The Virginia Breast Cancer Foundation kicked off National Breast Cancer Awareness Month with two performances of Debra Mincey’s Fear Not My Child. A musical drama depicting the author’s experience with breast cancer. Generous funding from the American Cancer Society, the Cancer Care Center at St. Mary’s Hospital, MindBody Institute of Bon Secours, the Bierne Carter Foundation and the Windsor Foundation enabled VBCF to bring Debra Mincey & Company from Jacksonville, FL to spread the word of hope and faith. 

On October 3, VBCF presented the first performance of the play at the First Baptist Church of South Richmond to a welcoming crowd. The hour-long performance by Debra Mincey, included dance, a cappella song, powerful dialogue and poignant questioning. The seven member supporting cast portrayed mother, friend, lover, community and Jesus Christ, all key players in Mincey’s breast cancer struggle. The drama depicted the wide variety of people affected by the disease as one woman comes to terms with the crisis of breast cancer.

Facing the question “Why me?” Mincey finds consolation in her spirituality, “Without a test, how would you know the measure of your faith?” In return for her trust in God, she pleads to have the desire to dance again. Indeed, Mincey does dance again. She fights for her health, and also for the ability to reclaim joy, peace, and happiness in her daily life. Despite the circles of support surrounding cancer patients, we were reminded of the deeply personal struggle each cancer patient faces when answering, “Why me?”

Mincey’s portrayal of the role of faith in her crisis is powerful. She reminds us that life is too short and too precious to take anything for granted. Her struggle to regain faith, come to peace with her God, and share her insights with others are the foundations of this moving performance. Fear Not My Child concludes with Mincey’s advice to those who face breast cancer — put God first, have a positive attitude, and keep your sense of humor.

A sense of humor was most definitely in the air as community members read poetry and told stories of their experiences with breast cancer following the second performance of Fear Not My Child in the Barksdale Theater. Following the success of our Open Mike Night at the annual meeting, the October 4th event was billed as “An Evening of Expression” and the “mike” was open again.

Four dancers from the Concert Ballet did an outstanding job of writing and choreographing a dance inspired by the ad that states “eight little girls will take ballet and one of them will grow up to get breast cancer.” Each performer received a standing ovation. The Richmond community is blessed with great creative talent. VBCF extends a warm thank you to all who joined us for these special evenings.
Profile – Nancy Krause Golden

Nancy Krause Golden is the epitome of a committed VBCF volunteer. She has donated over 1600 volunteer hours to VBCF over the past four years. She has worn a variety of hats with the organization serving as Treasurer, bookkeeper, newsletter contributor and model for the First Annual Ribbons and Roses Tea. Nancy has contributed her talents and found ways that VBCF could benefit from her passions and hobbies. Her talent as a photographer can be seen on the website and in many newsletters. Because of her love of gourmet cooking, she helped to collect recipes for Regency Square’s cookbook benefitting VBCF.

With her fondness for fast cars, Nancy volunteered to help drive the caravan of BMWs to North Carolina in part of the Susan G. Komen Foundations’ Ultimate Drive. As a golfer, Nancy also helps to organize our successful fundraiser; the Annual Women’s Golf Tournament, and plays in it as well. Not only has she contributed financially to VBCF, Nancy has volunteered her time, skills and talents to the organization. She saw how she could give to VBCF and did so, generously.

Nancy’s breast cancer was misdiagnosed in 1991. She describes what followed as a comedy of medical errors. She had to face both breast and kidney cancer at the same time and had a nephrectomy, a lumpectomy and eventually a bilateral mastectomy within 18 months. She also experienced problems with reconstruction surgery. Although clearly dismayed with the physician who not only misdiagnosed her but treated her with insensitivity, Nancy praises the oncologist who saved her life. Despite the problems, Nancy ploughed through it all. She wanted to do something to make a difference.

Nancy learned of VBCF through her neighbor, Cyndy Barnett, who is a long time member of the organization. Nancy had one of those sixty-hour-a-week jobs as a Director of Taxes with A.H. Robbins. When she retired early, she asked “What can I do?” She came to a VBCF Board meeting. The Board of Directors recognized that she had expertise in finance and asked to her to volunteer as the Treasurer.

