

OUT

LOOK

of Arizona

Bosom Buddies

Spring 2007

Volume 24~ Issue 1

Support Group SCHEDULES

AHWATUKEE

2nd Saturday

10:00 AM-Noon

Ahwatukee Foothills Family YMCA

EAST VALLEY

4th Tuesday

6:30—8:30 PM

Women's Center at Banner Baywood Medical Center

SCOTTSDALE

3rd Saturday

9:30 AM—Noon

Simon Med Imaging

Or:

1st Monday

6:30-8:30 PM

Virginia G. Piper Cancer Center

WEST VALLEY

1st Thursday

6:30-8:30 PM

LaQuinta Inn & Suites, Peoria

24/7 Hotline:

602.231.6648

News, Education and Peer Support from Bosom Buddies ~ Arizona

Bosom Buddies Gets National Recognition with NBCC

Bosom Buddies has received a board position on the Washington, DC based National Breast Cancer Coalition (NBCC). Organizations receive board membership based on the work that they have done within their own communities to promote the NBCC's goals and their long-term membership in NBCC.

Organized in 1991, the NBCC has worked to increase funding and new strategies for breast cancer research, access to high-quality health care for all women, and expanded influence of breast cancer activists at every table where decisions about breast cancer are made. The NBCC has hundreds of member organizations and tens of thousands of individual members nationwide.

Since 1982, Bosom Buddies' volunteers have worked to provide services and support for women and their expanded families who are affected by breast cancer. Bosom Buddies five support groups operate throughout metropolitan Phoenix. The organization also maintains a 24/7 hotline where people can speak with women who are survivors.

In addition to peer support, Bosom Buddies offers educational programs that include health fairs, newsletters, seminars, and media appearances. Members frequently provide survivor voices at scientific peer review



L to R: Karen Lewkowitz, Kathy Zeitz, NBCC President Fran Visco, and Wanda Vonderhaar at a Congressional Reception.

sessions where decisions are made about breast cancer research funding. Bosom Buddies members have advocated for legislation on the national and state level that provides for early detection and treatment programs for the under and non-insured.

Local Bosom Buddies members, Kathleen Zeitz, lead delegate and Karen Lewkowitz, alternate, attended their first NBCC Board meeting representing Bosom Buddies on Feb. 11-12, 2007 in Washington, DC. Legislative priorities for 2007 were discussed. See page 7 for more details.*

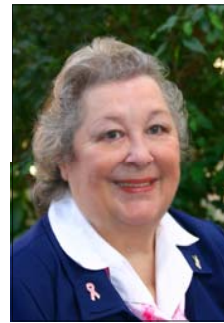
Bosom Buddies Day Huge Success

Approximately 145 persons attended the first Bosom Buddies Day held Saturday, September 30, 2006. The event was held at the North Phoenix Baptist Church Fellowship Center from 8:30 am-3:00 pm. Participants heard six outstanding speakers, visited a vendor show, enjoyed a continental breakfast and a buffet lunch, and had the opportunity to meet Bosom Buddies, their families and friends.

Most of the participants were from metropolitan Phoenix, however, guests came from Prescott and Flagstaff. Bosom Buddies presented each participant with an attractive tote bag filled with educational items and assorted "goodies".

The purpose of this event was to present an informative seminar about breast

President Message from the



*Lillian Freburger,
President, Bosom
Buddies, Arizona*

Dear Bosom Buddies,

In 2006 your efforts made it possible for Bosom Buddies to offer support and education for women experiencing breast cancer for our 24th year.

We continued our monthly support group services in five locations throughout metropolitan Phoenix. Our hotline took calls for those in need 24/7. Our newsletter kept people informed about our activities and topics pertinent to breast cancer.

We distributed thousands of pieces of information about breast cancer awareness, education, and Bosom Buddies services to the community. Volunteers went to college campuses, health fairs, shopping malls, and places of business to inform the public about breast cancer issues. We sent delegates to the National Breast Cancer Coalition Advocacy Conference in Washington, DC.

