Inaugural Karin Decker Noss Scholarship Presented

In memory of Karin Decker Noss, VBCF has established a scholarship program to assist an individual in attending numerous conferences and trainings that strengthen knowledge and understanding of the science of breast cancer in order to advance education and advocacy in Virginia. Karin’s husband, John Noss, generously funded the inaugural year of the scholarship.

In 2006, after a dynamic career in maternal-child nursing, Meg Shrader originated the role of Breast Health Navigator for Rockingham Memorial Hospital. In that capacity she performed many educational and outreach activities related not only to the Breast Health Navigation role but also Breast Health and Breast Cancer. In her current role as Breast Navigator for Augusta Health she has been able to bring the navigation program to another community hospital — facilitating both the multidisciplinary breast conference as well as chairing the Breast Center of Excellence committee for the hospital.

Meg is an active member of the VBCF Blue Ridge Chapter, having recently completed a term as President and she now serves on the VBCF Board of Directors. She served on the Breast Health Coalition of the Valley for 3 years, participated in JMU’s “Breastival” event, the Harrisonburg Parks & Recreation annual “Race to Beat Breast Cancer” and co-produced a monthly television program “You & Me on 3.” Meg also facilitated a bi-monthly breast cancer support group.

Meg has completed Navigator Training, Project LEAD, Clinical Trials Project LEAD and has attended other breast cancer related conferences. She has served as a breast cancer patient advocate for CDMRP/DoD review of breast cancer proposals. She found sitting on the review panels to be her most rewarding work, “To have scientists and medical professionals value our opinion as advocates brings with it a tremendous responsibility, but also a tremendous sense of accomplishment.”

The Karin Decker Noss Scholarship was presented to Meg Shrader at Art for Awareness on May 6, 2010. Karin’s husband, John Noss, was on hand to present the award.
One of the many advantages of joining VBCF in the fight against breast cancer is learning from the collective knowledge of hundreds of women and men who have experienced breast cancer and from those studying and treating it. As you can see when you read through this issue of our newsletter, our volunteers and staff have been extremely busy.

The Generations of Hope and Healing Conference held in Weyer's Cave, Virginia was a huge success with new attendees reporting how much they learned and how glad they were that they had attended. Our advocacy trainings across the state have trained you on the importance of our work and many of you joined us on State Lobby Day in Richmond and National Lobby Day in D.C. These events emphasize to me how our collective efforts make a huge impact with our legislators. They know us, they remember us, and they certainly know that we are well trained, armed with facts and passionate determination to make changes in our medical and government systems that affect those diagnosed with breast cancer.

I was asked during a recent local TV interview what I thought made the difference in getting the 48 hour mastectomy bill passed in Virginia in 1998. Without a second thought, I replied, “women responded to our survey without hesitation, testified at the hearings, made visits to their delegates and senators, attended the hearings, made phone calls on behalf of the bill—it truly was a grassroots effort because of them and the bill passed unanimously.” For the sake of your friend-someday-soon-to-be-diagnosed, ask yourself:

Have you done everything you can to help VBCF fight this disease?

Becky Morris

“I will not mourn silently!”

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

Educate. Advocate. Eradicate.
Generations of Hope and Healing Conference a Success!  Meg Shrader, VBCF Board Member

The Generations of Hope and Healing Conference was held on April 17th at the Plecker Center of Blue Ridge Community College in Weyers Cave, Virginia. Sponsors included the family of Patty Merritt, VBCF, Augusta Health, Augusta Health Foundation, Augusta Regional Free Clinic, CPAC, Shenandoah Valley Radiation Oncology Associates (SVRO), Blue Ridge Community College, and Every Woman's Life. The event was chaired by Dr. Heather Morgan and Myrtle Kite.

Patty Merritt was diagnosed with Triple Negative Breast Cancer in 2007, underwent treatment and lost her battle in 2008. Patty was an extraordinary woman who believed in breast cancer education, preventive care, early diagnosis, and aggressive treatment. It was her desire to be a breast cancer advocate, and her family chose this conference to start the realization of this dream. We were fortunate to have Denny, Patty's husband, speak to us about Patty and her dream to become an advocate.