Nancy is committed to VBCF being financially responsible to its members and generous donors. As Treasurer, Nancy has chaired the Finance Committee and developed VBCF’s policies relating to its money management (including financial, investment policies and chapter financial policies). During her tenure, VBCF has become a financially sound organization and has substantially increased its investment assets allowing us to build for a greater future. When Nancy’s term as Treasurer ends in December of this year, she can step down knowing that she’s helped VBCF grow strong financial roots from which we can move into the next decade.

President’s Message

It is encouraging that awareness about breast cancer seems to be everywhere, but we must not lose sight of the reality of our situation. We have made only small inroads against this terrible disease. The mortality rate has not decreased significantly: 50% of us diagnosed with breast cancer will die from it. Early detection and advances in treatment have given people longer periods of time with no discernible signs of disease. However, are we trading one life-threatening disease for another? I know many women who are personally confronting some of the “quality of life” issues addressed by Karen Knapp, M.D., 1999 recipient of VBCF’s Sharon H. Kohlenberg Healthcare Service Award in her acceptance speech (story on page 11).

The powerful chemotherapy drugs used to battle breast cancer can cause neurological and cognitive problems. In one study, a small group of women showed mild to moderate cognitive deficits when tested during the course of their chemotherapy. No further studies have been done to compare cognitive changes before and after chemotherapy. We need more research!

Menopause with its reduction of bone-strengthening estrogen in the body contributes to osteoporosis, a thinning of the bones that can lead to painful and sometimes deadly fractures. Unfortunately, it seems that many women who have treatment for breast cancer are developing osteoporosis because of chemotherapy-induced menopause.

The chemotherapy drugs themselves may cause calcium to be leached from the bones at a much higher than normal rate. When chemotherapy ends a woman may be thrust into menopause which, in a vicious circle, contributes to the development of osteoporosis. Perhaps there are some measures that could be taken before, during and after chemotherapy to stave off the onset and progression of osteoporosis. We need more research!

VBCF’s ultimate goal has always been “nothing less than a cure for breast cancer.” However, quality of life issues following the treatment for breast cancer deserve serious attention from advocates and researchers. Ironically, what good is the cure if it kills us? We must demand focused, high-quality research into post-breast cancer problems. We need more research!

Finally, a fond farewell. All current officers’ terms end in January, including my term as president. The Board has elected member Jennie Davies as VBCF’s next president. Jennie is extremely capable, dedicated and energetic and I am confident that under her leadership VBCF will continue to grow stronger. Thank you for the honor and privilege of serving as the fourth president of VBCF.
Federal Legislative Action

Following is an update on the National Breast Cancer Coalition's legislative priorities supported by VBCF.

**Priority #1** Appropriation of $175 million dollars for the Department of Defense Peer-Reviewed Breast Cancer Research Program.

This program continues to fund innovative research in the quest for a breast cancer cure. Advocates came on hard and strong this year and both the House and Senate passed the full amount in their appropriations bills. We expect it will be passed, untouched, through Committee and appropriated in final Defense Bill.

**Priority #2** Passage of Center for Disease Control Breast and Cervical Cancer Treatment Act (S.662/H.R.1070). This would add a very critical treatment component to the CDC's current screening program. We want to ensure women who need treatment after screening get it. This bill has a lot of momentum and support thanks to our advocacy efforts. The House Commerce Committee held a markup on October 28 and the bill passed with minor amendments. We are working to increase support in the Senate.

**Priority #3** Passage of the Medicare Cancer Clinical Trial Coverage Act (S.784/H.R.1388). We believe to get answers to the causes, prevention and ultimate cure for cancer, we must have access to high quality clinical trials. Therefore, we are urging Congress to support this act. This priority is also included in Priority #4.

**Priority #4** Passage of the Patients' Bill of Rights (S.6/H.R.358) and the Bipartisan Consensus Managed Care Improvement Act (H.R.2723).

We believe patients have a fundamental right to quality care which includes access to providers, confidentiality of health information, coverage for routine patient care costs associated with clinical trials and adequate protections. Many members of Congress believe S.6/H.R.358 is too partisan; therefore we also support H.R.2723 since it, too, will guarantee breast cancer patients these rights and offer women legitimate protections. The momentum from the public and in Congress is for a Patients' Bill of Rights—we want to ensure it is a meaningful one.