In September, we hosted our first Bosom Buddies Day. In November we held our Annual General Meeting. In December, we were honored to have our application accepted for a Board of Directors position with the National Breast Cancer Coalition.

Bosom Buddies understands that part of the healing process is giving back. When we reach out to others we not only help them but we heal ourselves. As we look forward to our 25th year we need your support to continue this work more than ever. We need you to continue to be part of Bosom Buddies through your membership and participation. It is important that you remember to renew your dues and help spread the word to recruit new Bosom Buddies.

Finally, we need your time...volunteers are always in demand and we have plenty of need. If you can share some of your talent and your time...we have a place for you. Call 602-265-2776 and volunteer. Only YOU can make Bosom Buddies 25th year the best yet. The best is yet to come!

Your Bosom Buddy,

Lillian Freburger

President, Bosom Buddies

Bosom Buddies Day—Continued from Page 1

health, awareness, advances, treatment and recovery. The six experts included: Lise Carol Walker, M.D., Breast Surgeon and Associate of Dr. Victor Zannis at the Breast Care Center of the Southwest, Phoenix; Marianne Mildenerger, M.D., Radiation Oncologist with Associates in Radiation Oncology P.C., Sun Cities and Phoenix; Michael Roberts, M.D., Medical Oncologist with Hematology and Oncology Associates, A Division of Arizona Oncology Associates, C.P., Scottsdale; Dr. Richard Gray M.D., Surgical Oncologist, Co-director of the Mayo Clinic Breast Cancer Scottsdale; Dana Keaton, N.M.D., L.A.C., Naturopathic Physician and Licensed Acupuncturist, Center for Natural Medicine, Phoenix; Mary Jo West, Director of Communications and Public Affairs for Basha's

After each presentation, seminar participants had the opportunity to ask questions in the group and chat informally with the presenters between sessions. .

Co chairs for the event were long time Bosom Buddies members and volunteers, Pat McGarvey and Trisha Hamilton. Both Trisha and Pat volunteer their time to act as group facilitators for the Simon Med Imaging Center (Trisha) and the West Valley

Chapter (Pat). Many other Buddies pitched in to help with this first time event and contributed to its success. Thanks everyone for a great job!

Stay tuned...we are working on Bosom Buddies Day #2. ✖



From L to R: Kathy Timcombe, Ethyl Shapiro, and Kathy Zeitz register participants for Bosom Buddies Day.

In Memory

Bosom Buddies sends condolences to the family of Evelyn Pullen-Philip. Evelyn was a past executive director from 1985-1986 and a longtime supporter and friend of Bosom Buddies. Evelyn Pullen-Philip passed away on December 17, 2006. She was 76.

Dixie Jenssen, a member of Bosom Buddies and past board member passed away March 2, 2007. Pending memorial services will be held on Friday March 23 at Epworth United Methodist Church. Arrangements are being entrusted to Advantage Maryvale Mortuary. Contributions can be made to the American Cancer Society. ✖

Calendar

Upcoming Events

Join Us for *Wings of Spring*

Bosom Buddies Annual Volunteer Luncheon 2007 celebrates our volunteers with a *Wings of Spring Luncheon*. This event is being held April 28, 2007 from 11:30 am at the Calico Cow Restaurant, 8525 N. Central Avenue in Phoenix. The program includes a guest speaker. Cost is \$20 per person.

Please send in your reservations with meal selection and a check made out to Bosom Buddies to : Rita Weaver; 301 E. Medlock Dr. #A1; Phoenix, AZ 85013 or call Rita at 602-650-1747. Please mail in your reservation by April 18, 2007.

Maybe have a tear off reservation form at bottom of page:

Wings of Spring Volunteer Luncheon for 2007

Name: _____ Phone: _____

Address: _____ City/State/Zip _____

Email: _____

Please make your choice:

____ Medium Rare Roast Beef on Whole wheat Cibatta Roll

____ Chicken Salad on Croissant

(Both entrees served with soup)

Please make your \$20 check payable to Bosom Buddies and mail to Rita Weaver; 301 W. Medlock Dr. #A1; Phoenix, AZ 85013 no later than April 18, 2007. For questions call Rita at 602-650-1747.

