

OUT

LOOK

of Arizona

Bosom Buddies

Summer 2007

Volume 24~ Issue 2

Support Group SCHEDULES

AHWATUKEE

2nd Saturday

10:00 AM-Noon

Ahwatukee Foothills Family YMCA, Ahwatukee

EAST VALLEY

4th Tuesday

6:30—8:30 PM

Women's Center at Banner Baywood Medical Center, Mesa

SCOTTSDALE

3rd Saturday

9:45 AM—Noon

Scottsdale Ranch Community Center, Scottsdale

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

Save the Date! Mark Your Calendars for Sept. 29th

Saturday, September 29, 2007, is the date for the next Bosom Buddies Day breast cancer forum entitled "Navigating Breast Cancer ~ 2007, Your Journey to Knowledge and Advocacy." This forum is open to all breast cancer survivors and the community at large.



College of Medicine in downtown Phoenix, location of 2007 Navigating Breast Cancer event.

Bosom Buddies is pleased to announce a collaboration with the the Arizona Cancer Center and the University of Arizona College of Medicine-Phoenix

in Partnership with Arizona State University. Our combined efforts will provide this year's attendees with a state of the art facility, cutting edge presentations, and the opportunity to become more knowledgeable about the latest breast cancer information.

Topics such as Breast Cancer 101, Advanced Treatment, Clinical Trials, Emerging Trends and Advances in Treatment, Genetic Testing, Nutrition and Prevention, Integrative/Complimentary Therapy, Advocacy, and Survivorship will be presented. The Forum will be geared to the general community, newly diagnosed, current and long time breast cancer survivors and their families.

The newly renovated and restored auditorium of the old Phoenix Union High School is the location for this year's event. It is now the Phoenix campus of the U of A College of Medicine. The location is just blocks off of I-10's 7th street exit, has parking just feet from the auditorium, and is fully handicapped accessible. Better yet, there is no light rail construction! The combination of state of the art media capabilities, along with the charming 100 year old architectural details of the build-

ing gives the location an additional WOW factor.

Confirmed speakers to date include Susan Leigh, RN, co-founder of the National Coalition for Cancer Survivorship, Alison Stopeck, MD, Director/Clinical Breast Cancer Program, Arizona Cancer Center, Leona Downey, MD, Assistant Professor of Clinical Medicine, specializing in breast cancer treatments in the elderly, Victoria Maizes, MD, Executive Director of the Program in Integrative Medicine at the U of A, Katherine Hunt, MA, Mayo Clinic Genetic Counselor, Kathy Zeitz, JD, Breast Cancer Advocate and Karen Lewkowitz, RN (retired), Breast Cancer Advocate. Ample time will be provided for your

Save the Date—Continued, Page 2

Your Rags are OUR Riches

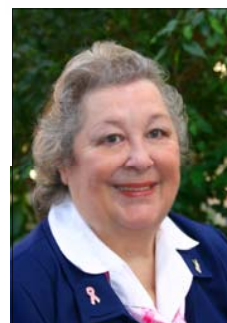
Bosom Buddies is a nonprofit organization of caring women and men who have had personal experience in dealing with the trauma and challenges of breast cancer. Our purpose is to provide support through the sharing of common experiences and knowledge and to let you know that you're not alone. All of our community services are provided by volunteers.

Since Bosom Buddies does not receive any State or Federal funds, we conduct our own fund raising activities to meet our program needs. Proceeds from the sale of donations to our clothing donation drop box program are a valuable source of funding to sup-

Rags to Riches—Continued, Page 3

President

Message from the



Lillian Freburger,
President, Bosom
Buddies, Arizona

Dear Bosom Buddies,

As you know, our organization was founded 25 years ago as a means to reach out to women facing breast cancer. Original founders Angie Lohman, Mary O'Hanlon-Artigue, Lois Boubong, Pat Ferrell, and Dee Courtwright-Smoot wanted to make sure that no one faces breast cancer alone. They all knew that part of the healing process is giving back support, knowledge, and empowerment to ease the next one's journey through the jungle of breast cancer.

Bosom Buddies is based on forming relationships. At first through a phone hotline where trained breast cancer survivors could listen and share their experience and let others know there was a Bosom Buddy there to help the caller. We formed support groups that meet privately throughout the valley for the caring and sharing to continue. Lasting friendships were established.

Soon this wasn't enough and Bosom Buddies volunteers started going into the community providing information on breast cancer awareness, mammography, and breast self exams at local health fairs. It is an activity that we still do. We also provided free wigs and prosthesis for women whose insurance did not pay for these items or those that were uninsured. Lasting friendships were established.

We joined the national breast cancer advocacy movement at its inception in 1992. Our members reached out beyond their own community to the nation to bring attention to issues of access to care and treatment, breast cancer research needs, and the importance of hearing the voices of those affected by breast cancer at every table where breast cancer decisions are made. Lasting friendships were established.

We are proud of our longevity and success. Our work continues with our hotline and group meetings. Please help us to continue to grow and reach out. If you know someone who is newly diagnosed, urge her to call our hotline, then bring her to one of our monthly meetings. It is all about the fellowship, being a Bosom Buddy. You will do your friend a world of good and yourself. Lasting friendships are established at Bosom Buddies.

