VBCF Participates in National Breast Cancer Coalition’s National Lobby Day – by Vernal Branch, Advocacy & Constituency Coordinator

Virginia residents made a big impact by arriving on two buses in Washington, DC. for NBCC’s National Lobby Day. This was the largest group ever in the 18 years of Virginia Breast Cancer Foundation’s existence, with over 100 constituents from every district in Virginia represented. Because of the size of the group, Senators Webb and Warner graciously arranged for us to meet with them in a large committee room.

The group then broke off into teams to start the scheduled appointments for the day to present our legislative priorities. This year, because of the focus on healthcare reform for this administration, the National Breast Cancer Coalition United States. Over $17 million has gone to Virginia research institutions. This is an exciting, transparent program that has made some major breakthroughs in breast cancer research. Continued on page 8.

Call for Nominations!

Nominations are now being accepted for the Sharon H. Kohlenberg Healthcare Service Award and the Nancy G. Dopp Volunteer of the Year Award.

The purpose of the Sharon H. Kohlenberg Healthcare Service Award is to recognize Virginians employed in the healthcare field who “exhibit a deep and abiding commitment to the fight against breast cancer.” The award also honors the memory of Sherry Kohlenberg, a healthcare administrator and co-founder of VBCF, who died from breast cancer in 1993.

The Nancy G. Dopp Volunteer of the Year Award, is a statewide award that recognizes a volunteer whose contributions of time, energy or talents has had a significant impact for VBCF. The award is given in memory of Nancy Dopp, a VBCF member who selflessly gave her time and efforts to help VBCF for many years, until she lost her battle with breast cancer in 1998.

Nominations may be submitted online at www.vbcf.org. If you would like to receive a nomination form by mail or fax please call VBCF at 800-345-8223. The deadline for nominations is Friday, July 31, 2009.
"We Will Survive," that is only one of the many songs played by the DJ at the NBCC Advocacy Conference Monday night party prior to our National Lobby Day on Tuesday, May 5. I am always so proud to be a Virginian and a member of the Virginia Breast Cancer Foundation at these events. We had over 100+ Virginians on Capitol Hill for Lobby Day, our largest group EVER. Each of you made a difference, whether you were the Team Leader or a member of the team. This is also the first time that we had constituents from all 11 Congressional Districts. And, I must recognize our team leaders, Nan Finken, Maggie Powers, Frank Poynter, Samantha Reed, Etta Boyd, Angela Lawrence, and Vernal Branch for a job well done.

Certainly, much of the Lobby Day success is due to our "marvelous, simply marvelous" team, which now includes Vernal Branch as our Advocacy and Constituency Coordinator. Vernal has been associated with us for about six years and most recently was Vice President of our Board of Directors. I look forward to working with Vernal in her new role.

Vernal and I were guests of Dr. Jill Biden, wife of Vice President Joe Biden, on Wednesday, May 6. Dr. Biden was very involved with breast cancer issues in Delaware and invited the NBCC Board of Directors and Field Coordinators to the Vice President's Residence for brunch. And, yes, I did take a couple of towels with the Vice Presidential Seal (paper, of course) from the residence. Our educational venture in Wise County, VA, during July 2009 at RAM (Remote Area Medical) has been renamed. It is now Becky's Place with a tag line of "planting seeds of cancer awareness." Who is Becky? Well, Becky Morris is a current and past member of the board. She is also the person that got our Richmond Chapter started. (The Richmond Chapter later merged with Tri-Cities to form our Central Virginia Chapter.) Margaret Borwhat, Past President of VBCF, started WCAN to provide education about all women specific cancers and started this program at RAM. Becky served as a member and past President of WCAN (Women's Cancer Advocacy Network).

Our chapters are amazing and have such a positive impact in their communities. I had the opportunity to help at the Central Virginia Chapter's Girl Scout Program in March and the Blue Ridge Chapter's Youth Heath Fair in Staunton, VA during April. I attended the Annual Fashion Show presented by our Peninsula Chapter in March. Even during these tough economic times, the show was a sell-out. I am always amazed by the number of folks without a personal breast cancer diagnosis that attend and support these events. Currently, we have four active chapters, but I expect this to increase as several folks have expressed interest in starting a chapter in their area of the state. If you are interested in joining one of our chapters or starting a new chapter contact Jaime Strohhacker for more information.

I want to thank everyone for their support of VBCF. Please contact me with any questions or comments at president@vbcf.org or leave a message at the office.

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

Gay Rudis, President
Becky Morris, Vice President
Terry Newberry, Treasurer
Rita Handley, Secretary

Etta Boyd
Yvonne Eisenberg
Kathy Funk
Alison G. Gaucher
Don Geister
Shirley M. George
Cl George
Sharon J. Goodrich
Lynn Holly
Frank Poynter
Samantha Reed
Mary J. Saunders
Linda Seeman
Angela A. Lawrence
Executive Director
Lisa Boudreaux
Administrative Manager
Vernal Branch
Advocacy & Constituency Coordinator
Jaime Strohhacker
Program Coordinator

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

Jaime Strohhacker,
Content Editor
Lisa Boudreaux,
Layout Editor

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

A Hearty Thank You!

Several organizations have held events this year that have benefited Virginia Breast Cancer Foundation.

They include:

**Meriwether's Market Restaurant** in Lynchburg donated over $500 when they closed their doors in January. Their sister restaurant, Isabella’s Italian Trattoria, is still open in Lynchburg.

**Queen of Pink Pageant** donated $1000 raised at the first annual pageant. Special thanks to Ashley Smith.

**Commonwealth District Girls Basketball Teams** raised close to $2000 during Pink Week. Thanks to Coach Gary Cooper for organizing the event. Since then, other schools and districts have planned events.

**Odoa Mexican Grill**, Willow Lawn in Richmond, held a day-long fund-raiser, supplying t-shirts, hats and other prizes for the prize wheel, and holding a silent auction and raffle. Artists from Crossroads Art Studio generously donated artwork. A special thanks to Lisa Branner for all her work on this.

**Cloverhill High School** in Chesterfield donated $1000 a result of a soccer event with Lee Davis High School in Hanover.

**Books-A-Million** stores throughout Virginia hosted an event on the Saturday prior to Mother’s Day. Special thanks to all the stores that participated and to Jennifer McGrath for organizing them.