The keynote speaker was Andrea Lohr. Andrea is a young mother living life to the fullest while undergoing treatment for metastatic breast disease. She delivered her message of hope, optimism, courage, and faith with a wonderful sense of humor. Her message to us is to really live life by enjoying the simple things each and every day. She writes an inspirational blog, www.caringbridge.org/andrealoehr, in which she shares her story. She touched each and every person in the room; we could have listened to her for hours. If you ever have the chance to hear her speak you should make plans to do so.

We were fortunate to have Dr. Ben Ho Park from the Department of Medical Oncology and Hematology at Johns Hopkins University speak to us about Triple Negative (Hormone Receptor and Her-2-neu Negative) Breast Cancer. He presented a very promising new targeted therapy called PARP inhibitors that are currently in clinical trials for patients with metastatic triple negative breast cancer. He explained the relationship between triple negative breast cancers are the basal subtype and breast cancers that have the BRCA 1 mutation. PARP inhibitors may have great potential for triple negative breast cancer patients. Kathleen Haden, RN, MSN, ANP-C gave a wonderful presentation about Hereditary Breast Cancer, including who should be tested, and what it means. Cheryl Buel shared her personal story of having the genetic mutation and what impact it has had on her family. Meg Shrader, RN, BSN, CBCN spoke about the history of the role of the nurse navigator and her practice at Augusta Health. Dr. Patricia Buchanan, Division Chief of Mammography at Augusta Health, gave a fascinating presentation regarding Breast MRI. She discussed the advantages, disadvantages, and controversy surrounding this emerging technology. She also discussed Breast MRI’s role in screening guidelines and its use in recently diagnosed patients.

Dr. Harry Bear, Medical Director of the Massey Cancer Center at VCU, updated medical professionals on the topics of neoadjuvant chemotherapy and molecular genetics. Dr. Doug Arthur, Vice-Chairman of the Department of Radiation Oncology at Massey Cancer Center at VCU, presented an update regarding accelerated radiation treatment for early stage breast cancer. Dr. Arthur is currently the co-principal investigator for multiple clinical trials that are researching the development and use of accelerated partial breast irradiation.

The patient and family track focused on current treatment modalities. Dr. Donald Carmichael from Shenandoah Valley Surgical Associates discussed the current surgical options for early stage breast cancer. Dr. William Thompson, also from Shenandoah Valley Surgical Associates, gave us a history of breast surgery Continued on Page 11.
Art for Awareness Gay Rudis, VBCF Board Vice-President

On Thursday evening, May 6th, the ballroom atrium at the Hilton Hotel & Spa in Short Pump was transformed into an art gallery as VBCF presented Art For Awareness. Many talented local artists donated pieces of their work for a silent auction to benefit VBCF. As guests strolled through the art gallery, they were treated to jazz music from the Cy Speight Band and were able to sample many delicious edible delights and have a glass of wine. Dr. Susan Love also autographed copies of her new book, Live A Little! Breaking the Rules Won’t Break Your Health.

The event also featured an awards ceremony to celebrate amazing breast cancer advocates. Three awards were presented by Becky Morris, VBCF President and Gay Rudis, VBCF Vice President. Joy Galloni received VBCF’s Nancy G. Dopp Volunteer of the Year Award from Nancy’s son, Jeff and his wife, Alicia. Larry Goldman and his wife, Francine, presented VBCF’s Sharon H. Kohlenberg Award to Dr. Diane Baer Wilson. VBCF also presented its first annual Karin Decker Noss Scholarship Award. John Noss, Karin’s husband, presented the award to Meg Shriver, a past recipient of our Sharon H. Kohlenberg Award. More information on the awards and recipients is included in this newsletter.

Thank you to all the generous individuals & businesses that donated items to the silent auctions at Art for Awareness & Aces for Awareness!

Following the awards ceremony, there was a captivating presentation by Dr. Susan Love. Dr. Love is well known in the breast cancer community and her book, Dr. Susan Love’s Breast Book, is a must have reference for most folks during their breast cancer journey. Dr. Love is a trusted researcher, author, surgeon and activist.