Your Bosom Buddy, Lillian Freburger, President.

Lillian Freburger

President, Bosom Buddies

Save the Date—Continued from Page 1

questions to these outstanding experts.

Participants are invited to help create a "Memory Wall" in honor of friends and family members who have passed away due to breast cancer. Please bring photos that you can part with to attach to the wall; we will provide glue and pens to help complete the tributes. There will also be a variety of vendor and information tables.

The registration fee is \$25 and will include morning coffee and a boxed lunch. A tear out registration form is included on page 7 of this newsletter and online registration will be available as of August 1, 2007. Register early as space is limited (really)! Contact KarenL@BosomBuddies-AZ.org or the Bosom Buddies office at 602-265-2776 for more information ✖

Thanks to Trisha Hamilton

Bosom Buddies' motto reads "Part of the healing process is giving back". During the past ten years, few people have given back more to Bosom Buddies than Trisha Hamilton.

As a facilitator, board member, editor of the newsletter, coordinator of our first and second silent auctions and chairman of our first Bosom Buddies Day, her knowledge, vision, commitment, positive attitude and sense of fun have served Bosom Buddies admirably.

A breast cancer survivor, she has touched hundreds of lives and made many friends as founder and facilitator of the Scottsdale Chapter of Bosom Buddies.

Recently, the health of her mother and father has been a grave concern as she turns her care and support to them.

We are sincerely grateful for her many years of devoted service to Bosom Buddies and our thoughts and best wishes are with her. ✖

In Memory

Lois Emden, a long time Bosom Buddy member and breast cancer advocate passed away on May 29, 2007. Lois was a former board member of the Arizona Cancer Center, and worked to help establish the Breast Cancer Chair at the center. She was appointed as a consumer reviewer for the Department of Defense Breast Cancer Research Program as well as a Commissioner for the Arizona Disease Control Research Center. Bosom Buddies extends our sincere condolences to her husband Howard, and the entire family. ✖

Information

What's Happening



CLOTHING DONATION CENTER DESIGN CONSIDERATIONS

Design and appearance of the donation house:

- Is aesthetically pleasing and does not detract from the overall appearance of the property.
- Makes it clear to the public that the box is not a trash receptacle.
- Promotes the donation of better quality items.

The drop box size is 6' x 6' x 6'

Look! What's Happening



Above: Wanda Vonderhaar and Pat McGarvey wo"man" the booth at the Women's Expo in April. To the **Right:** Wanda gives attendees information about Bosom Buddies at the Women's Expo.

**at Bosom
Buddies**



Rags to Riches—Continued from page 1

port our programs and services.

You provide valuable support to Bosom Buddies by donating your usable men's, women's, and children's clothing, paired shoes, clothing accessories, curtains, and linens to one of our 53 clothing donation drop boxes located throughout the greater Phoenix area. Simply pack up your used clothing and place in one of the drop boxes. We also accept usable small household goods and house wares, toys, and other usable small items *that fit into the chute of the drop boxes*. A list of current clothing donation drop box locations is included on our web site (www.BosomBuddies-AZ.org).

We ask for your cooperation in assisting us in maintaining good relations with our location sponsors. Location sponsors give us their permission to place these donation boxes on their properties because of our promise to avoid "eyesores" on their properties. Since we have no need for furniture, large appliances, mattresses or other large items, leaving these items outside of the box can create an "eyesore."

We could use some additional locations. Ideal location sponsors include: retail shopping center property managers, corporate retail real estate managers, major discount chains, neighborhood branch banks, convenience stores, and high schools. The public is made aware that the location sponsors are supporting a worthy cause. If you own or manage any of these type locations—or knows someone that does—please contact us.

Bosom Buddies has retained a professional company to service the locations to ensure the highest level of service standards are maintained at all times.

If you have any questions or require any additional information, please contact Lillian Freburger at (602) 265-2776. ✖

We thank all of you who have supported our clothing donation drop box program and we look forward to your continued support.

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

Date/Time: 3rd Saturday of each month, 9:30 am to Noon
Location: Scottsdale Ranch Community Center
 9201 E. Mountain View Road, #137; Scottsdale
Facilitator: Karen Baillie: 480-391-2356
 Email: baillie@smarthealth.com
Format: Discussions on change, life, health, treatments, and you

West Valley Chapter

Date/Time: 1st Thursday of each month, 6:30 to 8:30 pm
Location: La Quinta Inn and Suites, 16321 N. 83rd Avenue ; 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

Scottsdale Chapter-New Location/New Facilitator

Please join the Bosom Buddies Scottsdale Chapter at the new location: Scottsdale Ranch Community Center; South-east corner of Shea and 100th St; 10585 N. 100th St. Mark your calendar to attend summer meetings held the 3rd Saturday of each month from 9:45 am to Noon. Summer dates are Saturdays, July 21, August 18, and September 15.