**Twigs Garden Center** on Pouncey Tract Road in Rockville, hosted an event during their grand opening and donated proceeds from the event.

**Amelia Springs Water** donated proceeds from a special pink ribbon label bottled water.

**Kelsey Link** organized a Breast Cancer Awareness Field Hockey Tournament at Spotsylvania High School as a Girl Scouts Gold Award project. They donated $1330.

And to the **many volunteers** who helped us assemble our pink ribbon packages. We now have 100,000 pink ribbons on informational cards to distribute throughout Virginia. Volunteers saved the organization $13,000 and have enabled us to distribute 25,000 more than last year. Thank You!

VBCF is grateful for the opportunity to raise breast cancer awareness throughout the community and appreciative of the funds that have been donated as a result of events. We encourage you to frequent the businesses listed and thank all for their efforts to eradicate breast cancer through education and advocacy efforts in the community.

If you are planning an event and would like VBCF materials or would like to donate the proceeds, please contact Angela Lawrence, Executive Director.
7th Annual All Chapters Meeting

VBCF's 7th Annual All Chapters Meeting was held Saturday, June 13 at the Twin Hickory Library in Henrico, Virginia. About 20 VBCF chapter members, volunteers, and board members were on hand for a very informative day! Brydon DeWitt, of Brydon DeWitt and Associates, Inc. started the day out with a wonderful presentation on prospering in a challenging economy. Members learned a great deal about ‘Raising Friends and Funds’ as Mr. DeWitt discussed needs and methods important in the process. Among the topics reviewed were examining methods of marketing and communication; being aggressive about telling VBCF’s story; being innovative in messaging and fundraising and continuing to build and strengthen relationships with donors and supporters. Mr. DeWitt stressed the importance of staying in front of donors so they understand your continuing needs, despite the tough economy.

Mr. DeWitt’s presentation was followed up by a review of the state of the organization by VBCF Executive Director Angela Lawrence and Board President Gay Rudis. Angela and Gay spent some time explaining where VBCF stands within the current budget and where our chief funding sources come from, new initiatives taken on such as the Rural Area Medical (RAM) program in Wise, VA, and the board’s current steps on strategic planning. VBCF’s new Advocacy and Constituency Coordinator, Vernal Branch, was introduced and gave a presentation on how advocates can help the medical community. Participants were able to ask many questions on how they can become more involved as advocates such as sitting on Internal Review Boards and other grant-related aspects.

Each chapter presented their award for 2008 Chapter Volunteer of the Year. Each of the winners has donated so much time and energy to VBCF and is very deserving of the award. A brief description of each recipient is in this newsletter. The chapters also reported on what they had accomplished in 2008, and were able to share ideas with each other on new and existing programs and events. Continued on page 14.

Chapter Volunteer of the Year Awards

Blue Ridge Chapter - Maggie Powers

When the Blue Ridge Chapter was discussing who should be nominated for the Chapter Volunteer of the year the answer was unanimous, Maggie Powers! Maggie, also known as “Mag” is a founding member of the Blue Ridge Chapter and her devotion to the chapter has increased over time. She is the first to raise her hand to staff health fairs, attend lobby day, or anything else that is needed. She functions as a team leader for both State and National Lobby Day. It is amazing how much she remembers from year to year! She was in charge of the kitchen for the Blue Ridge Chapter High Tea in 2008 and that in itself makes her the volunteer of the year! Maggie serves on the Advocacy committee for VBCF and volunteered for RAM (Rural Area Medical) in 2008. Maggie has never met a stranger and is a marvelous representative of VBCF. She is also involved with Relay for Life and Reach to Recovery for the American Cancer Society. She is selfless and gives not only of her time, but also her vehicle and house. It is with great pleasure that we nominate her for the volunteer of the year for the Blue Ridge Chapter.

Central Virginia Chapter – Joy Galloni

Joy Galloni has long been very important to the Virginia Breast Cancer Foundation and especially important to the Central Virginia Chapter, which she helped found several years ago. When she left our area to make a move to North Carolina she was missed very much. We were very pleased that she and her husband must of missed Virginia too because they moved back two years ago and brought her energy back to be a part of VBCF. Joy has been quick to step up to organize many of the Central Virginia Chapter’s projects; including the Mother’s Day Cup of Tea program. Once again she took over the task of getting our library project underway this year, something she started for the chapter years ago. The Central Virginia Chapter has wanted to do a Girl Scout Breast Cancer education event for a couple of years. This year Joy took on that task and coordinated a very successful event. Joy lives in Prince George County with her husband Joe, and works at Richard Bland College as a librarian.
Hampton Roads Chapter - Shirley George

Shirley George was selected as Volunteer of the Year for the Hampton Roads Chapter. As a member of VBCF’s Board, Shirley serves on several committees including Advocacy and By-Laws. She contributes her time, energy, and commitment to the endeavors of eradicating breast cancer. This lady has been instrumental in getting others involved in the understanding of breast cancer issues. Mrs. George spends countless hours on activities involving breast cancer. She is not a survivor, but has a passion for doing the business to advocate for breast cancer. Not only does she contribute time, she contributes monetarily to the cause. Shirley has been involved in Hampton Roads Chapter of VBCF since the inception as she supports the cause! A native of Shreveport, Louisiana, she has two sons and three grandchildren.

Peninsula Chapter - Bodina Wright

Bodina joined the Peninsula Chapter in 2005 when asked to help with the chapter golf tournament. She became an official member in January 2006. She began right away helping with the Fashion Show of 2006 as door prize chairman and worked her way up to Chairman of the Fashion Show for 2008.

Bodina brought a lot of enthusiasm and work experience to help streamline the fashion show process. She added several enhancements to the Fashion Show workbook such as a timeline. When Coldwater Creek on a national level decided to discontinue their participation in local fashion shows, she wrote to the home office and received approval for the local store to participate in our event.

She worked countless hours coordinating the many aspects of this show. Her interpersonal skills were instrumental in keeping various glitches running smoothly. The show was a big success much to her dedicated efforts.

Bodina was born in Newport News and raised there and in southwestern Virginia. Her maternal grandmother was a survivor and the only family member that has had breast cancer.

It is our pleasure to present this award to Bodina. We appreciate her many talents and cooperative attitude.

