Kohlenberg and Dopp Awards Presented at Putting the Muscle Behind the Pink Ribbon: Your Voice in Action Program

VBCF established the Sharon H. Kohlenberg Healthcare Service Award in 1995 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. Given in the past to a wide range of healthcare providers—from surgeons to nurses to social workers—the Kohlenberg Award enables VBCF to recognize providers who have gone above and beyond to support those affected by breast cancer.

In 1992 the VBCF Board of Directors established the Nancy Dopp Volunteer of the Year Award to recognize an outstanding volunteer who has contributed time, talent and passion to our organization. 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.

Please see page 10 to read about our award recipients.
It is hard to believe 3 years have passed and my term as President has ended. This is my last President's Message. While we have quite a way to go legislatively and medically to accomplish our mission of eradicating breast cancer, I am very proud of what the volunteers and staff have accomplished — especially in the past year.

It is incredible how busy we were this past year during Breast Cancer Awareness Month. Staff and Board received many invitations to speak or staff tables at various events. The chapters were also extremely busy with fundraising and community events. The staff tells me we distributed a record number of pink ribbons and The Shocking Facts cards. While we believe the Virginia Breast Cancer Foundation is about much more than a pink ribbon, we know that growing true advocates starts with reaching out to people in our local communities who want to learn and do more. The chapters have done a tremendous job of outreach this past year.

I was particularly pleased we were able to host three educational programs in 2007. The programs in Emporia and Fredericksburg earlier in the year were so successful, we were able to schedule a third program November 3, that had a unique focus on legislative advocacy. The Program Committee and staff worked with the Advocacy Committee to present Putting the Muscle Behind the Pink Ribbon: Your Voice in Action. The Advocacy Committee and staff also put together a new advocacy handbook, which we distributed at the program and will also distribute prior to State Lobby Day in February 2008. This first of its kind program furthered our goal of creating and educating breast cancer advocates, who can help achieve VBCF public policy and legislative priorities both on Capitol Hill and in the General Assembly in Richmond.

I am also proud of our annual VBCF award winners. Dr. Eric Melzig and Ms. Barbara Ross-Cersley, who received the Sharon H. Kohlenberg Healthcare Services Award and Frank Poynter, who received the Nancy G. Dopp Volunteer of the Year Award, are outstanding examples of people who really get what the VBCF is all about. Dr. Melzig and Ms. Ross-Cersley, in addition to providing top-notch breast cancer care to patients in the Richmond area, attended State Lobby Day in 2006 because they understand the role of politics in achieving quality breast cancer care. Frank is the kind of volunteer we all want . . . who never says no when you ask him to do something because he truly believes in the organization and the mission.

As I leave my presidency, I appeal to all of you out there to become more involved. We cannot continue to do all that we do without people like you to help. Please don't hesitate to contact our office if you would like more information. It has been an honor and a pleasure to serve this great organization as the President and I will continue to volunteer as long as I am able.

I wish all of you a healthy and successful new year!

Karin Decker Noss

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

Educate. Advocate. Eradicate.
VBCF Chapters painted Virginia pink during October for Breast Cancer Awareness Month. Thousands of pink ribbons and informational pieces were handed out through our Pink Ribbon Campaign and at numerous events around the state. All told, VBCF handed out 49,000 pink ribbons this fall. Wow! Below are highlights from each chapter’s activities.

**Blue Ridge Chapter**

The Blue Ridge Chapter spread the word all over their area with displays in the Valley Mall and at all three of their area libraries and baskets of VBCF Pink Ribbons everywhere you went. Chapter members participated in numerous health fairs and speaking engagements in the Blue Ridge area, spreading the word about the importance of earlier detection and the fight against breast cancer.

![Blue Ridge Chapter Image](image1)

The Blue Ridge Chapter partnered with the Girl Scouts of Virginia on October 6 for their 2nd Annual Girl Scout Health Fair. 300 girls and their parents came to visit 31 displays providing them with education about different diseases and healthy lifestyles. In addition, there was a specific emphasis on breast cancer, how it is diagnosed, treated, and the resources available within the community. The girls were given opportunities to learn how to be involved in the fight against breast cancer as a family member, friend, and advocate. Representatives from career, education, support service, and health care agencies provided hands-on tools to facilitate the learning process. The girls were also able to earn different patches at this event.

![Participants at Blue Ridge Chapter Event](image2)

The Heart Knitting Group was on hand at the Blue Ridge Chapter’s Girl Scout Health Fair selling teddy bears for donations. The chapter was honored to receive a $212 donation from the sale of the bears.