Dr. Love was able to describe in everyday terms the complex and often-confusing medical references on breast cancer. For example, she discussed whether stress could be a factor in breast cancer development. All of us have mutated genes in our bodies and some of these could be cancerous. Perhaps our system (referred to as our environment) is able to keep these cells from invading other areas in our body but stress can change our environment so that these cells are no longer controlled.

She also spoke about the recent controversies regarding breast self exam and mammography guidelines. As she noted, the media often only looks at one side of a story. The guidelines were not meant to stop us from doing self exams or getting mammography screening; it was meant to help us understand the risks and benefits of these detection tools. Her real message is to “Know Your Body” and take action if something is not right; we must advocate for ourselves. She reminded us that NBCC’s Project LEAD teaches us how to be advocates and also how to read and interpret news and scientific articles about breast cancer.

Dr. Love spoke of her initiative, the Love/Avon Army of Women (www.armyofwomen.com), which guests had the opportunity to sign up for during the reception. Her goal is to get 1,000,000 women and men signed up. Why? Because she kept hearing the complaint from researchers that they could not get people involved with clinical trials or research programs. But, folks do want to get involved and some of the studies involve just completing a questionnaire. The presentation concluded with a question and answer session and a book signing.

We extended sincere thanks to Dr. Love who donated her time during Art for Awareness and Aces for Awareness in memory of VBCF’s Past President Karin Decker Noss.
Aces for Awareness Inaugural Event  Lynn Holly, VBCF Board Member, Aces for Awareness Chair

On a sunny and warm Friday, May 7th over one hundred women got together and played tennis to support VBCF. They were hosted by the pros at the Dominion Club with help from Burkwood Swim & Racquet Club while others enjoyed themselves at Hermitage Country Club with the help of Salisbury and Willow Oaks Country Clubs. After a morning of lots of laughs and fun tennis, the group joined approximately seventy others for a luncheon and presentation by Dr. Susan Love at the new Hilton Richmond Spa & Hotel at Short Pump.

Prior to the luncheon and program by Dr. Love, the ladies enjoyed a social hour and silent auction. Many popular items such as artwork, jewelry, gift certificates, handbags, sunglasses, and much more were donated and successfully sold to benefit VBCF. During the silent auction, Dr. Love was on hand to sign her newest book, which she co-authored, titled Live A Little! Breaking the Rules Won’t Break Your Health.

The group then enjoyed a luncheon which featured our keynote speaker, Dr. Susan Love. A popular scientist, researcher, and author, she shared with us her newest research initiative, the Love/Avon Army of Women. Dr. Love shared the importance of everyone, whether they have been diagnosed or not, joining this web based research project that she believes will lead to finding the causes of breast cancer, which in turn, will then lead us to a cure for this disease that affects one out of every eight women. The group found the presentation to be both informative and enjoyable. How fortunate we were to have the leading renowned breast cancer expert share her insights with us in Richmond!

Special thanks to our sponsors and organizing committee as well as the VBCF staff for their dedication to this first-time successful event. VBCF made new friends, found additional volunteers and educated a new group of women about VBCF. Many are looking forward to next year knowing that their participation will help VBCF to strengthen its mission to Educate. Advocate. Eradicate.
VBCF Goes to Washington

VBCF was well represented at the National Breast Cancer Coalition (NBCC) Annual Advocacy Conference this year. Fifty Virginians attended the four-day conference, which is the most Virginia has ever had. It featured high caliber speakers and presenters such as Nancy Snyderman, Health Correspondent for NBC News, Valerie Jarrett, Senior Advisor for the White House, Dr. George Sledge, Indiana University Cancer Center and Dr. Kim Lyerly, Duke University Cancer Center to name just a few. Plenary sessions and workshops gave updates on some of the latest scientific research projects and information on public policy issues surrounding the new legislation related to healthcare reform.

This year, NBCC celebrated 15 years of Project LEAD excellence. Project LEAD has given many advocates the ability to become empowered with knowledge, which has led many to increased advocacy roles including partnering in research efforts and public policy issues. VBCF was again well represented among the Project LEAD graduates.

NBCC Lobby Day included approximately 40 Virginians that arrived on the VBCF sponsored bus from Hampton Roads and Richmond. They joined approximately 60 others from various parts of Virginia in Washington, D.C. to present a strong voice to our Nation's elected officials for legislation to help in the fight against breast cancer. Volunteers spent the day meeting with all of Virginia’s Senators and Representatives and/or their respective health aids to promote NBCC’s 2010 Priorities.