Volunteer Spotlight: Barbara Mathews

Barbara Mathews grew up in Knoxville, Tennessee, where she later graduated from the University of Tennessee. She and her husband, John, have been married for 47 years and have a son, a daughter, and two grandsons. Due to her husband’s career with NASA they lived in many states over the years, settling in Virginia in the early 1980s.

Barbara was diagnosed with breast cancer in late 2001. Sudie Stultz encouraged her to attend a VBCF meeting, and she was elected VBCF Peninsula Chapter Treasurer in 2004, a position she has held ever since. In addition to serving as chapter treasurer, Barbara also participates in health fairs to which the chapter is invited. She works with both of the chapter’s major fundraisers, helping to sell tickets, gather silent auction items, set up and work at the fashion show and golf tournament. Barbara also attends VBCF’s State and National Lobby Days in Richmond and Washington, DC.

Barbara currently works part time as a bookkeeper for a local podiatry group. She serves as the assistant financial secretary for her church, First Christian Church Disciples of Christ in Hampton, as well as being the treasurer for the women’s group. She has also previously served as a deacon.

In addition to her volunteer activities with VBCF, Barbara also serves as a Reach to Recovery volunteer for the American Cancer Society. In her spare time, she enjoys sewing, reading, traveling and working on jigsaw puzzles. She also enjoys attending her grandsons’ soccer games.
Blue Ridge Chapter

The Blue Ridge Chapter partnered with the Skyline Virginia Region of the Girl Scouts of America and Augusta Medical Center to present the 3rd Annual Youth Health Fair. Over 60 scouts along with their parents and leaders attended the event that was held on April 25th. Local Dentists, AMC Dietitians, the YMCA, and other health professionals used interactive displays and presentations to emphasize healthy lifestyles and choices to decrease the risk of breast and other cancers.

The most popular stations were the Dermascan, displays of the fat and sugar content of favorite snack and fast foods, and the Mammography department at AMC. The scouts enjoyed mini makeovers sponsored by Avon and listened to presentations by a representative of the Locks of Love. Yvonne Eisenberg developed a wonderful PowerPoint presentation “Taking Care of the Girls” that was enjoyed by all ages.

The Dupont Credit Union provided a practical and tasty display on how to decrease expenses. They had participants taste a national and generic brand of peanut butter, highlighting the cost difference. It was amazing the number of participants who could not taste the difference. The American Cancer Society provided information about their resources as well as a “Relay for Life” table. Scouts were encouraged to “Bring a Survivor” to register for the upcoming Relay to be held on May 15th.

We were fortunate to have Gay Rudis, Jaime Strohacker, and Frank Poynter to staff our advocacy table. They had petitions for the scouts and parents to sign on different issues. These petitions will be used in future state and national lobby days. Participants were also able to play the “Wheel of Life” and answer questions on breast and other cancers. It was a day full of fun and enjoyed by all.

Speaking of advocacy, Myrtle Kite, Rita Handley, Yvonne Eisenberg, Maggie Powers, Kathleen Rose, Brenda Saunders, and our newest member Donna Cone all attended National Lobby Day. Yvonne and Brenda attended the NBCC Annual Advocacy Conference as well. Meg Shadrake spoke to the Virginia General Federation of Women’s Club’s annual conference in Williamsburg on April 18th regarding breast health and screening, VBCF’s role in advocacy, EWL, and the need for continued funding for breast cancer research and treatment.

Dr. Heather Morgan and our own Myrtle Kite are co-chairing a major conference titled “Generations of Hope and Healing” to be held in 2010. Topics will feature Triple Negative Breast Cancer, treatment advances, and survivorship issues. The conference will include breakout sessions for physicians, patients, family members, caregivers, and other medical professionals. We are very excited about this conference. Please stay tuned for dates and details as they become available. As you can see the Blue Ridge Chapter continues to be busy both in our community and on a state level.

Central Virginia Chapter

The Central Virginia Chapter conducted a “Cup of Tea” Public Awareness Campaign in May for Mother’s Day. They sent out letters with a tea bag enclosed and a poem about VBCF’s mission.

Peninsula Chapter

Peninsula Chapter Fashion Show Models pictured: (l to r) Mary Trainum, Nancy Hopkins, Lindsay Henk, Carrie Bales, Lisa Stinson and Joanne Ward.

The Peninsula Chapter presented its Sixteenth Annual Fashion Show/Luncheon at the Omni in Newport News on March 21, 2009. Over 400 tickets were sold and a great time was had by all. A check for $10,000 has been sent to the State office in Richmond. Much planning goes into coordinating this event and we are grateful to all who participated and supported our endeavor, and especially to our sponsors.
The Maxwell Garden Club again designed lovely floral centerpieces and large arrangements in keeping with the theme “Uncaged Spring”. Small white birdcages contained beautiful lilies and other spring flowers. Sale of these arrangements counted for over $400 of the profit.

Each year a beautiful handmade quilt is donated to the Peninsula Chapter of VBCF and raffled at this event. Many tickets are sold far and near - and it was nice that a ticket of someone attending the show was picked “from the hat” and presented with the quilt! Many lovely gifts were on the Silent Auction tables and bidding was quite lively. Our generous donors again helped us to raise these funds for VBCF.

Coldwater Creek's fashions were well received and we appreciated the time and effort that the store invested in our show. Our models ranged from 16 to 70+ and all sizes were represented.

Vernal Branch Named New Advocacy and Constituency Coordinator

Virginia Breast Cancer Foundation (VBCF) is delighted to announce that after an extensive search which yielded many well qualified candidates, Vernal Branch has been hired to fill the new advocacy and constituency coordinator position at VBCF. Vernal has been active with VBCF since moving to Richmond 6 years ago. She has most recently served as Vice-President on the Board of Directors and has been active on the advocacy committee.

Vernal was diagnosed with Stage I breast cancer at the age of 45, having found a lump just two months after a mammogram. Upon recovery, she decided to help other women diagnosed with this devastating disease. She began her advocacy work in San Diego where she designed an outreach program for the African-American community helping teen girls understand changes in their breasts and working in drug treatment and women's shelters to promote screening and education. Upon moving to San Francisco, Vernal began working on education for Clinical Trials and Survivorship/Quality of Care issues.

