ve attended the National Breast Cancer Coalition Project LEAD, Quality Care and Clinical Trials Project LEAD courses which prepared me for the enormous amount of information I received. I would recommend that anyone considering attending this conference in the future have a medical background or some basic scientific knowledge.

Each moment of this phenomenal conference was dedicated to providing continuing medical education on topics ranging from clinical trials in the 21st century, to emerging molecular therapies in breast cancer to tailoring adjuvant treatments for individual patients with breast cancer. After each presentation, there was a question and answer session but that became challenging with an audience of ten thousand plus people so the poster sessions that were held in the afternoons were great opportunities to speak with the presenters one-on-one. I found the opportunity to access copies of the posters for individual reading and research most beneficial.

I am familiar with Genetic testing such as the Sister Study that studies women whose sisters have had breast cancer and the breast cancer 1/2 (BRACA1, BRACA2) gene study that identifies the damaged/mutated gene that places women at a greater risk of developing breast and/or ovarian cancer. However, there is another gene study available to women and I had the opportunity to receive extensive information on the OncoType-Dx study. This particular gene testing is designed to assist doctors with providing targeted therapy to women with hormone receptor-positive, node negative breast cancer instead of the cookie cutter or the one size fits all treatment for breast cancer. I was able to utilize the information gained from attending the SABCS conference and provide direct benefit to a dear friend that was recently diagnosed with breast cancer when she called me seeking solace about the gene test offered by her physician. Continued on Page 15

Updates from the San Antonio Breast Cancer Symposium Vernal H. Branch, VBCF Board Vice-President

This conference is held every year in San Antonio to give research clinicians a chance to share their findings on breast cancer. Some of these are clinical trials that are being conducted all around the world, along with other findings that are in early stages of development, as well as breaking new developments for the treatment of breast cancer. I will try to highlight a couple that I found of interest.

Lapatinib in Combination with Letrozole: These are the first results in the EGF30008 trial. Lapatinib is small molecule tyrosine kinase inhibitor that works with ATP for binding with tyrosine residues in the intracellular catalytic kinase domain of the HER2 molecule. This works to inhibit the downstream reactions that lead to migration, proliferation, differentiation and apoptosis in the breast tumor. There has been cross-talk between growth factors and steroid receptor pathways that indicate endocrine resistance in breast cancer. Dr. Stephen Johnston and his colleagues conducted this trial to see if adding lapatinib to the aromatase inhibitor (Letrozole) would improve outcomes in postmenopausal women with hormone receptor-positive metastatic breast cancer. The trial included 1286 patients randomized to daily treatment of lapatinib and letrozole or letrozole and placebo. In this group of patients 219 were HER2-positive by either immunohistochemistry or FISH. The median progression-free survival (PFS) in this group was significantly increased with patients receiving lapatinib and letrozole. The overall response was significantly increased with the HER2 population, but there was no difference between treatment arms of the HER2-negative patients. The results of this study showed that lapatinib with letrozole can improve the clinical efficacy in patients with known HER2-positive, hormone receptor-positive metastatic breast cancer.

Antitumor Activity of Zoledronic Acid in Breast Cancer: Zoledronic acid (Zometa or Z) is a bisphosphonate that inhibits bone removal, and has been used in supportive care for cancer patients, along with preventing bone loss associated with aromatase inhibitors. Dr. Matthew Winter, from Weston Park Hospital in Sheffield, UK showed in his presentation that in their preclinical studies in tissue culture systems and animal models that Z might have a specific antitumor activity in breast cancer. This was then moved to the clinical setting with 205 patients with stage II/III breast cancer. After receiving neoadjuvant chemotherapy, they were then randomized to receive Z 3 to 4 times per week for 6 months, or to receive no additional treatment. The primary endpoint was residual invasive tumor size (RITS) in mm at surgical excision. The median RITS in the chemo alone was Continued on Page 15
Snack Busters