This year's Legislative Priorities were: Guaranteed access to quality health care for all and $150 million for FY 11 for the Department of Defense Peer Reviewed Breast Cancer Research Program. NBCC also had Public Policy Priorities which included: Breast Cancer Prevention Initiative, Preservation of Medicaid Breast and Cervical Cancer Treatment Program, and Consumer involvement in all appropriate venues where decisions about healthcare and research are made. Thank you to everyone who participated in the 2010 National Lobby Day - together we can make a difference!
American Association for Cancer Research (AACR)
101st Annual Meeting Vernal H. Branch, Advocacy & Constituency Coordinator

This year’s AACR meeting was exciting because as an advocate I could see how research is trying to focus on curing and preventing cancer for future generations. I attended this meeting as a participant in the survivor/scientist program.

What I found totally fascinating were the sessions that focused on the cancer genome atlas, and the genomic signatures of cancer. So, how will this impact diagnosis, treatment and prevention of cancer? First let me explain what the cancer genome atlas has done thus far:

- Identified mutations across cancer types
- Looked at gene re-arrangement in solid tumors
- Looked at the pathways in tumor types that are the core for tumor progression

So, how would this help us in the future with cancer? The possibilities for using this information would help to identify the pathways affected in the tumor for correct treatment recommendations. Along with this there could be developed biomarkers for tracking treatment responses to therapy. These biomarker signatures could also be used to make personalized medicine more personal, and used to assess who is at risk for certain types of cancer. With this information, ways of repairing the damage before cancer occurs could be developed.

Cancer genomics is an exciting area for patients, survivors, advocates, physicians, and scientists. While all new technologies have risks/benefits, this one hopefully will succeed in identifying those at risk for cancer and better monitoring those with cancer. What we will see in the future is not the site of tumor (breast, prostate, colon etc.) being important, but the signatures that are present for tumor progression appearing in many tumor types being the driving factor for how therapy will be addressed for each patient.

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.

Volunteer Spotlight: Brenda Bryant

Brenda Bryant was diagnosed with Stage 2 Triple Negative breast cancer in November 2008. She is the first in her family to be diagnosed with breast cancer. Since October is Breast Cancer awareness month, she always makes her mammogram appointments in October. That year her appointment was in November. She had been having pain in her right breast but her doctor only prescribed a screening mammogram. Brenda didn’t settle for that. When she got to the mammography clinic she insisted on a comprehensive mammogram because of the pain. The nurse at the clinic called her doctor and he went ahead and approved the breast sonogram.

Cancer was found in the left breast, although Brenda had never had any pain in that breast. The biopsy results came back malignant. The tumor was less than a centimeter. Brenda had surgery in December 2008 and had 5 lymph nodes removed. Two of 5 lymph nodes were positive. The Sentinel Lymph Node was negative. Although she was first told that she would only have to have radiation, because the cancer had already spread to the lymph nodes, Brenda took 6 rounds of ACT (adriamycin, cyclooxene, and taxataere), followed by 33 days of radiation. During her treatments, Brenda was supported by her 13 year old daughter who was with her. She was blessed that she didn’t get very sick from any of her treatments and was able to continue her normal lifestyle. Brenda continued her exercise routine and continued working.

Brenda went to the internet to search for help and support groups. She learned a lot by joining the Prince William Health System’s breast cancer support group and becoming a part of Life with Cancer in Fairfax County. Brenda searched the internet for different organizations and found conferences to attend. She knew that she wanted to become an Advocate because this disease is an epidemic that needs to be stopped. Brenda believes that the more women get involved to help stop this disease and voice their opinions about breast cancer research the sooner a cure will be found. She wants to make a difference by becoming educated and learning more about breast cancer so that she can educate women and help them understand that breast cancer doesn’t have to be a death sentence. Brenda wants to raise money for a cure, not just more research. Her goal is to become a full time Advocate and to go all over the world and talk, teach, and educate men and women on the importance of breast health and breast cancer prevention. Brenda became active with VBCF after the 2009 NBCC National Lobby Day, and worked throughout the year to help start a VBCF chapter in Northern Virginia. She is currently the treasurer for the newly formed Prince William Chapter of VBCF.
Blue Ridge Chapter

The Blue Ridge Chapter was involved in planning the Generations of Hope and Healing Conference which was held April 17th at Blue Ridge Community College. Several members helped VBCF partner with the Augusta Free Clinic, Augusta Health, and others in the community, contributing to making this conference a great success.