Vernal has participated in five peer reviews for the Department of Defense Breast Cancer Research Program and also as a peer reviewer for the Susan G. Komen Breast Cancer Foundation. She served as a member of the UCSF Breast SPORE Advocacy Core. She also serves on the Board of Directors for the California-based HER2 Support.org. In addition to serving a three-year term on the National Cancer Institute's Director’s Consumer Liaison Group, Vernal is currently a minority recruitment consultant for the Sister Study, which is being conducted by the National Institute of Environmental Health Sciences, one of the National Institutes of Health.

As a Project LEAD and Clinical Trial graduate, Vernal is a knowledgeable and dedicated breast cancer advocate, having received many honors. She has been a speaker and workshop leader for numerous conferences throughout the country. A wife, mother, and grandmother, Vernal Branch certainly recognizes that tomorrow does in fact begin today.

VBCF is proud to have Vernal on staff! Contact Vernal at vernal@vbcf.org or by calling the office.

Becky Morris Named Vice President

When Vernal Branch accepted the staff position of Advocacy and Constituency Coordinator, she left the board, which left the Vice President position open. At the June board meeting, the board voted in Becky Morris as Vice President. Becky returned to the board this year - having previously served as Secretary and Advocacy Chair during earlier board terms. 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 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. We are pleased to have her as Vice President.
The following are tips from the NBCC Team Leader Training on successful visits with your legislators:

- Know your legislator’s record on breast cancer issues. This helps you to frame your arguments. Be sure to thank the legislator if he or she has been supportive in the past.

- Prepare for the meeting. The meeting will probably be brief, so make the most of your time by clearly defining the issues and have a plan on the best way to present them.

- Legislative Staff can be an important ally. It is important to take meetings with staff seriously and build positive relationships with them. Remember, they have the member’s ear, and often make important decisions about the issues the member will get involved in.

- Keep your message focused. Be specific about what you want him/her to do.

- Know your issues. Know the pros and cons of the issues and be prepared to answer questions. If you don’t know the answer, tell the member or staffer that you will get back to them. Then check with the NBCC office for the proper response.

- Be persuasive.

- Prepare your ask. EVERY legislative visit should end with an ask. Even if he/she is in support of your priority, he/she may be able to help in other ways, such as talking to other members about getting their support of the NBCC’s legislative priorities.

- Remember to follow up. Always get the contact information. Get a business card if possible, so that you can follow up with any additional questions or pledges of support.

- Document the meeting. Be sure to take notes. Designate a note taker. Note the legislator’s comments and views or other pertinent information obtained at the meeting.

- Send a thank-you letter. Legislators should be thanked in writing for the meeting. Always thank them for supporting our position. Be sure to include your contact information.

The Virginia Breast Cancer Foundation recently provided sponsorships to several individuals to attend breast cancer conferences and trainings. The following pages recount some of their experiences from the Sisters Network Incorporated Annual Conference, the National Breast Cancer Coalition’s (NBCC) Project LEAD Workshop, and NBCC’s Team Leader Training. If you are interested in applying for VBCF sponsorship to a breast cancer related conference or training, please visit www.vbcaf.org or contact Jaime@vbcaf.org or 800-345-8223.
Sisters Network INC held its 10th Annual National African American Breast Cancer Conference in Houston Texas April 3-5. The theme was Celebrating Surviviorship. The goals of the conference were to ignite the passion for “Total Wellness” and to broaden the scope of knowledge that addresses breast cancer survivorship issues affecting the African American woman.

The conference began with “A Day of Wellness”. The day began early with a presentation from Tina Lifford, Founder and Director of Waking Up Fabulous. Her topic, “You Are Your Top Priority” created the perfect mind-set that would prepare all participants for the exciting day ahead. The wellness luncheon was both delicious and empowering, led by a dynamic keynote speaker, Cynthia M.A. Butler-McIntyre. Mrs. Butler-McIntyre is the 24th National President of Delta Sigma Theta Sorority, Inc. She carried us into the afternoon sessions with a speech that emphasized thankfulness and determination.

Presenters for the Day of Wellness included, Jon-Cecil Walkes, MD, Associate Professor at the University of Texas Health Science Center; Joseph C. Dunbar, MD, Associate Vice President for Research at Wayne State University; Alice Freeman, CNHR, CNC, owner of Healthy Heart PLUS; Camille Cash, MD, Certified Plastic Surgeon; Yvette Goree-Harris, Certified Personal Trainer; Lifestyle Coach and Motivational Speaker; Oscar Hines, Wellness Director of Family Access Plan; and Patricia Carroll, Former Director of HMO Complaints Texas Department of Insurance.

The Texas affiliate chapter of Sisters Network provided plenty of healthy snacks and beverages in the hospitality room which remained available during a majority of the conference. The entire atmosphere was great for emphasizing wellness. The hotel amenities included a health club and swimming pool which went well with the theme.

The second day of the conference was filled with five general sessions and a workshop. Topics and presenters included, New Hormone & Chemotherapy Treatment for Early Breast Cancer, Julie Gralow, MD; The Story Behind The Triple Negative Cancers, C. Kent Osborne, MD; What is the Status of Breast Health Disparities in America?, Lovell A. Jones, Ph.D; and Lymphedema & You, Maggie Williams.

The Kroger Company Signature Awards Luncheon recognized two chapters for the Outstanding Affiliate Chapter Award, Sisters Network Central New Jersey, president Dorothy Reed, and Sisters Network Central Virginia, former president Carolyn Taylor Smith. Both Chapters exemplified the outcome of setting goals and striving to do their best. Central New Jersey’s motto, “God uses us for purposes greater than ourselves” and Central Virginia’s motto, “Serve with passion, perform with excellence” has led these chapters as well as all of the affiliate chapters to put their best foot forward.

Kim Nesbitt, MA and Peggy Nicholson, current president of Sisters Network of Baltimore shared a video collaboration project that is currently in its editing phase in Maryland. The video will serve as an educational tool for all women who are going through breast cancer. The video consists of all breast cancer survivors, many of whom are members of Sisters Network. The video will provide important health related experiences, support, and encouragement to anyone who chooses to access it. Most important it will exemplify that there is life after breast cancer. Continued on page 15.

Virginia Breast Cancer Foundation is a huge supporter of continuous education and assisting advocates in attending conferences and workshops that are dedicated to breast cancer awareness. I’d like to personally thank them for the support they provide in assisting advocates to attend educational events.