**Priority #5** Passage of H.R.306, the Genetic Information and Non-discrimination in Health Insurance Act. While the Kassebaum-Kennedy Health Insurance Reform Act of 1996 took an important first step in ensuring genetic information is not used to deny people health insurance, more needs to be done to close loopholes and provide comprehensive protection. We support H.R. 306 and also urge Congress to support legislation that prohibits employment discrimination based on genetic information.

**Priority #6** Appropriation of $175 million dollars for breast cancer research at the National Institutes of Health.

Thanks to all of you who have written letters or worked with us on Capital Hill. We are making our voices heard! Please call VBCF if you are interested in volunteering to help with the cause.

Legislative Action in the Commonwealth

In keeping with its origins, VBCF has played a key role in educating Virginia congressional representatives about the need to support breast cancer legislation. On May 25th, VBCF members attended National Breast Cancer Coalition's Annual Lobby Day. We joined with hundreds of breast cancer activists from all over the country, to reiterate the need for increased dollars for breast cancer research and access to treatment. Throughout the year, VBCF members met with Senator Chuck Robb, Congressman Tom Biley and other Virginia congressional leaders to urge their support.

VBCF members have written and called Capitol Hill to make sure that Virginia's leaders know that breast cancer should be a national health care priority. VBCF worked with other states' breast cancer grassroots organizations to urge our elected representatives to move legislation through the law making process. It's amazing what a coordinated grassroots effort can do!
The Richmond Chapter contributed an enormous number of volunteer hours to education and outreach this quarter in addition to our major fundraising event in October.

At the beginning of October, we participated in the 11th Annual Second Street Festival sponsored by the City of Richmond. This is a two-day cultural festival that draws thousands of participants to the downtown Richmond area and is an excellent outreach venue. Many thanks to Jimmy Batterson, Diane Petrie, Carol Snyder and Marie Caffrey for helping to staff our literature table and for helping us promote "Fear Not My Child."

The chapter also co-sponsored Enhancing Your Life: Healthy Eating and Supplements for Your Immune System, at Ellwood Thompson's Natural Market. Tina Shiver, a registered dietician, and David Foreman, a registered pharmacist, donated their time and expertise. David discussed herbs, vitamins and foods that are thought to enhance the immune system. Then Tina tempted us with healthy recipes from power shakes and muffins for breakfast to Chilean Tofu Stew for dinner. We all sampled the dishes. Proceeds were donated to VBCF.

The chapter sponsored a program on Breast Cancer Early Detection Certification Training at the Jewish Community Center on October 25. Patty Spacek, American Cancer Society, gave tips on breast self-exam and Dr. Jacquelyn Hogge, Radiology Associates of Richmond, Inc., spoke about mammography. The twenty-eight participants (professional and community) are now certified to provide training on breast self-exam in any local or community organization.
Other events include:

Chapter volunteers were present at Hanover Senior Citizens Picnic to raise breast cancer awareness in August.

Gay Rudis coordinated volunteers for literature tables at area Ukrop's in association with NBC12, and Bon Secours Richmond Health System. Volunteers included: Joan Charles, Paula Dennison, Laura Majesky and Linda Strickland. Gay Rudis also staffed a table at the Carpenter Company's health fair.

Becky Morris presented breast cancer awareness programs at the Christ United Methodist Church and the Markel Corporation this fall.

Peninsula Chapter

After a two month summer break, the Peninsula Chapter was back in full swing for the fall. On August 14-15 we hosted Peninsula Race Toward A Cure, the Vineyards of Williamsburg 5K road race. The event drew over 296 entrants, despite the need to postpone August 14th's race due to weather.

The race was in honor of Dr. Lorraine Donohue, a Williamsburg Podiatrist who has been battling breast cancer since 1996. Throughout her personal fight against breast cancer she has been an inspirational spokeswoman. Her ties to the medical community, the running community and VBFC made her a natural as the honoree this year.

Joanne Lindemann (left) and Lorraine Carlson-Miller at the Music For Life Benefit.