The Pink Ribbon Hi Tea took place on March 13th. There were approximately 110 guests who enjoyed Broadway tunes sung by Mr. John Hilker from Crozet. Volunteers and friends as well as 7 students from Mary Baldwin College served the guests. Good times were had by all. The Tea grossed over $3500 dollars.

The Blue Ridge Chapter also has been involved with a number of speakers’ bureau events as well as presentations to several groups and churches regarding the Remote Area Medicine event in Wise, VA. Becky’s Place at RAM, July 23 - 25, is triggering excitement within the chapter with all the planning and anticipation of volunteering.

Three members of the Blue Ridge Chapter attended the NBCC Advocacy Conference and several others joined them for Lobby Day May 25th in Washington D.C. Other upcoming events for the Blue Ridge Chapter are the Augusta County Relay For Life event May 14th; serving breakfast at Applebee’s July 10th; Sweet Dreams community event July 24th; and working Shakin’ at the Station August 5th, with proceeds going to VBCF. Many thanks to those businesses supporting VBCF and allowing us to take part in fund raising events in their business as well as a big thank you to our hard working members that make the Blue Ridge Chapter special.

Central Virginia Chapter

Girl Scouts and their leaders spent the morning of May 1st with the Central VA Chapter of VBCF and CJW staff gathering information for a healthy future. Tracey Tatum, RN talked to the girls about how to be aware of the small changes in their daily lives that can affect breast health – drinking water, being involved with exercise related activities, and eating less fatty foods. Knowing your body and when to ask a respected adult health related questions were also emphasized.

A tour of the Mammography Clinic by Jeanne Gibson gave the scouts their first look at the mammogram machinery. Jeanne did an outstanding overview without frightening the girls; just educating them on the procedure and answering questions. Next Jeanne moved us to a viewing room where she had selected films to illustrate healthy breast tissue and a few obvious breast cancers.

Vernal Branch motivated the scouts to become advocates and gave them a history of VBCF Advocacy. The girls and their mothers were encouraged to attend National Lobby Day.

The dedicated chapter members of VBCF assisted the girls with
breast models to identify lumps and techniques of personal self breast exams. A framed VBCF Parks Duffy Print was given to the Mammography Clinic.

Our chapter members are a great group of women who are committed to the goals of Educate, Advocate, Eradicate. Many thanks to all of them for their outstanding work.

**Hampton Roads Chapter**

The Hampton Roads Chapter is excited to announce that they will once again be partnering with the City of Portsmouth and the Umoja Festival for their 4th Annual Victory Walk on Saturday, September 18th. Registration will begin at 7:30am and the walk (2 miles) will begin at 9:00am along Portsmouth’s historic waterfront. The walk will begin at the NTelos Pavilion in Portsmouth. Registration is $20.00 for adults, $5.00 for children (t-shirts provided with advanced registration). For more information, call 757-636-2334 or 757-393-2829.

**Peninsula Chapter**

On October 24, 2009 Shane Hogg, owner of Shane’s Salon and Day Spa in York County, VA held a breast cancer fundraising event at her salon. There were VBCF pink ribbons, breast cancer awareness pink bracelets, pink hats, pink refreshments, VBCF literature and breast cancer information for participants to take. There was even a clown who painted pink ribbons on kids’ faces. The fundraiser was held in conjunction with “Locks of Love” hair cuts done at the salon that day. A total of $455.00 was donated to the VBCF Peninsula Chapter. Many thanks to Shane and her staff for their time and effort in making this event successful.

The Peninsula Chapter presented its 17th Annual Fashion Show/ Luncheon at the Omni in Newport News on April 10th and it was a rousing success. Over 400 tickets were sold and a great time was had by all. We are grateful to all who participated and supported our endeavor, and especially to our sponsors. The Maxwell Garden Club designed lovely floral centerpieces and large arrangements in keeping with the theme “The Finishing Touch”.