Sister’s Network INC, held its 10th Annual Conference April 3-5, 2009 in Houston, TX. It was comprised of numerous general session workshops and briefings provided by distinguished personnel from the University of Michigan and the University of Texas M.D. Anderson Cancer Center to name a few. The information provided was designed to be informative, encouraging and empowering.

The informative general sessions ranged from advancements in cosmetic surgery, to maximizing patient advocacy and the prevention of obesity through healthy lifestyle changes. The theme was celebrating survivorship which included a day of wellness with the intent to focus on stimulating the physical body as well as the mental.

It was encouraging to meet with fellow survivors and members of other affiliated Sisters Network Chapters from across the nation. It provided an opportunity to start and rekindle new friendships and to share a bond with sister survivors. Also while attending the SNI conference I had the opportunity to meet The Honorable Sheila Jackson Lee, United States Representative, Texas. During one of the luncheon Congresswoman Lee informed the group of ladies about the unveiling of the bust of Sojourner Truth.

On Tuesday, April 28, 2009 I traveled to Washington, DC to witness history; a Congressional Tribute: The Unveiling of the Bust of Sojourner Truth in the Emancipation Hall, in the Capitol visitor center. I was truly honored to be there for that moment in history and to see how far we as a nation have come. It was a reflection in time to consider how times have changed and the evolution that a bust of the first African American Woman; Sojourner Truth now resides in the nation’s Capitol. This is an experience that is engrained in my heart and mind.

The information that was disseminated during the conference was empowering and left me enthusiastic and I perceived that to be true of all the other conference attendees. I personally was inspired by the energy and the excitement of celebrating survivorship that filled the atmosphere among the women present. I live by the mind set to celebrate life daily, and cherish each and every moment and day as I journey through with my second chance at life after cancer.

The conference concluded with a Sunday morning gospel prayer breakfast which left me invigorated after listening to the choir which was comprised of survivors and the message that was delivered by the minister of the hour. It has further inspired me to have hope at looking forward that I too will be a survivor beyond my current 5 years of survivorship.
In April the National Breast Cancer Coalition Fund (NBCCF) launched a three-day introductory workshop as the latest offering in the organization's highly regarded Project LEAD advocacy training program. This pilot workshop, held April 3-5 at the Westin Hotel in downtown Philadelphia, provided attendees with an introduction to the science, research, and advocacy aspects of breast cancer and offered them a sampling of the material taught at the program's institute and other courses. Breast cancer advocates, including survivors and care providers, attended the program.

Taught by five members of Project LEAD's faculty, the 44 participants learned about the fundamental characteristics of cancer, the basic science of breast cancer, the role genes play in cancer, and the basic concepts of epidemiology. Lectures also covered the complexity of identifying breast cancer risk, how research has affected clinical practice over the past twenty years, and how to critically appraise health information reported in the media. The course culminated in a presentation on NBCCF's advocacy efforts and featured a panel of Project LEAD graduates who shared their advocacy experiences.

Faculty members and presenters included: Annette Bar Cohen, M.A., M.P.H., Director of the Advocacy Training Institute, NBCCF; Karen J. Carlson, M.D., Associate Professor of Medicine, Harvard Medical School; Medical Editor, Foundation for Informed Medical Decision-Making, and Director, Women's Health Associates, Massachusetts General Hospital; Diane Palmieri, Ph.D., Staff Scientist, National Cancer Institute; Susan T. Sacks, Ph.D., Director, Epidemiology Safety Risk Management, Hoffmann-LaRoche, Inc.; and George W. Sledge, Jr., M.D., Professor of Medicine and Pathology, Indiana University of Medicine.

As a new volunteer for VBCF and a new advocate with an interest in the science and research of the disease, I welcomed the educational opportunity to participate, as well as to represent VBCF, along with Board Members, Lynn Holly and Alison Gaucher, both of whom I met for the first time. Given the workshop's interactive educational format (that included break-out sessions, study groups, and group dining), I also networked with members of other advocacy organizations, sharing information and exchanging ideas, and look forward to maintaining those contacts as I work in breast cancer advocacy.

The knowledge that I acquired from attending this program has yielded immediate benefits, not only as I complete various tasks for the Advocacy and Medical Advisory Ad-Hoc Committees, but also in my improved ability to better understand and communicate the breast cancer research landscape as I advocate on behalf of VBCF. Continued on page 15.

As a new VBCF Board member, I was privileged to attend the very first Project LEAD Workshop which was held in Philadelphia April 3-5. Project LEAD is the National Breast Cancer Coalition Fund's premier advocacy training program that is designed to help breast cancer activists influence research, public policy, and improve quality care. This was the first time that Project LEAD was offered over a 2 1/2 day period rather than the intensive 5 day Project LEAD Institute format. This shortened version was implemented to "wet the appetite" for attending the longer and more intense 5 day program. Don't be fooled that this workshop wasn't intense though, but it certainly did "wet my appetite" to attend more Project LEAD courses in the future.

We began the course by a challenging look at what is cancer and how genetics play a role in cancer. Diane Palmieri, Ph.D., who is a Staff Scientist at the National Cancer Institute (NCI), taught us the importance of genes and proteins in cancer, what mutations are and their consequences, and how to become familiar with the hallmark changes in a cell that lead to cancer. Do you remember studying the cell as well as the definition of organs and tissues in your biology class? Well, I certainly do and let me tell you Project LEAD was a lot more interesting... no boring biology professors! I can't say enough about the Project LEAD faculty who not only are dedicated to the eradication of breast cancer, but are truly interested in making sure that we, as advocates, are properly and totally informed so that we can make the greatest impact on positive changes for many of the issues that breast cancer patients and their families are facing.

Susan Sacks, Ph.D., an epidemiologist with Roche's Drug Safety Risk Management Department, gave us an introduction to the basic concepts of epidemiology. She wanted all of us to understand the differences between incidence and prevalence, how epidemiologists compare apples to oranges when looking at data, and what the risk factors for breast cancer are and how strong is the evidence to support the studies on these risk factors. Susan opened my eyes to all of the variables that can affect the research and studies of breast cancer and how to be more informed when reading research studies.