**Central Virginia Chapter**

Central Virginia Chapter members participated in multitudes of health fairs and speaking engagements during October, including giving campaign kickoffs at Dupont and Speakers Bureau presentations for the Pathology Department at MCV.

![Central Virginia Chapter Image](image3)

Approximately 50 people participated at the two locations of the Central Virginia 14th Annual Dance for the Cause Jazzercise event this year. $14,349 was raised at the October 14 event. Many thanks go to Glo Barnes and Heather Shields, instructors, and Wistar Jazzercise Center and Jazzercise at Brandermill for helping to make this event possible.

![Participants at Central Virginia Chapter Event](image4)

The Central Virginia Chapter’s 11th Annual Breast Cancer Awareness Dinner was an overwhelming success, raising $19,545 through donations and sponsorships. Participants enjoyed a delicious dinner served by area celebrities at the Brickhouse Run restaurant in Old Towne, Petersburg.
Hampton Roads Chapter

With the support of their partners, Thunder & Lightning Motorcycle Club, Paul D. Camp Community College and Sheriff Bill Watson and deputies of the Portsmouth Sheriff’s department, Hampton Roads Chapter’s 5th annual motorcycle ride, “Rolling for Life”, indeed kicked off Breast Cancer Awareness Month with a roar. Franklin was again the destination but this year chapter members joined the community in their annual Fall Festival. The escorted ride, with sirens blasting and lights flashing, along with the parade of beautiful bikes and colorfully clad bikers gained festival goers attention and the chapter followed up with a tabling event distributing literature and talking to festival participants. Chapter members were especially pleased because it gave them an opportunity to expand their activities into a wider area, a new and underserved audience and a very receptive group of people. The event was also a financial success, thanks to the generous donations of Norfolk postal employees and Duke Garner. Traci Donato and Jackie Futrell, both postal employees and Thunder & Lightning members, donated $690 collected from colleagues. Duke collected and donated $345 in addition to several auction items. Thunder & Lightning donated over $2600 to chapter activities during 2007.

The Hampton Roads Chapter celebrated its 5th birthday and 105 persons came to help them commemorate the occasion. The luncheon opened with a memorial in honor of those who lost their battle with breast cancer. As each person’s name was called, the name was projected onto the screen as a single bell tolled. Following the memorial was the annual Parade of Life with breast cancer survivors who entered, holding a single pink rose, to hearty applause from the audience. Entertainment included a fashion show by Fashion Elegante, a seniors modeling club displaying a variety of ensembles. Dr. Patsy Joyner of Paul D. Camp Community College was the recipient of the 3rd Annual Overton Award. The award is named in honor of Lucy Overton, the chapter’s honoree, as a 30 year survivor, at its first luncheon in 2002. Three generations of the Overton family were present with a great granddaughter presenting the award to Dr. Joyner. The award is presented annually to an individual or entity whose contributions reflect Ms. Overton’s spirit of community service and/or whose actions contributed in kind to the chapter. Geraldine Holmes was honored as the chapter’s Volunteer of the Year and Freda Bryan, of the Sisters Network, received the Twining Award for her activities in partnership with the chapter. Fierce bidding during the silent auction added drama to a very festive occasion.

Peninsula Chapter

The Peninsula Chapter distributed thousands of pink ribbons to local businesses and health care professional offices through the Pink Ribbon Campaign. They also participated in many other activities such as providing breast cancer educational materials to the public at a variety of health fairs and speaking engagements.

The Annual VBCF Peninsula Chapter Golf Tournament was a great success. 110 golfers participated in this successful event which raised $12,000. Over 25 volunteers helped with the event. One of the lunch sponsors was Aggregate Transportation Company from Chesapeake which has a “Pink Dump Truck” with pink ribbons on it. They provided the truck for the event.

Grafton High School’s SCA sponsored “Think Pink Day”. Students and staff at GHS wore pink to show their support for Breast Cancer Awareness. They also donated $1 for pink ribbons and raised $284 for VBCF. The VBCF “Stay Abreast” program was presented and educational materials were provided for students and staff in the library after school.
Peninsula Chapter - Continued

Chapter Member, Diane Scott, who is an active member of the Virginia Daughters of the American Revolution, presented the Stay Abreast presentation to VADAR Districts around the state in September. The program was also presented by Diane in October to the Newport News-Warwick chapter in Carrollton and again on at the “Pink Ribbon” Tea Society in Fredericksburg. Combined all these presentations reached approximately 845 women with information on breast cancer awareness and VBCF.