Each year a beautiful handmade quilt is donated to the Peninsula Chapter of VBCF and raffled at this event. Many lovely gifts were on the Silent Auction tables and bidding was quite lively. Dillard’s fashions were well received and we appreciate the time and effort that the store invested in our show. Our models ranged from 18 to 70+ and all sizes were represented.

**Prince William Chapter**

Formed this year, the Prince William Chapter has hit the ground running. They have staffed VBCF literature tables at many events in the Northern Virginia area, and are working hard to spread the word about VBCF. If you would like to get involved with the chapter call 800-345-8223 or e-mail Jaime@vbcf.org.
Nancy G. Dopp Volunteer of the Year Award
Presented to: Joy Galloni

The Nancy G. Dopp Volunteer of the Year Award recognizes an outstanding volunteer who has contributed time, talent, and resources to the Virginia Breast Cancer Foundation. The award also honors the memory of Nancy Dopp, a founding member of VBCF and a passionate and tireless volunteer for the organization.

Joy Galloni personifies what the word volunteer means. A librarian in her professional life, she is quick to volunteer for a multitude of activities and projects, and then goes above and beyond in her efforts to do an excellent job. She is the complete package and encourages all to get involved.

Joy was one of the founding members of the VBCF Tri-Cities Chapter and served as its first president. In that capacity she organized a successful art show as the first project. When it became obvious that the survival of a chapter in the area depended on the merger of two small groups, she was instrumental in merging the Tri-Cities and Richmond chapters into the vibrant Central Virginia Chapter. When Joy and her husband moved away from Virginia a few years ago, Joy remained interested in VBCF.

When they moved back to the Richmond area, she immediately got involved in VBCF activities again. Over the years, Joy has started an "I'm in the Pink Campaign," attended many state and national lobby days, started the Pink Ribbon Internet Connection that she took statewide, served as a VBCF Board Member, chaired the VBCF Program Committee, served as Chapter President more than once, established the library program which donates funds to area libraries increasing awareness of VBCF while educating the public, helped develop VBCF's "Stay A Breast" Speaker's Bureau program, designed brochures, flyers, and other promotional pieces for programs, and cut out hundreds, if not thousands, of paper tea pots for an awareness campaign.

Joy continues her involvement with the Central Virginia Chapter, most recently developing the Central VA Chapter's Girl Scout educational event. She also serves on the statewide program committee and has been instrumental in helping VBCF take the library program statewide – advising VBCF and libraries on appropriate books and DVDs. She continues to spread our message by staffing many health fairs and conducting the speaker's bureau program.

Joy Galloni is an amazing volunteer, always giving of herself, and doing so with a smile and positive attitude. VBCF is proud to present this award to her.

Sharon H. Kohlenberg Healthcare Service Award
Presented to: Diane B. Wilson, EdD, MS, RD

This award is presented to recognize individuals employed in the healthcare field who "exhibit a deep and abiding commitment to the fight against breast cancer." The award honors the memory and reflects the spirit of Sherry Kohlenberg, a co-founder of VBCF, who was a vibrant, competent healthcare worker and a dynamic breast cancer activist. Sherry died from breast cancer in 1993.

Diane B. Wilson is truly dedicated to research and education to help reduce breast cancer. She is an Associate Professor, Virginia Commonwealth University Department of Internal Medicine and Massey Cancer Center (joint appointment) and has affiliate appointments in the Department of Epidemiology and the Department of Health and Human Performance. She is committed to disseminating "evidence-based" information to help breast cancer patients and survivors and was recently appointed as a Scientist Advisor to VBCF.

Dr. Wilson says her "second career" was defined by her work on the Women's Intervention Nutrition Study NCI multi-site trial in which she counseled cancer survivors individually related to reducing dietary fat for several months. She describes what she learned from breast cancer survivors as a "transformative experience" and it resulted in her making a commitment to breast cancer research in cancer prevention and control. From that time forward she has focused her research and service projects on breast cancer patients and survivors; she has served as a research investigator on four large randomized trials related to nutrition modification, physical activity or strategies for increasing breast cancer screening. In addition, she designed and tested a low-impact exercise intervention for African American breast cancer survivors and most recently, she developed and disseminated a health promotion program for daughters of mothers with breast cancer. Currently, she is working to bring more evidence-based education on breast cancer and later, other cancers, to the faith-based community in Southside Virginia.