We also learned about the essential components of a clinical trial. This begins with the design of the trial, then on to the ethical conduct of the trial, what is the comparison intervention (group), and how important it is to have your endpoint specified before the start of the trial. Then, of course, we ended with how to analyze and present the data. I was fascinated to learn about the process of how a clinical trial is designed and carried out. Continued on page 15.
NBCCF TEAM LEADER TRAINING – Etta Boyd, VBCF Board Member

I was fortunate to be selected to attend the National Breast Cancer Coalition’s (NBCC) Team Leader Training in Washington DC. On the first day we were able to attend appointments with our legislative aides. None of the members of Congress were able to see us because they were so busy. However, we did meet with staff members. I did learn how important these aides are in getting our priorities to the members. The 11th Congress is basically a new group of legislators. We are in the process of learning about their stand on breast cancer issues and priorities.

This year’s priorities have appeared in the last VBCF newsletter. The first priority is guaranteed access to quality care for all. The second priority is continuing funding $1.50 million for Fiscal Year (FY) 10 for the Department of Defense Breast Cancer Research Program.

There are also public policy priorities which include: Breast Cancer and the Environmental Research Act (BCERA), Quality Breast Cancer Care, Preservation of the Medicaid Breast and Cervical Cancer Treatment Program (BCCTP), and the Transparency and Accountability at the National Institutes of Health (NIH) and National Cancer Institute (NCI).

The most valuable part of the training for me was the information on the actual visits to our legislators. Meetings with our legislators and/or members of their staff provide powerful proof of our commitment to the issue of breast cancer legislation. We were able to let them know that we are holding them accountable for their support on the issues affecting breast cancer. We use the opportunity to educate the legislator about our issues and explain NBCC’s position.

Members of Congress and their staff in Washington, DC work on emerging and current issues, and focus on the technical aspects of legislation. Home office staff, or district members, often deal with, or focus on, constituent service activities. There should be a constant link between the Member of Congress and their constituents.

At the conclusion of the training we were allowed to "practice" our new training on some real life legislative aides. They reminded me that they work for us, and they want to know how these issues affect people’s everyday lives. They said to be myself; that’s what they will remember about the meetings. Know what's going on in our own state. They said to keep the comments broad, they can read the packets later, but they only have a short time to communicate with you. They said that it's OK to push the issues a little, but don’t be confrontational. If you have told them that you will get back to them, DO IT. They also said they prefer email to written responses. They get to their email more quickly. They said to treat the staff with the same respect as if you were speaking to the member. Start and end your meeting with a thank you, their day is so full that it is necessary and polite to give thanks. Lastly, they said to speak effectively, but speak from the heart. All three aides that I spoke to emphasized that they LOVE to hear our personal stories. Of course it needs to be brief, but I was told that it helps them to personalize our needs as real survivors or advocates.

THE ROLE OF A TEAM LEADER by Samantha L. Reed, VBCF Board Member

My first exposure to a team leader was during my first State and National Lobby Days approximately 6 years ago after my diagnosis of breast cancer which ignited my desire to become a team leader myself. A team leader has enormous responsibility to be versed in the legislative priorities and to ensure that all scheduled appointments with the particular legislator or delegate are made on time.

The National Breast Cancer Coalition (NBCC/F) is comprised of hundreds of organizations and tens of thousands of individuals dedicated to ending breast cancer through the power of grassroots advocacy in action. Being a team leader is one of the ways that the grassroots advocacy efforts are involved in bringing awareness to our constituents. A team leader must understand how to maneuver through Capitol Hill. Being a member of the group on Lobby day is distinctly different than being the actual team leader primarily because the team leader has the responsibility of initiating the dialogue with the legislative representative to discuss the NBCCF’s Legislative and Public Policy priorities and ultimately seek their support.

Although the group visits may be limited, it's the copulation of the legislative priorities and the passion of the personal stories of someone that has survived breast cancer or the memory of a loved one that has lost their battle with breast cancer that solidifies the purpose of why we, the advocates, are there to lobby and emphasizes the need for the support of our elected officials.

Team leader training equips an advocate with the tools necessary to be knowledgeable and confident when addressing the representative. The team leader plays a vital role to the success of informing the legislators on what’s important from the advocates prospective and the importance of having their support.

Grassroots advocacy begins with you - the interested party that is expecting to see a change. A change can only occur when we as a people refuse to accept things as they are. To lobby is an individual right however there is strength in numbers. I encourage anyone interested in making a difference or who wants to be a part of making that change occur to join us at State or National Lobby Day.

At one time breast cancer was considered a woman’s disease. Please note that men are not excluded or exempted from a diagnosis of breast cancer. We need more grassroots advocates to lobby on behalf of a sister, wife, mother, father, son, husband, or self which is a reflection of the determination and vigilance in our efforts as we continue to advocate until breast cancer is eradicated.
VBCF Encourages All Women to Join the Love/Avon Army of Women

New Program Focuses on Going Beyond a Cure to Supporting Research to Prevent Breast Cancer

The Love/Avon Army of Women is seeking to recruit one million women nationwide to help researchers learn what causes breast cancer and move beyond a cure to prevention. All women not currently undergoing breast cancer treatment, including breast cancer survivors and those who have never had the disease, are eligible to register. Women in Virginia are encouraged to be “one in a million” by learning more and signing up at www.armyofwomen.org.

The Love/Avon Army of Women is a partnership between the Dr. Susan Love Research Foundation and the Avon Foundation and launched on October 1, 2008 to mark the start of Breast Cancer Awareness Month. Women have taken personal action and raised millions of dollars that has advanced treatment and early detection, but researchers still do not know what causes the disease. The Love/Avon Army of Women empowers women with a new opportunity – a simple but revolutionary call for one million women of all ages and ethnicities to join the “Army” and consider serving as research volunteers to help scientists understand the causes of breast cancer – and how to end it once and for all.

“Women have repeatedly demonstrated through fundraising and advocacy their personal dedication to ending breast cancer,” says Dr. Susan Love, the visionary behind the Army of Women and a leader in the breast cancer movement for more than 30 years. “This new initiative gives women the opportunity to be part of the research itself and help shift the focus. The Army of Women will enable more scientists to move from studying cancer after it occurs, and testing new drugs and treatments, to seeking the cause and prevention. If we all join together, I know we can end breast cancer in our lifetime.” Dr. Love, a renowned breast cancer surgeon and respected expert in the field, is also the author of the best-selling Dr. Susan Love’s Breast Book and president of the Dr. Susan Love Research Foundation.