Dr. Donohue was presented with a bouquet and T-shirts that had been custom designed for the race. All finishers were presented with a pink carnation. Both evenings were successful thanks to the many outstanding participants and VBFC volunteers. A very special thanks to Christine Laurance who single-handedly organized the event on behalf of VBFC. She presented a check for almost $2000 to the Board at the September meeting. Hats off to you, Christine!

The York Convalescent Center in Yorktown invited our chapter to participate in their annual Health Fair Day on September 11. Alice Oldfield staffed a table display and spoke to many residents.

A benefit concert Music For Life was held in September at Trinity Lutheran Church, Newport News. Jeanne Lindemann, Director of Music, was diagnosed with breast cancer last year. When she was going through treatment she vowed that she would stage a musical benefit recital with her friend, flutist Lorraine Carlson Miller. The concert and reception (catered by the Peninsula Chapter) were a huge success with over $2000 raised for VBFC.

Our fifth annual Golf Tournament was held in September, at Deer Cove Golf Course at Chatham Annex. This event was co-chaired by Ann H. Wilson and Gene Sultz. A full field of 96 golfers (38 women and 58 men) competed for cash prizes. More than $3000 was raised from golf fees, hole sponsors and donations. Almost half of the nominal cash prizes were donated back to VBFC.

The Chapter plans to distribute the video Between Us: A First-Aid Kit for Your Heart and Soul, to 40 health care facilities so that they are available for women as soon after diagnosis as possible. This documentary, an emotional first-aid kit, will be available to individuals during the frightening time period immediately following a diagnosis of breast cancer.

In Memoriam

The Virginia Breast Cancer Foundation extends its deepest sympathies to the family and friends of Linda Matthews & Catherine Quinn who died recently.

May we all continue to remember the dead and fight for the living.
Portraits in Hope Brings to Light the Optimism of Individuals

By Kristy Holmes, American Cancer Society

On the first of October, an exhibit entitled Portraits in Hope debuted at the Library of Virginia to kick-off National Breast Cancer Awareness Month. This joint project of the American Cancer Society (ACS) and the Virginia Breast and Cervical Cancer Early Detection Program (VBCCEDP) was created to raise breast cancer awareness and to promote early detection procedures. First Lady of Virginia Roxane Gilmore, the project’s honorary Chair had urged the two organizations to co-sponsor an awareness project that would be educational, personal and inspirational. In partnership with VBCF, the National Cancer Institute’s Cancer Information Service and the VCU’s Massey Cancer Center; the ACS and the VBCCEDP presented Portraits in Hope. It was an emotional exhibit of 30 local breast cancer survivors’ portraits and words.

Portraits in Hope displays the diversity of the local population that has been touched by breast cancer. The exhibit, consisting of individuals of various ages, races, and socio-economic classes, depicts the truly unbiased nature of this disease. In the words of Ms. Gilmore, “Portraits in Hope demonstrates that breast cancer can happen to anybody.” Each person carries with them a story of how the disease has forever altered her or his life. These stories are told through personal testimony from the 30 individuals. The testimonials are aimed at conveying their experiences, powerful battles of survival and the resulting positive impacts on their lives.

In addition to a portrayal of hope and courage, the exhibit raises the level of breast cancer awareness within the community. This disease has the ability to touch all women and men, whether personally or through supporting a spouse, daughter, mother or sister. For this reason, the exhibit contains educational materials on breast cancer such as how to properly perform monthly breast self-examinations. The exhibit features information about Every Woman’s Life, a program that provides mammograms for qualifying medically indigent women. It has been estimated that 4,200 women in Virginia will be diagnosed with breast cancer this year. This reality and the higher survival rate of cancers detected in the earliest stages are the motivating force behind the exhibit.

The lone male portrayed in the exhibit, Ronald Robertson of Matoaka, describes cancer as a “family disease.” His portrayal of the impact cancer has on families encourages each of us to reach out and make a difference through education within our own families and those of our neighbors. Another person from the exhibit, Barbara Browman of Midlothian, encourages us to be pro-active in our dealings with breast cancer, “Get involved. The life you save may be your own. We cannot allow ignorance to be an excuse for anyone when it comes to breast cancer awareness.” It is in that spirit that the 30 individuals in Portraits in Hope have so generously shared their stories of pain, courage, survival, and hope for the greater good of the Richmond community.

www.portraitsinhope.org
Q: Millions of dollars are raised every year for breast cancer research, but a cure seems no closer. In the U.K. recently, cancer has been re-defined as a disease that may be chronic but not necessarily fatal. Is this an admission that realistically a cure is unlikely and that we have to accept that cancer must be regarded as a "manageable disease" in much the same way as diabetes has come to be?