REVOLUTION IS NOT A
**ONE TIME
EVENT**
AUDRE LORDE



NATIONAL BREAST CANCER COALITION FUND

Annual Advocacy Training Conference

April 28th - May 1st, 2007

Come to the Nation's Capital and join hundreds of other committed breast cancer advocates for a conference that could change your life! Get the latest information on breast cancer research and public policy from the experts and share your stories with fellow grassroots activists!

April 28th - May 1st, 2007
Hyatt Regency Crystal City
Arlington, VA

Visit www.stopbreastcancer.org to register!

Hotline Training

Bosom Buddies Annual Hotline Training and Refresher Course 2007 has been scheduled for Saturday, April 14 from 9:30 a.m. to noon at the Omaha Steakhouse Restaurant inside the Embassy Suites Hotel, 2630 E. Camelback Road in Phoenix. Lunch will be provided by **Bosom Buddies**.

We are fortunate to again have the session led by Muriel McClellan, Ph.D, Psychologist, who has donated her time to this event. The training is open to any breast cancer survivor. It is beneficial to ladies who are already serving as well as to new volunteers. There is no charge.

If you are interested, please contact **Fran** at 480-998-8592 or **Ethel** at 480-661-6228 or the **Bosom Buddies office** at 602-256-2776. ✳

Support Group Meetings



Ahwatukee Chapter

Date/Time: 2nd Saturday of each month, 10:00 am to Noon
Location: Ahwatukee Foothills Family YMCA
 1030 E. Liberty Lane; Ahwatukee
Facilitators: Patti Lynch: 480-893-8900 or
 tomklynch@msn.com
 Cele Ludwig: 480-330-4301
 or cele.l.ludig@intel.com
Format: Informal discussions, sharing

East Valley Chapter

Date/Time: 4th Tuesday of each month, 6:30 to 8:30 pm
Location: the Women's Center at Banner Baywood Medical
 Center
 6644 E. Baywood Avenue; Mesa
Facilitators: Lula Stephens: 480-969-4119
 June Osborne: 480-984-1583
Format: Open forum and guest speakers

Scottsdale Chapter at Simon-Med Imaging

Date/Time: 3rd Saturday of each month, 9:30 am to Noon
Location: Simon-Med Imaging
 9201 E. Mountain View Road, #137; Scottsdale
Facilitator: Trisha Hamilton: 480-473-4835
 or trishfulhamilton@qwest.net
Format: Discussions on change, life, health, treatments,
 and you

Scottsdale Chapter at Virginia G. Piper Cancer Center

Date/Time: 1st Monday of each month, 6:30 to 8:30 pm
Location: Virginia G. Piper Cancer Center; 10460 N. 92nd
 Street; Scottsdale
Facilitator: Jeanne Hansen: 480-219-3298
Format: Individual and small group sessions

West Valley Chapter:

Date/Time: 1st Thursday of each month, 6:30 pm to 8:30 pm
Location: La Quinta Inn and Suites, 16321 N. 83rd Ave-
 nue ; Peoria (South of Bell and North of Peoria
 Sports Complex)
Facilitator: Pat McGarvey: 623-546-9401 or
 Pat.McGarvey@cox.net
Format: Roundtable discussions and speakers

**24/7 Hotline:
602.231.6648**

Be Part of the Healing Process

By: Pat McGarvey, Facilitators' Coordinator

You can be an important part of helping us to fulfill the Bosom Buddies Mission, "to provide services, education, and support to women of all ages, in all stages of breast cancer." Be our eyes and ears...be aware of ladies who have been newly diagnosed with breast cancer. Tell them about Bosom Buddies. Volunteer to take them to a meeting or give them the phone number of the chapter facilitator nearest them. West Valley Chapter, Pat McGarvey (623) 546-9401; Scottsdale, Trisha Hamilton (480) 473-4835, Scottsdale, Jeanne Hansen (480) 219-3298, Mesa, Lula Stephens (490) 969-4119, Awatukee, Patti Lynch (480) 893-8900. **"Part of the healing process is giving back."** ✱

WEST VALLEY CHAPER NEWS - Bosom Buddies Web Valley Chapter is alive, flourishing, and looking forward to Spring with outstanding speakers, celebrations, round table discussions and social hours. Each of our activities has a value.