Dr. Wilson's commitment to reducing breast cancer in the next generation of women expands well beyond her regular academic and research duties. She is a Co-Founder and served as Director of the Cancer Survivor Symposia which provided community education sessions on important aspects of the survivor experience, free to the public, for three years. She speaks locally and nationally on how nutrition and exercise can be useful for breast cancer risk reduction from an evidence-based perspective. She visits support groups and accepts many invitations to present her unique expertise. Diane exemplifies the spirit of the Sharon H. Kohlenberg Award, continuously striving to find new ways to eradicate breast cancer.
Your Help Needed – VBCF Goes to RAM

VBCF is once again organizing Becky’s Place 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 the 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 educational 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.

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

VBCF Team at the Richmond International Dragon Boat Festival

VBCF is partnering with Richmond Sports Backers and Great White North for the first annual Richmond International Dragon Boat Festival. Dragon boats are 40-foot human-powered canoes decorated with ornate Chinese dragon heads. Led by the rhythmic beat of a drum, teams consisting of 20 synchronized paddlers, one drummer, and one steersperson race the canoes 500m down the river. Social groups and businesses alike embrace the sport of dragon boating because it builds camaraderie and a sense of “team” through participation in the sport. Teams of breast cancer survivors and advocates are encouraged to participate. Spots are available on the VBCF Team for $75.00 on a first come, first served basis. Please note - If you want to be a part of the VBCF Team do not use the Sports Backers website to register. You can register to be a part of the VBCF Team online at www.vbcf.org.

Go to http://www.sportsbackers.org/events/dragon_boat.htm to learn more about this great event. Contact jaime@vbcf.org if you would like to volunteer with VBCF at the festival.

In Memoriam: Marge McLean

Marjorie B. McLean, 81, passed away peacefully on May 13, 2010. Marge and her husband Ben have volunteered at the Remote Area Medical Clinic (RAM) in Wise, Virginia since 2004 as volunteers with WCAN and more recently with VBCF. Her life was filled with the love of many friends and the women who attended our classes at RAM were like family to her. Marge was diagnosed with breast cancer twice in her lifetime, and was a 50 year + survivor, who first publicly told of her diagnoses to women at RAM, giving a message of hope and survivorship to all. Marge worked tirelessly to bring her stuffed bear donations for the children at RAM from Shoney’s in Richmond and always made the stop in Coeburn to pick up donations from State Farm Insurance as she traveled to Wise. Her loving spirit, positive attitude, and smile will be greatly missed. Our July 2010 education trip to RAM will be dedicated in memory of Marge McLean.

Generations of Hope and Healing Conference a Success!

and discussed the options for locally advanced breast cancer that included neoadjuvant chemotherapy, endocrine therapy, as well as surgery. Dr. Heather Morgan from SVRO spoke about the role of Radiation Therapy, as well as the impact of newer technology on treatments options. Dr. Todd Wolf from Hematology Oncology Patient Enterprises (HOPE) discussed the impact of hormone receptors, Her-2-neu, and molecular testing of tumor tissue as it relates to the individual treatment planning for each patient. He explained the role of targeted therapies both in the adjuvant and metastatic setting. He also talked about the mammography screening guidelines and the need to have discussions with your healthcare provider as to what is best for you based on your individual risk. The Survivorship Clinic at the Massey Cancer Center at MCV was the topic of Dr. Haidee Waters’s discussion. She explained how the clinic started, its team members, and the population that it serves. Angela Lawrence discussed the State Cancer Plan Action Coalition (CPAC) and Gay Rudis discussed advocacy and National Lobby Day. All in all it was a full day.

Special Thanks To: The Family of Patty Merritt, Myrtle Kite, Dr. Heather Morgan, Jaime Strohacker, Lisa Boudreaux, sponsors, exhibitors, and the VBCF and local program committee.
Visit our website - www.vbcf.org!

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

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

Summer 2010