A: In many cases, especially those with metastatic cancer that were destined to die of their disease, turning their cases into a "manageable disease" would be a tremendous advance. I believe that many cancers which we now face, particularly chronic leukemia and lymphoma, are becoming diseases that are manageable for months or years and sometimes decades. I think that may be the first step in our ability to cure such diseases. We have looked for a "magic bullet" for a long time. Although some of the newer monoclonal antibody therapies, gene therapies and vaccine therapies are extremely exciting, it's unlikely that such a "magic bullet" will be found.

Q: How far are we from identifying definitive external causes (i.e., other than genetic) of breast cancer?

A: Although we are learning a lot more about the genetic predisposition of patients for developing breast and other cancers, there's probably more to this than we currently know. Many people have tried to find connections between elements of modern lifestyle (e.g., insecticides, processed foods) and an apparent increased incidence of breast cancer, but none of these have been proven. Most physicians and researchers feel that there may be a "multiple hit" etiology of cancer. In other words, certain patients with a genetic predisposition may need other factors in their history, occurring at certain times in their lives, which will then go on to promote the development of breast cancer. This would explain why some people with a high genetic risk for breast cancer don't develop the disease. Presumably, they haven't been exposed to other agents in the environment, or in their own development or endocrinological history, which combined would have caused the disease.

Conversely, there are patients, who have no apparent predisposition to breast cancer, who do develop the disease. In fact, 70% to 80% of all individuals diagnosed with breast cancer don't have any family history. As the human genome is studied further, we may learn more about genetic predisposition to certain types of cancer. Hopefully this will give us better tools by which we can prevent the disease—our ultimate goal.

Send your questions to Dr. Ellis c/o the VBCF office.

Donating Appreciated Property

As with all not-for-profit organizations, VBCF relies heavily on the charitable contributions of its many supporters to fund its ongoing operating expenses. If you are thinking about making a donation to VBCF, you might want to consider making a gift of appreciated property rather than a cash donation. A gift of appreciated property often provides increased tax benefits.

Tax Benefits:
Charitable contributions of appreciated property provide two potential tax advantages. The first is income-tax deduction generally for the fair market value of the property at the time of the contribution, subject to limits. The second benefit is that you are not taxed on the capital gain that would result if you sold the property.

An Example:
You own a publicly traded stock, currently worth $20,000. You bought the stock over a year ago for $15,000. If you sell the stock, you will have a long-term capital gain income of $5,000, which will be taxed. However, if you donate the stock to VBCF, you may claim a $20,000 charitable contribution deduction and avoid paying capital gains tax on the $5,000 of appreciation in the stock. VBCF will gladly receive the stock and sell the shares for the $20,000.

To obtain the charitable contribution deduction and avoid the capital gains tax, the stock must have been held for more than one year. Stock held one year or less is considered “ordinary income property,” and that charitable deduction would be limited to the stock’s cost rather than its current fair market value.

Limitations on Deductions:
Charitable contribution deductions are subject to tax law limits. Depending on the type of property donated and the type of charity, the deduction for individuals ranges from 20% to 50% of your contribution base (essentially your adjusted gross income). You would need to discuss this with your tax advisor prior to making a contribution.

The donation of appreciated stock to VBCF is a win/win for both the donor and VBCF. If you want to be an even stronger supporter of VBCF’s mission, please consider the donation of appreciated stock. If you would like more information, please contact the VBCF office at (804) 285-1200 or (800) 345-VBCF.
Breast and Cervical Cancer Early Detection Program at the Virginia Department of Health

By: James B. Johnson II, EdD, Director
Virginia Breast and Cervical Cancer Early Detection Program; Virginia Department of Health

Virginia is one of over 70 state, territorial and tribal organizations which has received funding from the Centers for Disease Control (CDC) to implement a comprehensive breast and cervical cancer detection program for older women. The program aims to reduce breast and cervical cancer morbidity and mortality through early detection.