Our meetings are free of charge and held on the first Thursday of every month from 6:30 p.m. -8:30 p.m. at LaQuinta Inn and Suites, 16321 North 83rd Avenue, Peoria (south of Bell Road and north of the Peoria Sports Complex). The subject for March 8th is "**Detoxifying Your Home**," by Anne Byron who holds a Masters in Biomedical Engineering. The April 5th meeting will be "**Options for Breast Reconstruction**." An overview of "**The Latest Treatments in Breast Cancer**" will serve as the topic of our May 3rd meeting. For detailed information on guest speakers and directions to La Quinta, call Pat McGarvey at (623)546-9401." ✱

Support Bosom Buddies: Give To Our Clothing Donation Sites Around Valley

One of the easiest and best ways you can help Bosom Buddies is to donate your used clothing at one of our 50 valley wide clothing donation sites.

The donation sites, small shed-sized houses with Bosom Buddies signage, are located in the parking lots of area shopping centers and businesses around the valley. The sites are positioned in easy-to-find and well-lighted locations.

So the next time you're planning a shopping trip, take a bag of used clothing and leave it at one of our clothing donation houses. For a complete listing of Clothing Donation Houses visit us on the web at: www.BosomBuddies-AZ.org or call the office at (602) 256-2776. ✱

5 Steps to Good Breast Cancer Care

Step 1: Take Some Time Most women don't need to rush into treatment. By taking some time to learn about breast cancer, you can make better choices. Ask your doctor if your decisions can wait a few weeks.

Step 2: Learn About Your Cancer Your treatment depends on your diagnosis. Ask your doctor or nurse: *What is my diagnosis? Are there any other names for it? What are my treatment options?* Try to get a second opinion on both your diagnosis and treatment options.

Step 3: Ask Questions Ask lots of questions. Bring a friend or family member to your appointments if you can. Before choosing a treatment, ask your doctor or nurse: *What is this treatment supposed to do? What is my risk of getting breast cancer again if I do have this treatment? What if I don't? How likely am I to be alive in 5 or 10 years if I do have this treatment? What if I don't? What are the risks of bad side effects? Will any side effect last for the rest of my life?* Find out how many new breast cancer patients your doctor treats each year. Studies show that the best patient outcomes result from doctors who treat at least 30-50 new patients per year.

Step 4: Investigate Medical Evidence There is not a "one size fits all" for breast cancer. Ask your doctor or nurse for evidence-based guidelines explaining which treatments are most likely to work. Get information that you can trust; see "Making Wise Breast Cancer Choices" on this page.

Step 5: Get Support You may be able to get help dealing with your emotions, transportation, finances, and solving problems with family, treatments, and insurance. Contact **Bosom Buddies 24/7 Hotline** @ 602-231-6648 or attend one our 5 monthly support group meeting held throughout the valley each month (see page 4 for time, location, and contact info. We are here to help you find the resources you need so that you do not face breast cancer alone. ✖

Adapted from "The Guide to Quality Breast Cancer Care," National Breast Cancer Coalition / www.stopbreastcancer.org

Education What You Can Do

Making Wise Breast Cancer Choices

By Karen Lewkowitz, BSN, R.N.

When first diagnosed with breast cancer one is expected to make life altering decisions that will impact survivability and quality of life. As time goes on, the "survivors" are expected to monitor new trends in research and make treatment choices that improve their risk from recurrences and avoid long term harm from earlier treatments. Women who face recurrences must again make treatment choices that are truly life and death.

Most people will get information from their physicians. Some will learn from TV, radio, newspapers and magazine articles. Others will seek out the internet. We must ask ourselves, "What is the medical evidence that I can use to make decisions about my care?" Are one's choices of treatment made on traditional or community standards, intuition or anecdotal information, or medical evidence?" If you can't answer this question, ask your doctor. Treatment choices should be based on good medical evidence.