At times during treatment you may not feel up to eating a full meal and instead may find that eating more often throughout the day is better. If a regular-sized meal is too much for you, try eating mini-meals or snacks instead of large meals. For good snack choices, check out the list below:

- Fresh fruits and vegetables provide many needed nutrients. Keep baby carrots, celery sticks, fresh or frozen grapes, bananas and apples on hand.
- String cheese, cheese chunks and cottage cheese, eaten with or without fresh fruit, provide much-needed calcium.
- Graham and saltine crackers are easy to digest and are low in residue. Eat them plain, or spread them with peanut butter, cheese or jam.
- Cereal with or without milk contains many nutrients from fortification. Cereal is very convenient to snack on right from the box or to add to salted peanuts or pretzels, as well as to eat with milk.
- Nuts, snack mixes, popcorn and granola bars work well for those not needing to follow a low-residue diet. Quick energy and convenience are key to these tasty snacks.
- Canned and dried fruits. Mandarin oranges, applesauce, dried plums or apricots and dates are great snacks on their own, or team them up with nuts, popcorn or cheese crackers.
- Small sandwiches, such as grilled cheese or turkey, cut into fourths, work well as mini-meals. Eat one piece now, then if you’re up to it, eat another; otherwise save the rest for later.
- Soup and crackers. For convenience use canned soup and serve yourself a small bowl. Miniature crackers, such as oyster crackers or fish-shaped cheese crackers, may not seem as overwhelming as larger crackers, so start with them first.
- Shakes and smoothies containing milk or yogurt can be a source of extra calcium and other important nutrients. Because no chewing is required, beverages are particularly soothing if you have mouth sores.
- Make the most of leftovers. Reheat mashed potatoes, pizza or pasta. Turn yesterday’s salad into a filling for sandwiches.
- Something sweet. Small cookies or cakes may provide necessary carbohydrates to boost your energy in a pinch, but save room for more sustaining foods, too.

From Betty Crocker’s Living with Cancer Cookbook

VBCF Goes to Southwest Virginia

VBCF has begun organizing Margaret’s House at RAM, an effort to educate thousands of women and men regarding breast, cervical, ovarian and lung cancers. RAM, Remote Area Medical, will take place in Wise County VA for three days in July. Thousands of people travel to Wise County Fairgrounds each year to obtain free medical, optometry, and dental services from doctors, dentists, and other medical professionals who volunteer their time so that people who are uninsured or don’t have access to medical and dental services may receive care. People stand in line for hours waiting for their turn to be seen. VBCF and partner organizations will coordinate programs and classes and provide volunteers so that time normally spent in line waiting can be spent in an education tent learning about screening, diagnosis, and treatment options. A children's tent is also established so that children who accompany parents have activities to participate in while their parent is attending class.

Margaret’s House is named in memory of Margaret Borwah, who was a co-founder of VBCF. She also formed WCAN – Women’s Cancer Advocacy Network, which began this program at RAM several years ago. When WCAN closed its doors last year, VBCF decided to step in and continue the program. Mary Saunders, VBCF Board Member and RAM volunteer, helped secure a $2588 grant through Oncology Nursing Society to purchase breast models, DVDs related to ovarian and/or cervical cancer, smoking cessation materials and other literature.

We are now collecting items such as gift cards, door prizes, school supplies and toiletry items. Please visit our website at www.vbcf.org/margaretshouse.htm for a full list of needed items and let us know what you may be able to provide.

Visit our website - www.vbcf.org!
Financial Resources

The diagnosis of cancer brings many new challenges in addition to medical treatment. Thankfully there are resources available to help so that you can focus on your health.