To be eligible, women must be age 50 to 64 and uninsured or under-insured. The high incidence of breast and cervical cancer among low income, minority women in the Commonwealth has prompted the Virginia Breast Cancer and Cervical Early Detection Program (BCCEDP) to make this population a priority.

The Breast and Cervical Cancer Mortality Prevention Act of 1990, Public Law 101-354, authorized the CDC to develop and implement the National BCCEDP to ensure that every woman, for whom it is deemed appropriate, receives regular screening tests for breast and cervical cancer and prompt follow-up when necessary. The law also assures that screening tests are performed in accordance with current recommendations for quality assurance. CDC implements many of these activities through partnerships with state and territorial health agencies and other national organizations.

Women whom the legislation is intended to benefit often cite the following as barriers to screening: fear of discovering cancer, the costs of services, lack of transportation, lack of physician referral, communication barriers and lack of child care. The National BCCEDP provides resources to remove these barriers, establish greater access to screening and follow-up services, increase public education and outreach activities and provide case management services. The National BCCEDP legislative mandate does not permit payment for cancer treatment with CDC funds.

BCCEDP goals include the following objectives:

- Increase the percent of women 50-64 years of age who have had a clinical breast examination and mammogram to more than 80%.

- Increase the percent of women in the primary population who are 50-64 years of age who have had a clinical breast examination and a mammogram in the preceding 1 to 2 years to 60%, and a Pap test within the last year to 80%.

- By year five of the program, meet the objectives for cancer control outlined in Healthy People 2000 to reduce breast cancer deaths to no more than 20.6 per 100,000, deaths due to cervical cancer to no more than 1.3 per 100,000, and demonstrate a shift toward earlier stage of breast and cervical cancer diagnosis.

However, ongoing activities of state, community and local coalitions work to identify resources and networks of generous providers who ensure that women receive needed treatment.

The program director is James B. Johnson, EdD. To contact him for further information, write:
Breast and Cervical Cancer Early Detection Program
Division of Women’s and Infant’s Health
1500 East Main Street
P.O. Box 2448, Room 136
Richmond, Virginia 23218
Phone: (804)-692-0305 Fax: (804)-786-2641
jbjohnson@vdh.state.va.us

The program web site address is www.vabccedp.com.
If you’re a member of VBCF, and you haven’t read this book, then before you buy another thing to read go and get this book! How can I have let this one slip by? A book about what we are all about and on reading the index it becomes immediately apparent why: our own Mary Jo Kahn is a contributor and VBCF is mentioned several times!

Robert Altman has portrayed the raison d’etre of advocacy groups such as VBCF. In the beginning she explores the basics of breast cancer that too many of us are familiar with such as causes, risk factors and mammography. She addresses health care legislation concerning women in general and breast cancer in particular. Through her presentation, Altman leaves the reader to make up her own mind about where we are on the journey to discovering prevention or cure for this disease.

Both sides of the arguments for more research, different research, more funding and different studies are reviewed. It all adds up to an overwhelming debate.

This debate is the reason VBCF exists. The consequences of such debate directly affect the treatment that is or is not made available to women (never mind women with breast cancer). The arguments for and against any of the options are made by breast cancer experts from many walks of life physicians, researchers, women with breast cancer and their families. Unfortunately, cost effectiveness is a major factor in the decision making process.

VBCF has an interest in maintaining the ongoing debate to get the best possible outcome for all women.

If you’ve ever been unsure where VBCF fits in the breast cancer advocacy movement, then Altman’s book will give you some clarification. Look at the chapters on mammography, and discrimination and litigation. Any false vision that we may have regarding breast cancer as a legislative and medical priority will be challenged by the personal experiences contained in those chapters (look for Mary Jo). This book puts into words what VBCF is doing. Many of us are becoming complacent thinking that breast cancer is at the forefront of national attention and legislation. This book is a call for women to continue the fight.

As the book progresses, the heavy emphasis on statistics gives way to personal accounts. These stories make the book easier to digest and give a human face to the challenges encountered by women with breast cancer. Altman raises our indignation level (a strong weapon that we should all have lest we find ourselves in similar positions.)