The Peninsula Chapter was also the recipient of donations from several fundraising programs throughout the month.

Peninsula Physical Therapy in Hampton supported Breast Cancer Awareness Month by having a referral program. For each referral they received from doctors they donated $10 to VBCF. Donor’s names were hung on Pink Ribbons in the check-in area as well as patients who donated funds on their own. This campaign raised $500 for VBCF. A check was presented to the Peninsula Chapter by Colleen Schmidt, Marketing Coordinator and Angelo Suggs, Therapist at their November meeting.

James River Hall residents of Christopher Newport University in Newport News donated pennies during Breast Cancer Awareness Month. “Buckets” were place in the residence hall to throw their pennies in. A check for $315 was presented to the Peninsula Chapter at their November meeting.

Mun J. Christensen and Kathy Byrum, owners of ALL FOR U SALON in Grafton supported Breast Cancer Awareness Month by having an “Empty Your Pocket Change” campaign during the month. A vase was placed in their shop and patrons deposited change throughout the month. Mun also sent out letters to area businesses for matching funds for the campaign. The campaign raised $912.78 and was presented to the VBCF Peninsula Chapter.

Volunteer Spotlight: Beblon Parks

Beblon Parks calls herself a warrior against breast cancer and she is on a mission. She has been on the same mission for the past 21 years, the length of time since she was first diagnosed with breast cancer. She lives with the fear of recurrence and says, “It is always in the back of my mind.” That’s why she is driven and “have chosen to be a warrior in the fight against breast cancer rather than a survivor.” Following her diagnosis and getting over the initial shock and subsequent treatment, she became angry. She was angry with the disease, its impact on her life and especially at the lack of information readily available and concentrated activity around the disease. An activist at heart, she wanted to do something. In the hospital, she was given information on a support group, but she was not interested; she was angry and she wanted some action. She wanted to tell the world about the horrible disease that had affected her body. Persisting in her search, she discovered the Virginia Breast Cancer Foundation during its infancy and it offered the release she needed. Working with the VBCF gave her an outlet and a mechanism for channeling her energy and drive. She was now an advocate with a cause.

One of the first activities she participated in was VBCF’s 1 in 8 campaign, including a march in the streets of Richmond. She served for 8 years on VBCF’s Board of Directors. While on the board she participated in kickoff activities and/or spoke at several rallies and events, including VBCF’s “Wrapping the State Capitol with a Pink Ribbon.” Among her many activities, she founded the Hampton Roads Chapter, served as speaker for the City of Richmond’s Breast Cancer Awareness Week, and speaker for McGuire Hospital’s Breast Cancer Awareness Week activities for several years. She has presented numerous workshops and seminars for educator and church groups on breast cancer awareness. She has participated in the VBCF’s and the NBCC’s Lobby Days for several years. She has also participated in several Sisters Network Block Walks and was their featured speaker in one of their 2007 Breast Cancer Awareness month activities. Beblon was honored by the National Breast Cancer Coalition as a featured Volunteer in 1997.

As a Regional Manager for the Virginia Education Association and Director of the Division of Leadership Development and Human Relations, Beblon was the impetus in raising breast cancer awareness among educators. She was featured in the National Education Association’s Health Information Network’s Breast Cancer Awareness video called “There and Back: Surviving Breast Cancer.” She coordinated the Virginia Education Association’s Educator Breast Cancer Awareness Program. At every opportunity, Beblon continues to encourage others to share the VBCF motto and make it their own: Educate, Advocate, Eradicate.
Over the next several issues, we will be highlighting Every Woman’s Life Provider Sites from around the state.

Every Woman’s Life Provider Site Highlight – Bon Secours Richmond Health Care System  Nancy Malone, Every Woman’s Life Project Manager, Bon Secours Cancer Institute

The Bon Secours Richmond Health Care System has been an Every Woman’s Life provider site since July, 2003. Since that time a total of 911 women have been enrolled in the program. Outreach occurs in large part through the Care-A-Vans, Bon Secours’ mobile health care vans which provide health care to the uninsured in the greater Richmond metropolitan region. The profile of an Every Woman’s Life participant in Virginia is as follows:

- She is an older woman
- She is a member of the “working poor”
- She has no health insurance
- She may speak a language other than English
- Nearly 9-in-10 women statewide (89%) have less than a high school degree