LINC (Legal Information Network for Cancer) connects cancer patients to resources that may help them meet the day to day challenges of cancer - legal, debt management, financial and educational. They help in obtaining health plan coverage, maintaining a job while in treatment, finding financial resources to provide for the basic needs of life, managing medical debt, dealing with creditors, and finding financial support for needed services. LINC was founded by cancer survivors and cancer survivors guide its work today. LINC counselors will listen, strategize, and locate resources. Through an extensive network of professional referral sources, a cancer patient or family member is provided guidance and direction. If professional services are needed a referral is made to an attorney, financial advisor, credit counselor, or other professional. These professional providers provide services to LINC's clients on an ability to pay basis with most clients qualifying for free services. LINC currently provides services to cancer patients who reside in, or are receiving treatment in, the Central Virginia area. When possible, they refer cancer patients outside LINC’s geographic service area to other resources. For more information, contact LINC at 804-378-LINC (5462), 877-644-LINC (5462) or www.cancerlinc.org.

?$Which Dollar, Inc. provides financial assistance to qualified cancer patients and their families. ?$Which Dollar’s goal is to relieve the day-to-day stress of the high cost for treatment, allowing the patient to concentrate on treatment and recovery.

Qualifying applicants can receive assistance in:

- Housing,
- Food/Groceries,
- Utilities,
- Transportation to doctor appointments and treatments,
- Prescription Medications,
- Child Care, and
- Medical Insurance Premiums.

For more information, contact ?$Which Dollar, Inc. at 804-276-0640 or www.whichtdollargroup.org.

Talking With Your Children: Have an Open Dialogue About Cancer With Your Kids, Hester Hill Schnipper

Parents with cancer worry about their children. What should I tell them? How will I care for them during my treatment? We all try to protect our children, and it's painful to recognize that a parent's diagnosis is bringing them sadness or concern.

The bottom line is that most children will do well if they're given honest and age-appropriate information and kept on a routine that's as normal as possible. It's important to keep in mind that you did not choose to have cancer and that most patients will do well — and furthermore that your children can come through this experience with strength and greater maturity and sensitivity. If a parent is dying, the situation is much more difficult, but when parents are less ill, there are simple steps that can ease the impact on a child.

Be sure to tell your children about your cancer quickly, before they overhear something frightening. Children are marvelous observers and terrible interpreters of their environments, and will recognize that something is going on. Tell them the name of your diagnosis, a brief description of the treatment, and that you will be fine. A useful model is how you have spoken or will speak with them about sex. Give them accurate information, use the real words, do not overwhelm them with details, and remain available for additional talks. Try to be matter-of-fact, although tears do no harm. Reassure them that they will be cared for throughout the months ahead (tell them by whom if you can) and that their schedules will stay the same. Obviously, you give a 20-year-old different details than you give a 5-year-old, but the rules of honesty and routine apply equally.

It's important to let your children's schools know about your cancer so that teachers will be attentive to any changes in the children's behavior. Also tell their pediatrician, soccer coach, and any other adults who play a major role in their lives. You can choose how much to say, but the word will get out, and you want your children to be surrounded by understanding adults. Older children may be consoled by conversations with other adults, and you can ask friends to be available if they want to talk.

Expect that healthy children will be quickly consumed by their own routines and needs. Children—adolescents especially—are self-involved, and their seeming indifference to your situation may be a sign of good coping. It does not mean that they don't care and aren't worried, but their focus should remain on themselves. It is helpful to tell older children that they do not need to worry about you now. Promise that you will tell them if it is ever time to worry—and keep that promise. For now, give them short news bulletins about your treatment and plans. Alert them of changes (like losing your hair), and be clear about the differences between your treatments and any medications they take.

If your children seem overly troubled, be quick to find help. Ask their pediatrician, school, or your caregivers for a referral to a therapist who is experienced in this situation. Remember that your children take their cues from you, that almost all children do very well in this situation, and that one day you will likely dance at their weddings and play with your grandchildren.

A Prospective from a First Time Attendee of the San Antonio Breast Cancer Symposium (SABCS) - Con't from page 12

My friend has a family history of breast cancer, and chemotherapy and/or radiation is considered the normal prescribed treatment so, when she was presented with the Oncotype-Dx she had concerns. I was able to assure her that the way of status quo treatment is being replaced with targeted therapy and the Oncotype-Dx is a way to provide the patient and doctors with alternatives to treatment.