In surveying a source for medical evidence, consider the validity and reliability of the information. Claims for a scientific breakthrough, miraculous cure, secret ingredients or ancient remedies should make one suspicious. If a treatment claims to cure a wide range of illnesses or if it only is available at one source-beware. If treatment recommendations are based on testimony by physician or patients and not backed up by strong medical evidence-steer clear.

Where are the best guidelines for making and reviewing treatment choices? Here are a few reliable resources:

#1. To learn how to get the information and help one needs in making treatment decisions try **the National Breast Cancer Coalition Fund's (NBCCF) "Guide to Quality Breast Cancer Care"**, free, available in English and Spanish, at 1-800-622-2838 or www.stopbreastcancer.org.

#2. **Dr. Susan Love**, is a world recognized leader in breast cancer. Her book, **Dr. Susan Love's Breast Book** is a bible of reliable information and resource in bookstores throughout the country. Free information is available online at www.susanlovemd.com.

#3. **The National Cancer Institute (NCI)** is the main government agency for breast cancer research and treatment. NCI guidelines for breast cancer treatment are available, free, at 1-800-422-6237 or www.cancer.gov.

4. **The National Comprehensive Cancer Network (NCCN)** is a non-profit group of 19 cancer centers that support state of the art cancer care. NCCN breast cancer treatment guidelines are available, free, at 1-888-909-6226 or www.nccn.org.

#5. **CURE Magazine's 2007 Cancer Resource Guide**, provides easy to understand essentials about cancer and cancer care. It is not specific to breast cancer, but provides answers in a quick concise source. Free, at 1-800-210-CURE, or www.cure.today.com.

#6. **Breast Cancer Strategies for Living, A Special Health Report from Harvard Medical School**, is a more comprehensive overview of breast cancer biology, detection, treatments, and strategies for living. This 48 page booklet is available for a charge at 1-888-456-1222 or www.health.harvard.edu. ✖

Information

What's Happening

Red Meat Study Sheds Light On Possible Cancer Link

The Archives of Internal Medicine published a study in November which found evidence that red meat intake was associated with a greater risk of ER+/PR+ breast cancer (cancer cells with binding sites for the hormones estrogen and progesterone) but not ER-/PR- cancer (cancer cells not influenced by hormones) in younger, pre-menopausal women, indicating that dietary factors may have different effects on different subtypes of breast cancers. More research is needed to demonstrate whether there is a cause-and-effect and many factors could be at play.



New research now suggests that there may be a link between red meat and hormone influenced breast cancer.

Learn more!! Harvard professor Eunyong Cho, Sc.D. who directed the study, will present her findings at NBCCF's 2007 Annual Advocacy Training Conference. You can be there with other Bosom Buddies. Please go to www.stopbreastcancer.org for more information. ✖

(Excerpts from the NBCC's analyses-"Red Meat Intake and Risk of Breast Cancer Among Pre-menopausal Women". Please go to www.stopbreastcancer.org to download the full, easy to understand, report.)

NBCC Analysis of 2006 Science Symposium

On December 14-17, breast cancer researchers, physicians, industry representatives and advocates from the U.S. and around the world met in San Antonio for the 29th Annual San Antonio Breast Cancer Symposium. Sponsored by the San Antonio Cancer Institute, this is touted as the premiere event of breast cancer research.

It is important to remember that much of the information that was presented was preliminary and needs replication and scrutiny from peer review. There was excitement around a likely explanation for an observed decline in incidence rates in 2003 due to the sharp decline in the use of hormone replacement therapy, as well as Dr. Dennis

Slamon presenting a potential major change to what has been the standard of care in breast cancer.

Also "news" is the reality that most other studies were updates on data presented at previous scientific meetings. So, some progress but still a long, long way to go. ✖

(Excerpts from the NBCC's analyses-"Highlights from the 2006 San Antonio Breast Cancer Symposium (SABCS)". Please go to www.stopbreastcancer.org to download the full, easy to understand, report.)