The profile by race for women enrolled in the Bon Secours EWL program is as follows:

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage of Total Number Enrolled by Race</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hispanic</td>
<td>8.5%</td>
</tr>
<tr>
<td>Asian</td>
<td>3.4%</td>
</tr>
<tr>
<td>Black</td>
<td>53.3%</td>
</tr>
<tr>
<td>White</td>
<td>32.5%</td>
</tr>
<tr>
<td>Other</td>
<td>2.3%</td>
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</tbody>
</table>

At Bon Secours, patients undergo their screenings via “one stop shopping.” That is, they receive their clinical breast exams, pelvic exams, pap smears and mammograms at one location on one day. There is no charge to the woman for these services and diagnostic studies related to most breast or cervical abnormalities are also free. Women who are diagnosed with breast or cervical cancer are most often eligible for Medicaid for payment of their treatment. Screenings take place at the Richmond Community Hospital, Laburnum Diagnostic Imaging Center, and the St. Francis Medical Center.

The eligibility requirements for enrollment in the program at Bon Secours are as follows:

- Female
- Age 50-64 for routine screenings
- Age 18-49 must have been seen by a medical provider where a breast or cervical abnormality is detected
- Uninsured/Underinsured
- A resident of Virginia with a Social Security number
- Household income at 200% of poverty level or less

Access to the program can be obtained by calling 359-WELL where eligibility is determined via a five minute interview over the phone. If a woman is deemed eligible, she is given a screening appointment at one of our provider sites.

With today’s advanced medical screening techniques, a woman can help prevent cancer from coming between her and those that she loves. Early detection is the best protection against breast and cervical cancer. Please see the next page for an interview with two Every Woman’s Life Program participants.

You may qualify for a free mammogram and pap test through the Every Woman’s Life Program. Call today to see if you qualify!

1-866-EWL-4YOU

For Your Health. For Your Family. For Yourself!
Sonya Sims and Diana Millar, participants in the Every Woman’s Life Program at Bon Secours Richmond Health System, shared their thoughts as to why this program is so important. Ms. Sims is 44 years old and was seen with state funds. She has had a biopsy on a small lump that proved to be benign. Ms. Millar is 64 years old and was seen with federal funds. She was symptomatic, and has had one biopsy come back benign. The following is an excerpt of their answers when asked to discuss the EWLP program.

1. How did you hear about the program?
   a. Ms. Sims: I found the information when I was working for the state. One of my coworkers had left it behind on her desk.
   b. Ms. Millar: I went to a health fair at St. Francis and found out about it there.

2. Which site did you get your screening test at?
   a. Ms. Sims: My first visit I went to Richmond Community Hospital. I have gone to St. Francis since then.
   b. Ms. Millar: I have been to the mobile mammography van at St. Francis.

3. What was the experience like?
   a. Ms. Sims: Very positive. I am very grateful because I don’t have insurance. All of the people I worked with were great. I received a full mammogram and pap test. I don’t have any complaints.
   b. Ms. Millar: Great – better than a doctor’s office. The people are so nice and helpful. Sometimes at doctor’s offices they get a little callous. This was such a simple program, never waited more than 10 minutes. It is a great program. Can’t give it high enough praise.

4. How important is this program to women like you?
   a. Ms. Sims: Vital. Especially for someone who goes undetected and has something wrong. It puts your mind at ease to know some of the basic things are done. It’s very expensive if you don’t have insurance. It is such a blessing to have this program. I felt like I had found a nugget of gold when I ran across it.
   b. Ms. Millar: Incredibly important – it needs to be expanded. I would suggest more publicity so that more people will know about it.

5. What do you think your alternatives for screening would have been if you couldn’t take part in the program?
   a. Ms. Sims: I probably wouldn’t have had it done at all.
   b. Ms. Millar: I wouldn’t have been able to afford a doctor’s visit. One doctor that I went to for something else charged $200 cash. I probably would have scraped up the money – but there are a lot of women who for whatever reason can’t afford it. So necessary – wish there were more programs like this.

Collaboration Award from American Cancer Society

VBCF’s Blue Ridge Chapter has partnered with the American Cancer Society to fight breast cancer, advancing the cause of cancer control through community programs offering information on screening and prevention.