CPAC - Did you know.....

....Virginia has a state cancer plan and a coalition that is working on its implementation? The Virginia Cancer Plan Action Coalition (CPAC) is an umbrella organization of support to all Virginians interested in cancer resources. The purpose of CPAC is to facilitate statewide partnerships among public and private agencies and organizations, individuals and caregivers to focus cancer control activities on prevention, early detection, treatment, survivorship/palliative care, surveillance, and equity and equality. A major responsibility of the coalition is to provide input for the state’s cancer plan and assist with implementation activities.

Virginia Breast Cancer Foundation (VBCF) is an active member of CPAC. Angela Lawrence, VBCF Executive Director, chairs the survivorship/palliative care action team. CPAC membership includes representatives of both National Cancer Institute-designated Clinical Cancer Centers in Virginia, the American Cancer Society, several offices of the Virginia Department of Health (VDH), three foundations, six community groups, two medical associations, three national cancer coalitions, the General Assembly, five hospitals, two state government departments other than VDH, cancer survivors, NCI’s Cancer Information Service, six universities, three health insurance companies and five community medically-related groups.

Visit the CPAC website, virginiacpacc.org, to learn more about CPAC, the state cancer plan, the calendar of events, and resources available. The website will be adding new resources on an on-going basis and will soon include new information regarding survivorship programs in Virginia.

Every Woman’s Life
A Virginia Department of Health Program

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
Enjoying Food during Cancer Treatment

During treatment, cancer patients often experience side effects of chemotherapy, radiation or surgery. Foods may taste metallic, patterns of hunger may be different, or, as several patients have commented, "Food just did not taste the way I remembered it before treatment."

There are ways you can bring back the joy of eating and eat well; try these suggestions.

1. **Start small.** Eat small quantities of food more often. You may feel full after eating only a little bit of food. Try eating a small amount, then try eating more food 30 minutes later.
2. **Eat big when you can.** Try eating your largest meal at a time when you are the least tired. If you are less tired in the morning or at noon, try eating your main meal then, instead of waiting until evening.
3. **Have someone else cook.** Food just seems to taste better when someone else cooks! Invite friends or family members to cook in your home, or pick a day when you’re feeling better and try dining at their home.
4. **Dine at restaurants.** “If I choose good foods when eating out, it entices me to eat more because of the variety of choices,” said a patient who ate many of her meals at restaurants.
5. **Choose comfort foods.** Everyone has a different version of comfort foods. Rice pudding, custard, mashed potatoes, oatmeal and macaroni and cheese conjure up pleasant, nostalgic thoughts, and are comforting and enjoyable for many.
6. **Eat foods at room temperature.** Because room-temperature foods have less aroma, this is of particular help when you are experiencing nausea.
7. **Eat away from the kitchen.** Avoid the smells associated with cooking by eating in a room other than the kitchen. Another environment can be quite helpful if you have nausea.
8. **Eat foods that are easy to swallow.** If you have mouth sores or dry mouth, this is key. “Soups, mashed potatoes and oatmeal went down easily,” suggests one patient.
9. **Avoid greasy or fried foods.** Difficult for anyone to digest, greasy or fatty foods are particularly difficult to digest if you have an upset stomach or are feeling nauseated.
10. **Eat foods that agree with you.** Trial and error is the only way to know which are the best foods for your system right now. Start with small tastes of foods to see how well you tolerate them and if they taste good to you before you opt for a larger serving.
11. **Enhance eating.** Find simple ways to add pleasure to your dining experience. Try using colored plates, lighting candles or adding fresh flowers to improve your mood and help make you feel more like eating.

*From Betty Crocker's Living with Cancer Cookbook.*

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**News from ASCO**

Below you will find a synopsis of a couple of studies that were presented at the American Society of Clinical Oncology Annual Meeting in June.

**Hard to Treat Breast Cancer**

Two separate studies were presented at ASCO which involved drugs that would target poly (ADP-ribose) polymerase (PARP). PARP inhibitors may help treat some types of breast cancer. PARP inhibitors stop cancer cells from repairing damage from chemotherapy, which may make cancer cells more sensitive to chemotherapy.

- One study looked at the use of a PARP inhibitor called BSI-201, that was used to treat triple negative breast cancers that had metastasized. Triple negative breast cancers cannot be treated with hormone therapy or drugs that block HER 2. In this study, women with this type of breast cancer who received the BSI-201 plus chemotherapy lived about 4 months longer than those receiving chemotherapy only. The time it took for the cancer to grow and spread was also 4 months longer with the women who received BSI-201 and chemotherapy. Women who received BSI-201 were four times more likely to have their tumors stop growing or shrink than women not receiving the drug.
- Use of the other PARP inhibitor, olaparib, was used to treat persistent and advanced breast cancers with a mutated gene called BRCA. The study showed a slowed growth in the tumor for 40% of patients who were on the olaparib drug.

These are preliminary results that have come out in these clinical trials, but more research needs to be done so the drugs can only be used in a clinical trial. The BSI-201 had few side effects and the olaparib side effects were mild fatigue, nausea and vomiting.

**Anti-depressants with Tamoxifen May Lead to Recurrence**

Breast cancer survivors risk having their disease return if they use certain antidepressant drugs while they are taking the cancer drug tamoxifen.

Around 500,000 women in the United States take tamoxifen, which cuts breast cancer recurrence by 50%. Many of them take antidepressants for hot flashes because hormones are considered unsafe after breast cancer.

This new study reported that the drugs Prozac, Paxil or Zoloft can virtually wipe out the benefits of tamoxifen. Many doctors are questioning the magnitude of harm from combining these medicines. However, the bottom line is not all antidepressants pose this problem, so women should talk with their doctors.

VBCF provided sponsorship for two participants to attend ASCO this year. More in-depth articles on the information presented will appear in the fall issue of One Voice.
Your Input Needed!

Virginia Breast Cancer Awareness Month Calendar

Every year the Virginia Breast Cancer Foundation compiles a calendar of events for the month of October – Breast Cancer Awareness Month. This calendar includes events for the entire month, taking place across the entire state of Virginia, including activities from any organization conducting a program for breast cancer awareness. The calendar starts at the end of September, and runs through the beginning of November.