Get Latest Breast Cancer Info

Get the latest information on breast cancer science, public policy, and advocacy at the National Breast Cancer Coalition Fund's Annual Advocacy Training Conference. Join your Bosom Buddies in Washington DC April 28th to May 1st at "Revolution Is Not A One Time Event," see page 3. ✖

Sister Study Information

Help Discover the Causes of Breast Cancer...

Woman by Woman, Sister by Sister! The Sister Study, a national research study to learn how the environment and genes affect the chances of getting breast cancer, is enrolling women who have never had breast cancer, aged 35-74 but whose sister had breast cancer. **Because it is important for women from different ethnic groups and backgrounds to participate in the Sister Study so the results of the study will benefit everyone, the women needed most at this time are blue collar workers, African American women, Latinas, Native Americans, Asians and Pacific Islanders and all women over 55!** If you are eligible, please call right now. If you are not eligible, please tell at least one woman you know is eligible to enroll now! To learn more or to order recruitment materials, please call 1-877-4SISTER (1-877-474-7837, Spanish and English) or visit www.sisterstudy.org or www.estudiodehermanas.org at 1-888-456-1222 or www.health.harvard.edu. ✖



Check us out on the Web: www.BosomBuddies-AZ.org

Information

What's Happening

NBCC Legislative and Public Policy Priorities

Below are the National Breast Cancer Coalition's legislative and public policy priorities for 2007. These policies are established each year by the NBCC's board of directors. Bosom Buddies now has a seat on this prestigious board. Issues are researched by a multidisciplinary task force before being presented to the board.

The board reviews and debates in depth all issues brought forth. Priorities are selected based on their ability to have the greatest impact on the NBCC's mission: *to eradicate breast cancer*. The priority list is kept short and focused in order to concentrate resources on getting them done.

1. Guaranteed access to quality healthcare for all. We will not end breast cancer until all women have guaranteed access to quality health care regardless of their ability to pay.
2. \$150 million dollar appropriation for the Department of Defense (DoD) peer-reviewed Breast Cancer Research Program (BCRP) for fiscal year (FY) 2007.
3. Passage of legislation that would authorize funding for the National Institutes of Health to research links between breast cancer and the environment.
4. Preservation of the Medicaid Breast and Cervical Cancer Treatment Program.

You are part of the solution to enacting the Legislative Priorities for 2007. If you would like to be on the email list to receive info updates and action alerts, please email azbcn@hotmail.com. (Arizona Breast Cancer Advocacy Network) and ask to be included in the network. Your email address is blinded in all alerts and is never given to anyone. Please go to www.StopBreastCancer.org, click on "Public Policy" on the left sidebar and then on "Legislative Priorities" for detailed information on each issue. ✖

Become a Better Advocate thru Project LEAD

The NBCC's Project LEAD® (Leadership, Education, Advocacy, and Development) is a science training course developed by the National Breast Cancer Coalition designed to help breast cancer activists influence research and public policy processes. As an extensive four-day program, Project LEAD® prepares advocates for participation in the wide range of forums where breast cancer research decisions are made.

Bosom Buddies members have completed Project LEAD and have served as the consumer's voice at the table where decisions are made about breast cancer. Join your Bosom Buddies Robin Blackman, Dee Courtwright-Smoot, Karen Lewkowitz, Lula Stephans, and Kathy Zeitz as Project LEAD grads.

Since Project LEAD® is an investment which helps activists become in more effective consumer advocates, there is no charge for the course apart from travel and hotel accommodations. However, only current individual NBCC members are eligible to apply for Project LEAD®. Membership is only \$35. Most meals are provided.

Scholarships are available to defray the costs of travel and hotel accommodations for those with serious financial need.

Project LEAD® Summer Institute: California	August 2007
Quality Care Project LEAD®: Washington, DC	November 14-18, 2007

Please go to www.stopbreastcancer.org for more detailed information on Project LEAD or call the Bosom Buddies office (602) 265-2776 and ask to have one of our grads call you with more information. ✖

Bosom Buddies Board Notes

Bosom Buddies Board of Directors meets each month. In the last quarter several key decisions were made.