Members of VBCF’s Blue Ridge Chapter have co-sponsored booths at Sweet Dreams Community Fair in Stuarts Draft and the Girl Scout Health Fair at Blue Ridge Community College in Weyers Cave. Foundation members have donated their time to be present at school and workplace presentations, and make up the majority of the Reach to Recovery volunteer ranks in Augusta County. VBCF’s Blue Ridge Chapter officers are all active in Relay, serving as committee chairs for survivorship and luminaria. In addition, members of VBCF share the advocacy interests of the American Cancer Society, and have lobbied vigorously for smoke free Virginia and legislation for low cost mammograms. The award was given to Myrtle Kite, President of VBCF’s Blue Ridge Chapter, at the American Cancer Society Tenth Annual Region 9 Volunteer Awards Celebration October 20, 2007.

Regional Award of Excellence for Diversity

The Regional Award of Excellence for Diversity went to Yvonne Eisenburg at the American Cancer Society Tenth Annual Region 9 Volunteer Awards Celebration October 20, 2007. Yvonne serves women and the community at large through her work as coordinator of Reach to Recovery and VBCF’s Blue Ridge Chapter. Yvonne is active in advocating for care for women who cannot afford preventive screening and care for breast cancer, attending legislative days in both Richmond and Washington D.C.

This past year, Relay for Life of Augusta County has been fortunate to have Yvonne Eisenburg serve as co-chair for their event. Her Chairmanship only scratches the surface of activities that Yvonne undertakes on behalf of the American Cancer Society and VBCF’s Blue Ridge Chapter. Yvonne is committed to bringing information, education, and health care to diverse and underserved populations. Yvonne volunteered to go with Rural Health Initiative in July, (along with Maggie Powers) spending 3 days in Wise County, VA offering rural health clinics to a population plagued by poverty and a lack of health insurance. Yvonne also volunteers to assist in school mission programs in Augusta County in which she introduces herself as a survivor and allows students to ask any questions they may have. Yvonne also volunteers for Camp Dragonfly, a weekend camp for area children and teens who come together and share the experience of grieving the death of someone they love.
**Melzig and Ross-Cersley Awarded VBCF Sharon H. Kohlenberg Healthcare Service Award**

This year's recipients of the Sharon H. Kohlenberg Healthcare Service Award are a doctor-nurse team from Richmond Surgical Group, Dr. Eric P. Melzig and his nurse Barbara Ross-Cersley. As a working partnership, they have provided countless women with consistently excellent, state of the art, compassionate and reassuring care. They are truly a team whose strength and bond of their relationship provides additional comfort and strength to their patients.

Dr. Melzig is a General Surgeon with Emphasis on Breast Care and Advanced Laparoscopic Procedures. He has worked in the Richmond Surgical Group for the past 27 years. Most recently he has focused on breast care and breast health, and all of his continuing competency activity for the past two years have been in breast care and surgery, including controversies in neo-adjuvant therapy, breast ultrasound, ductal lavage and state of the art care of breast diseases. Dr. Melzig has consistently supported VBCF and our activities, volunteered to speak or help with functions, and also attended our State Lobby Day in 2006, along with Ms. Ross-Cersley.

Ms. Ross-Cersley has worked with the Richmond Surgical Group for 16 years. In addition to her regular nursing duties, she develops and monitors an overall plan for each patient's continued treatment. She is the “point person” for breast cancer patients in their follow-up care, referrals to an oncologist, prosthetics, and anything else the patient may require. She works tirelessly with each patient, and her personal challenge is that every patient has complete care and comfort.

Dr. Melzig and Ms. Ross-Cersley embody the spirit of the Kohlenberg Award. They work and care for patients hand-in-hand, and together provide care, caring and concern that go far and beyond the norm.

**Newly Diagnosed?**

Have you recently been diagnosed with breast cancer or know someone who has? Contact VBCF to receive a Newly Diagnosed Information Packet, which contains information on how to understand your pathology report, emotional healing, treatment options and more. Call 804-285-1200 or 1-800-345-8223 or e-mail Lisa@vbcf.org.

**VBCF Volunteer Frank Poynter Awarded VBCF Nancy Dopp Volunteer of the Year Award**

This year's recipient of the Nancy Dopp Volunteer of the Year Award is VBCF Volunteer Frank Poynter. Frank served on the Board of Directors from 1998 – 2005. He has held a position on many committees and has worked diligently to help the organization move forward into the professional and strong organization it is today. He remains an active member of the Advocacy Committee and participates in most of VBCF's educational programs. Frank is also a frequent contributor to VBCF’s One Voice newsletter.

Outside his role as board member, Frank works on many community events in his home area, and has attended every national and state Lobby Day. Frank is also a graduate of the National Breast Cancer Coalition's (NBCC) Project LEAD.