The book concludes with chapters documenting the growth of the breast cancer advocacy movement (again Mary Jo Kahn and VBCF make several appearances). This part of the book is aptly subtitled ‘Fighting Back’. The ‘Waking Up’ portion of the book has 28 chapters. Compare that with two in the ‘Fighting Back’ section and you’ll see clearly that we have a lot more fighting to do! However, Altman credits the advocacy movement with improvement in treatment availability, research developments, insurance funding and education. Perhaps most importantly, the advocacy movement has raised awareness in the public forum and in persuading our political representatives to keep breast cancer issues as a high priority. The level of detail in this book may make it a challenge to read in parts, but it will be time well spent.

"We have made some progress. But we cannot afford to take even one backward step. We are waking up. We are fighting back. And now we must continue to fight until we win."

A Sky of Stars, a Galaxy of Promise, a Universe of Hope: Sixth Annual Jazzercise for the Cause

Event coordinator Gloria Barnes, local Richmond area Jazzercise instructors, and nearly 100 men and women celebrated the Sixth Annual Dance for the Cause on October 17 at the Jewish Community Center. The theme of the event was A Sky of Stars, A Galaxy of Promise, A Universe of Hope. Susan Allen, former First Lady of Virginia, provided a videotaped message to inspire participants. After all donations had been turned in, VBCF President Patti Goodall gratefully accepted more than $14,500 dollars in proceeds, an astounding amount!

Gloria Barnes was diagnosed with breast cancer 12 years ago and it seemed natural that she would combine her love and talents as a long-time Jazzercise instructor with her desire to do something about breast cancer. Thus, the Richmond Jazzercise fundraiser, Dance for the Cause was born! Chapter members Brittany Burch, Kathy Fling, Barbara Haas, Becky Morris and Faye Mullins worked with Gloria to plan and conduct this year’s event, including procuring highly coveted door prizes.

Women’s Memorial Golf Tournament Nets $13,700

“There was a moment of shock when I received the letter of regret from our former headline sponsor,” said Sharon Talarico, founder and chief honcho of the Women’s Memorial Golf Tournament. She had looked forward to topping the $11,000 that was raised by last year’s effort and it seemed that the pullout of the main sponsor had all but derailed those hopes. But nobody who knows “the Little General” would have imagined for a moment that all was lost. Sharon and her faithful crew approached scores of small businesses that gave and gave. First to step forward was J. Emerson’s Fine Wines and Cheese with $1,000. One lady who had “never attempted anything like this before” and who declined to be recognized sent an email to her co-workers at Reynolds that resulted in thirty individual gifts. The 13th Annual Women’s Memorial Golf Tournament became the most successful ever, bringing in an astonishing $13,721!

The day was filled with golf, tons of prizes and skill awards for winners in several flights. Other prizes were for fun things like Best Dressed, (won by the team of Frances Brown and VBCF members Sharon Talarico, Nancy Golden and Cindy Barnett.) Plenty of good things donated by local businesses went to contributors and eager bidders in raffles and the silent auction.

Despite all the fun, we could not forget why we were there. The blue sky, green grass and fierce competition took a momentary back seat as we saw the signs placed around the course remembering those that were no longer with us — Stephanie Steiger, Cathy Bobersky, Barbara Edwards, Jean Lahet and Teresa Holloway’s mom Ruth.

Sharon said, “While it may all be packaged in a day of fun golf, frinks and food, what we’re doing here is fighting breast cancer and remembering the ones we miss so much.”
Karen Knapp, MD:
1999 Sharon H. Kohlenberg Award Receipient

In October 15, VBCF honored Karen Knapp, MD recipient of the Sharon H. Kohlenberg Healthcare Service Award at Regency Square in Richmond. Every year, VBCF recognizes a health care professional who "exhibits a deep and abiding commitment to the fight against breast cancer" with this award. It is named in memory of VBCF co-founder and health care professional Sharon H. “Sherry” Kohlenberg. In keeping with tradition, Sherry's son, Sam, and her father, Larry Goldman, presented the award to Dr. Knapp.