The San Antonio Breast Cancer Symposium was a great experience and an opportunity to further my knowledge in the arena of breast cancer research and new developments that will greatly enhance my abilities as a patient advocate. Attending conferences such as the SABCS has expanded my knowledge enabling me to advocate beyond my own personal experience with breast cancer.

Updates from the San Antonio Breast Cancer Symposium - Con't from page 12

30.0 mm versus 20.5 mm in the chemo plus Z arm. Linear regression adjusting for tumor size, hormone receptor state, menopausal status, chemotherapy type and treatment duration showed an adjusted mean RITS of 42.4 mm for chemo alone versus 28.2 mm for chemo plus Z. A secondary endpoint showed 5.8% of patients in the chemo alone arm obtained pCR compared to surgery between the 2 treatment groups. This work suggests the direct antitumor effect of Z in combination with neoadjuvant chemotherapy. This study is now evaluating biological endpoints, apoptosis, proliferation, and angiogenesis, that may be associated with antitumor activity with this combination of chemo and Zoledronic Acid.

Volunteer Spotlight: Eunice McMillan - Con't from page 5

education associations at the local, state and national level, serving as president of the Portsmouth Education Association and was an outspoken advocate for students and school employees.

As the oldest girl of nine children, five brothers and three sisters, Eunice has been the ultimate “big sister”, trail blazer and caregiver. After finishing college at North Carolina Central University majoring in English and earning her Master’s Degree in Library Science from the University of North Carolina, Eunice helped her younger brother and sisters attain their degrees. When one of her sisters was diagnosed with Non-Hodgkin’s Lymphoma, Eunice pulled out her advocate’s hat and with the same fervor used when helping her friend through breast cancer; she mustered the same energy and resolve to help her sister in her fight.

Although Eunice retired from the Portsmouth school system some years ago, she hasn’t slowed down. Currently she works as office manager and legal assistant in the Verbena Askew Law Firm.

Submitted by “The Best Friend” - Beblon G. Parks

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SuperValu employees present Gay Rudis, VBCF President, with the proceeds from their Pennies for Pink fundraiser. Pictured (l-r) are Tysha Bynum, Gay Rudis, Shelley Voelker and Jessica Shaner. The campaign raised $2,248.59 for VBCF.

Thank You to Commonwealth District Girls Basketball Teams!

The Commonwealth District Girls Basketball Teams sponsored a Breast Cancer Awareness Event in January. They dedicated a week of games to Breast Cancer Awareness and to raise contributions to fight this terrible disease. There were different fund raising events at each site and pink ribbons and literature for everyone. They asked everyone to wear something pink to the game to show support for Breast Cancer Awareness. The girls had special pink shirts and shoe laces! Proceeds have benefitted Virginia Breast Cancer Foundation. Thanks to Coach Gary Cooper, Stafford High School for coordinating the event and to the following schools for participating: Albemarle High School, Brooke Point High School, Stafford High School, North Stafford High School, Colonial Forge High School, Mountain View High School, Massaponax High School, and River Bend High School. The donations are still coming in, but so far, we have received more than $1000 towards educational and advocacy programs.

Other schools throughout the state are following suit. If you know a school who is hosting such an event, please contact us so we can send free pink ribbons, stickers and educational materials.

Special Thanks to 9 year-old Bailey Welton who filled a Piggy Bank with money for VBCF!
Support VBCF!

Please fill out form(s) and return with your check to VBCF.

☐ Please contact me about becoming a VBCF Volunteer.

I would like to make a contribution of:

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

Name: ____________________________________________
Address: __________________________________________
City: ___________________________ State: ______ Zip Code: ______
Phone: __________________________ Fax: ________________
e-mail: ____________________________________________

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: _______________________________________
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