The deadline for submissions to this year’s Breast Cancer Awareness Month Calendar is Friday, August 7, 2009. You are encouraged to submit any and all events as early as possible to facilitate in completing the calendar in a timely manner. Submissions will not be accepted after August 7.

You may make an online calendar submission at http://www.vbcf.org/calendarform.htm. You may also contact Jaime at jaime@vbcf.org or 800-345-8223 to receive a form by email, fax, or mail.

Support group info request

Part of VBCF’s mission includes educating the public on the breast cancer resources available, including support groups and educational/awareness events. We maintain a statewide list of breast cancer and general cancer support groups. This list is available on our website www.vbcf.org or by calling the VBCF office.

If you know of a support group, please assist us in keeping this list up-to-date by filling out the Breast Cancer Support Group Information Sheet, available online at www.vbcf.org/support-groups.htm. This will allow us to update our database on support groups so that we may provide the most accurate information to the public.

7th Annual All Chapters Meeting - Con’t from p. 4

The day was concluded with information from Gay on VBCF’s Library Project, in which money is donated to library systems across the state to purchase breast cancer and breast health books, periodicals, and movies for the libraries. Angela also briefly reviewed with the chapters all of the resources that VBCF has available to them, and gave a brief ‘technology’ training on how to use power point for presentations such as VBCF’s Stay Abreast Speakers Bureau program.

This year’s All Chapters Meeting was a wonderful day packed with information and resources to help VBCF chapters continue their work in education and advocacy towards the eradication of breast cancer!

Visit our website - www.vbcf.org!

VBCF’s Pink Ribbon License Plate is now available for purchase at your local DMV!

Visit your local DMV or log on to www.dmv.state.va.us to order your plate today!
Sisters Network - by Shanta Bland - Con’t from p. 9

Each conference participant had the opportunity to take a tour of the Sister House. Through the “Raising the House” Campaign, Sisters Network was able to purchase a facility within two miles of the medical center that will provide support services, a place for community forums, a mammography center, a library/resource center, the Sisters Network national headquarters and last but not least, housing quarters for survivors who are visiting to receive treatment at M. D. Anderson Cancer Center. The Sister House is standing proof that hard work and determination can make dreams come true. More information can be found at www.sistersnetworkinc.org.

The Gospel Prayer Breakfast was the conference finale. The event featured a Sisters Network Choir titled the “Singing Survivors Choir” which was just that, excited and enthusiastic survivors. The gospel message was led by Minister Mia Wright of Fountain of Praise Church.

The conference had representation that spread from the east to far west of the United States. It was great to meet and have fellowship with many representatives from areas that I otherwise wouldn’t be able to meet. I encourage anyone to attend this conference who is interested in knowing more about breast cancer and its impact on the African American community. It is filled with up to date information and data that is easily understood by survivors, medical professionals, or anyone who has not been directly impacted and wants to know more about the disease. The presenters were open to any questions and provided contact information for anyone who would like to receive more information.

Personally I gained valuable information that I cannot wait to share with everyone. I was more than excited to attend this conference and had been looking forward to it for a good while. I challenged myself to gain as much knowledge as possible and use it within my home, work, and social community. The information will be very helpful as I look to update and improve my advocacy efforts as well as apply more knowledge in my workplace. As a Medical Technologist at VCU Health System, this conference has helped me better understand some of the cancer related tests and results and their role in prevention and care. I am looking forward to the 11th Annual National African American Breast Cancer Conference in 2010.

Project LEAD Workshop, April 3-5, 2009 - by Andrea Sturken - Con’t from p. 10

It has given me a greater appreciation for the complexity of the work that’s being done in the fight to eradicate breast cancer. It has also heightened my interest in the genetics of the disease and increased my desire to understand how various types of epidemiological studies are designed and interpreted. The last lecture of the program, “Evaluating Information Critically,” especially underscored the need to critically analyze breast cancer information reported in the consumer media, a skill I expect to put to great use as an advocate.

My attendance at the course continues to provide me with learning opportunities. I refer regularly to the course binder, am reading a book that was referenced in course materials, “Know Your Chances: Understanding Health Statistics,” and am a new member of LEADgrads Online, a networking and information resource tool. As a graduate of this workshop, I am also eligible to participate in any Project LEAD events and workshops at NBCCF’s Annual Advocacy Training Conference and other national meetings such as the San Antonio Breast Cancer Symposium. My participation in the workshop has also sparked my desire to continue with further training and apply for the Project LEAD Institute.

NBCCF plans to roll out this workshop on a regular basis and will offer it four times a year beginning in 2010. Another pilot workshop will be offered in Los Angeles on September 25-27, 2009. I strongly recommend this introductory program as a first step in becoming a more knowledgeable and better prepared breast cancer advocate. For more information on Project LEAD, go to stopbreastcancer.org.

PROJECT LEAD WORKSHOP - by Lynn Holly - Con’t from p. 10

George W. Sledge, Jr. MD is a Professor of Medicine and Pathology at the Indiana University School of Medicine and serves on numerous national committees. He spoke with us about how research has impacted and changed clinical practice over the past 20 years. In addition to this, we took part in an interactive exercise that educated us on how to read and evaluate research study “news” that is in all forms of the media. This was led by Karen J. Carlson, MD who is Director of the Women’s Health Associates at Massachusetts General Hospital and is also Associate Professor of Medicine at Harvard Medical School.

As I mentioned earlier, the entire faculty was outstanding. The information that was exchanged was extremely empowering. I feel that I am a better informed advocate as a result of attending this course. In addition to the faculty, another important aspect of attending this workshop was meeting many other women from around the country who are determined to find a cure for breast cancer. Exchanging thoughts with others about topics such as patient advocacy, better care and insurance coverage for all, fundraising ideas, and concerns specific to particular states and different organizations was inspiring. I am grateful for the opportunity to have been a part of a course with so many wonderful advocates. As a survivor myself, I have gained even more strength and courage to help in the fight for the eradication of breast cancer.

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.
Support VBCF!

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

☐ Please contact me about becoming a VBCF Volunteer.

☐ Please send me information on planned giving.

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

☐ Other $ _________

Name: ___________________________
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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: ___________

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