The board authorized a committee to draft marketing strategies in the fall and approved outreach tactics as suggested in the report. Look for Bosom Buddies to have more community visibility with public service announcements (PSAs) on the radio (KTAR with Heidi Fogelson in March), 2 TV PSAs featuring Bosom Buddies members, articles in community newspapers, web links with AZCentral.Com, and enhanced listings in the yellow pages.

Officers were elected at the November 2006 meeting with the following results: President-Lillian Freburger, 1st Vice-President-Rita Weaver, 2nd Vice-President-Sylvia Keppy-Dow, Secretary-Kathy Zeitz, and Treasurer-Wilma Clifton. Board of Directors: Glory Berry, Jeanne Davis, Barbara Goldstein, Katreena Hays-Wood, M. Jabczynski, M.D., Karen Lewkowitz, Candace Ryan, and Fran Weisz. Members were informally installed at the January meeting and will receive formal installation at the Volunteer Luncheon April 28. ✖

Celebrating our 25th Year

A support group for people with Breast Cancer

Bosom Buddies of Arizona
 P.O. Box 16687
 Phoenix, Arizona 85011
 Phone: (602) 256-2776
 Fax: (602) 279-5857
 E-mail: Info@BosomBuddies-AZ.org

*News, Education and Peer Support
 from Bosom Buddies ~ Arizona*

Visit us on the web at:
www.BosomBuddies-AZ.org

~ EDITORIAL STAFF ~

Katreena Hayes-Wood
 (623) 561-6838
Katreena@BosomBuddies-AZ.org

Karen Lewkowitz
 (480) 223-2983
Karen@BosomBuddies-AZ.org

Bosom Buddies Gets a Homerun!!

By: Dee Courtwright-Smoot, Executive Director, Bosom Buddies

Five thousand dollars was the amount of the proceeds given to *Bosom Buddies* following the Sun City West Invitational Women's Softball Tournament Jan.13-14!

Kudos to Chair Pat McGarvey and Deb Carlson, Wanda Vonderhaar, Molly O'Neill, Debbie Pepe, Kathy and Stan Zeitz. Also Anne Bynon, Steve Kilberg, Louise Colianni, Kay Finke, Gerry Horton, Pat Walsh, Mary Jell, Della Rossko, Ellie Salemi, Ethel Shapiro, Fran Weisz, Nira Trycinski, Judy and Jerry Tyro and Leona and Doc Dalby.

More thanks to Loran Swanson and Gary Kelly who co-chaired the event and Wilma Clifford who created the certificates of appreciation. ✱

Our Board

2007 Officers:

EXECUTIVE DIRECTOR
 Dee Courtwright-Smoot

PRESIDENT:
 Lillian Freburger

1st VICE PRESIDENT:
 Rita Weaver

2nd VICE PRESIDENT:
 Sylvia Keppy-Dow

SECRETARY:
 Kathleen Zeitz

TREASURER:
 Wilma Clifford

Board of Directors: Glory Berry, Jeanne Davis, Barbara Goldstein, Katreena Hays-Wood, Karen Lewkowitz, Candace Ryan, and Fran Weisz. **Emeritus:** Lois Boubong; Kathryn Coe, PhD; Marge Garrity; Mary O'Hanlon; Angie Lohman; Evelyn Pullen (deceased); Merriel Starrett; Wanda Vonderhaar; Ardell Whitehead; M. Jabczenski, M.D.

Inside this issue:

Bosom Buddies Get National Recognition from NBCC	Front
Bosom Buddies Day Huge Success	Front
Message from the President	2
Upcoming Events	3
<ul style="list-style-type: none"> • <i>Hotline Training</i> • <i>Volunteer Luncheon</i> 	
Support Meetings & News	4
What You Can Do: Education	5
<ul style="list-style-type: none"> • <i>5 Steps to Breast Care</i> • <i>Making Wise Breast Cancer Choices</i> 	
What's Happening: Information	5-7
<ul style="list-style-type: none"> • <i>Red meat link to Breast Cancer</i> • <i>2006 Science Symposium</i> • <i>Sister Study information</i> • <i>NBCC Legislative Priorities</i> • <i>Better Advocacy thru project LEAD</i> 	
Bosom Buddies Gets a Homerun	Back