Frank has worked for years outside of his gender comfort zone, often being the only male at a breast cancer event or program. In a field dominated by women, Frank makes a significant and strong impact and contribution to the lives of those touched by breast cancer.
Putting the Muscle Behind the Pink Ribbon: Your Voice in Action Program a Success!

Diane C. Seaborn, Division of Legislative Automated Systems for the General Assembly of VA speaks to participants on the Legislative Information System and lobbying at the General Assembly.

More than 50 people participated in VBCF’s November 3 Advocacy Program Putting the Muscle Behind the Pink Ribbon: Your Voice in Action. The day was kicked off by Virginia Secretary of Health and Human Resources Marilyn Tavenner by highlighting the initiatives that the administration will take towards health care in Virginia. She also touched on the Every Woman’s Life program and praised advocates for their part in the legislative process. Participants then attended two out of four workshops on the topics of Educational Opportunities, Research, Community Programs, and Lobbying at the General Assembly. The day was capped off with a luncheon in which VBCF’s annual Sharon H. Kohlennen and Nancy Dopp awards were presented. Evaluations of the program were outstanding, with most people noting that they could have spent much more time in the workshops to cover all of the information that was presented.

The Virginia Breast Cancer Foundation Announces Fundraising Partnership with B.W. Wilson Paper Company

The Virginia Breast Cancer Foundation (VBCF) is pleased to announce the “Print for a Cure” program developed by B.W. Wilson Paper Company. This unique partnership between B.W. Wilson and VBCF provides the business community with a direct and easy way to play a part in the fight against breast cancer on a daily basis.

For each “Print for a Cure” laser printer toner cartridge purchased, B.W. Wilson will forward $5 to the Virginia Breast Cancer Foundation. This cancer fighting cartridge has been specifically designed by B.W. Wilson and will be sold year round. The funds raised through this program will allow VBCF to continue to provide the people of Virginia with important educational programs and materials and with ways to advocate for critical breast cancer issues such as research and access to care.

B.W. Wilson Paper Company has been locally owned and operated since 1904 and serves customers throughout Virginia and North Carolina. They continue to enjoy a loyal customer following by continuously seeking ways to be of greater benefit to their customers through creative marketing.

To find out how to order the “Print for a Cure” printer toner cartridge, please contact Bruce Bailey, Account Manager at B.W. Wilson, at 804-212-5531 (cell), at 804-358-6715 or e-mail bbailey@bwwilson.com

Join the Drive Against Breast Cancer!

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!

Want to find out more about joining one of our chapters?

Call 1-800-345-8223 for more information.
Conferences/Educational Events
State and regional conferences, seminars, and teleconferences provide individuals with up-to-date information on breast cancer issues.

Local Chapters
Chapter members have the opportunity to make a difference in their communities through a variety of volunteer efforts.

Website
Our website www.vbcf.org furnishes VBCF supporters with updates on advocacy issues, the voting records of Virginia politicians, past newsletters, resources and events.

Speakers Bureau
Our Speakers Bureau Presentation, Stay Abreast, has over 70 committed volunteers who speak throughout the state.

Breast Cancer License Plate
This is a great awareness tool visible throughout the state and can be purchased through your local DMV.

State and Federal Lobby Days
Volunteers from around the state gather twice a year to meet their legislators and lobby for support of breast cancer issues.

Advocacy Awareness
Trained volunteers and staff provide assistance to the public in responding to legislative issues during sessions of Congress and the General Assembly.

Virginia Breast Cancer Awareness Month Calendar
This calendar, distributed free of charge, contains information on October events and programs sponsored by a variety of organizations.

Newly Diagnosed Packets
These are a compilation of information regarding resources and issues pertinent to those newly diagnosed with breast cancer.

Pink Ribbon Campaign
Each year we distribute an average of 50,000 pink ribbons attached to a card with information on breast health.

Health Fairs and other community events
VBCF volunteers distribute breast cancer information in local communities throughout the state – in malls, religious organizations, conferences, etc.

Want more information? Call VBCF at 1-800-345-8223.

This newsletter, published by the Virginia Breast Cancer Foundation, focuses on breast cancer issues and the activities of VBCF supporters. If you wish to support VBCF, or have any editorial comments, please call 1-800-345-VBCF or write to: Virginia Breast Cancer Foundation, 5004 Monument Avenue, Suite 102, Richmond, VA 23230.