This year VBCF presented the award in conjunction with the opening of Portraits in Hope at Regency Square. Dr. James Johnson, the Director of the Virginia Department of Health's Breast and Cervical Cancer Early Detection Program, was pleased to see support for the work to educate the community. Susan Allen, former First Lady of Virginia (deeply committed to the fight against breast cancer), also joined VBCF in recognizing Karen Knapp's work.

Dr. Knapp is an obstetrician and gynecologist with Commonwealth Physicians for Women, in Richmond. Not only has she been an advocate for women's health issues, Dr. Knapp has been a long time supporter of VBCF's work. Her nomination stated, "Dr. Knapp is extremely knowledgeable about breast cancer and the effects of chemotherapy. She stays well informed about current treatment and understands the struggles that women with breast cancer face during and after their diagnosis. Given a woman with a history of breast cancer, Dr. Knapp will take the 'let's be sure' approach rather than the 'let's wait and see' approach that can be so nerve wracking or even deadly for us. I believe that

![Image: Larry and Sam Goldman present the Sharon H. Kohlenberg Healthcare Service Award to Karen Knapp, MD]

Dr. Knapp is truly dedicated to providing women with breast cancer the best gynecological care available."

Dr. Knapp said she was deeply honored to receive the award. She has a tribute to Sherry Kohlenberg in her office because she was so touched by the VBCF co-founder's life. Dr. Knapp gave a passionate speech on how women are whole individuals and not just a sum of their parts. Stating that "you are more than just breast cancer," she urged women to ask their physicians to address issues about the quality of life after breast cancer regardless of how embarrassing the question. Dr. Knapp recalled when she herself was being checked for breast cancer and Sherry said to her, "this can't happen to both of us." Dr. Knapp replied, "Unfortunately, it can."

VBCF was pleased to recognize Dr. Karen Knapp for her commitment to helping women who have been diagnosed with this disease. Following the presentation, the audience enjoyed an elegant tea courtesy of Regency Square.

Local Stars are Shining: Becky Morris is One of the Eckerd 100

Through their “Salute to Women” program, Eckerd Corporation honors one woman in each of its 2,900 communities. From those nominations, 100 outstanding women are chosen to receive an all-expense-paid trip to Atlanta to participate in a symposium co-hosted by Eckerd and the Women's Center at Emory University.

Three VBCF members were selected for their local communities: Libby Gatewood for Chester, Mary Jo Ellis Kahn for Richmond and Becky Morris for Glen Allen. Eckerd presented each local honoree with an award and a specially designed gift pack. Becky was further honored as one of the Eckerd 100.

Becky was recognized for her volunteerism in the fight against breast cancer. During the symposium on October 8-10, each woman was presented with a $1,000 gift to be donated in her name to a nonprofit organization. Becky chose VBCF as the recipient of this gift.

Honorees attended workshops and lectures where they exchanged ideas, resources and information with community leaders who had made significant contributions to women's issues. They were treated to wonderful meals, given gifts and pampered with manicures and makeovers. In addition, each of the Eckerd 100 will receive a Web page dedicated to communicating information about her nonprofit organization. (Check out www.eckerd.com)

Becky said, "There were 100 incredible women, ages 19-94, with 100 different ways to serve their communities. Not only was the weekend affirming of our individual efforts, it was a tribute to the organizations we represent. Joy, affirmation, sisterhood, determination and empowerment to keep up the fight against breast cancer remain with me. I am grateful for Eckerd's commitment to all women in each of the communities it serves. I wish each of our VBCF members could have attended.”

This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF members. If you wish to join VBCF, or have any editorial comments, please call 1-800-345-VBCF or write to:

Virginia Breast Cancer Foundation
PO Box 17884
Richmond, VA 23226

Editor: Elizabeth McDade, MFA
Associate Editor: Teresa Dayrit
Design: Edmondson Art Direction

Contributors to this issue:
Gloria Barnes
Brittany Burch
Jennie Davies
Teresa Dayrit
Barbara Dittrich
Mark Ellis
Jay Galloni
Nancy Krause Golden
Patti Goodall
Kristy Holmes
James Johnson
Becky Morris
Karin Noss
Alice Oldfield
Gay Rudis

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Thank you for your support!

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