Bosom Buddies welcomes Karen Baillie as new group facilitator for Scottsdale. Karen is a nine year breast cancer survivor and a long time member of Bosom Buddies. She has been active in the Scottsdale group for nine years and is a hotline volunteer. Other volunteer breast cancer work includes: Y-ME newsletter editor, NBCC conference attendee, Recipient Macy's Ribbon of Hope Award, former leader of LINK, a cancer patient support network at Scottsdale Healthcare Shea. Karen is a Health Affairs Writer for SmartHealth, Inc. She graduated from UC Berkeley with a BA in Humanities and has an MA in Communication.

Karen writes, "We are a group of women whose lives have been touched by breast cancer. Whether you have been just diagnosed, are going through treatment, or are a recent or long-term survivor, we'd love to have you with us. If you have a loved one experiencing breast cancer, you are also welcome."

For questions, directions, or suggestions, please call Karen Baillie at (602) 255-0595 X273 (daytime) or (480) 391-2356 (evening), email baillie@smarthealth.com. ✖

West Valley Chapter News

The snow birds have gone, triple digits are here and the West Valley Chapter of Bosom Buddies is looking forward to a sizzling summer of regularly scheduled meetings, July 5, August 2 and September 6, starting at 6:30 p.m. at La Quinta Inn and Suites, 16321 N. 83rd Avenue, Peoria and extra educational and fun activities.

Our July 5 meeting will feature a discussion on aromatase inhibitors, Tamoxifen, and Herceptin, their use and side effects. Bosom Buddies from the Phoenix area are invited to attend.

Our exciting list of summer activities includes: "Healing Eating" potluck lunch at Pat McGarveys' in Sun City West, July 20, 11:30 a.m.; A free tour of the Sun Health Research Center in Sun City, August 7 at 10:30 a.m.; and Din-

Support Group Meetings

ner at Bucca's Italian restaurant, August 28th at 6:30 p.m. Those of you who are interested are welcome to call Pat McGarvey 623-545-9401 for information at least five days before the activity date. ✱

East Valley Chapter News

Bosom Buddies East Valley Chapter is alive and well during Summer 2007. Join our informative, sharing, and social group at the Women's Center of Banner Baywood Hospital, 6644 E. Baywood Avenue, Mesa. Parking is in the garage west of the medical center and our meeting room is on the left just inside the front door of the Women's Center. Summer dates are the 4th Tuesday of each month 6:30 pm to 8:30 pm; July 24, August 28, and September 25.

Our sessions begin at 6:30 pm with short presentations by the group to discuss recent topics in national magazines, local newspapers, book reviews, or other related topics to breast cancer. We offer a time to share our own concerns with each other in our search for health and wholeness. We close by having fun, refreshments and a chance to meet a new Bosom Buddy. ✱

Ahwatukee Chapter News

The Ahwatukee Bosom Buddy group meets the second Saturday of each month at 10:00 am, in the conference room at the Ahwatukee Foothills YMCA located at 1030 E. Liberty Lane in Phoenix.

The coordinators are Patti Lynch, 480-893-8900, and Cele Ludig, 480-330-4301.

We are a group of women of various ages, backgrounds, education, diversity and interests, but we have one common thread we all have been touched by Breast Cancer. We welcome any one who is a survivor, recent or long term; is newly diagnosed, going thru treatment or is a relative or friend of someone who is. The meetings are frank discussions on all aspects, we share our own experiences, the latest medical news, and lend a sympathetic ear.

We offer help to those who need to know they are not alone. We have had one husband attend with his newly diagnosed wife, also two daughters-in law attend with their respective mothers-in law. The meetings are pretty lively with lots of laughter. The sharing doesn't end with the meeting we keep in touch by e-mail and continue to communicate info and be supportive as a true Buddy. ✱

Hotline Volunteer Training

Fran Weisz and Ethel Shapiro coordinated the Bosom Buddies Annual Hotline Training and Refresher Course on April 14th at the Omaha Steakhouse Restaurant in the Embassy Suites Hotel. The training was conducted by psychologist Muriel McClellan, Ph.D.

We welcomed seven new hotline volunteers: Betty Baerg from Mesa, Jennifer Berry from Phoenix, (daughter of



*Volunteers Melanie Eich (l) and Jennifer Berry (r) participate in Bosom Buddies Annual Hotline Training Program

hotline volunteer Hazel Berry), Jane Edwards from Mesa, Melanie Eich from Phoenix, Jenneva Haskins from Mesa, Darleen Hollenbeck from Peoria, and Della Rossko from Glendale. Of the 36 active hotline volunteers, 18 attended the course. Bosom Buddies generously sponsored a wonderful luncheon honoring their hotline volunteers.

We are grateful to Muriel McClellan, Ph.D. She donates her valuable time educating and training our new and established hotline volunteers. Also, we would like to acknowledge and thank Wilma Clifton, Board Treasurer of Bosom Buddies and Rita Weaver for their continual support.



Bosom Buddies Hotline operates 24/7 in the metropolitan Phoenix area offering peer counseling and support for women diagnosed with breast cancer and their families and loved ones. You may dial 602-231-6648 to contact the volunteer on call. ✱

The women in the photo are from L to R: Judy Reithinger, Betty Baerg, Jane Edwards, June Osborne and Della Rossko.

Visit our **NEW Website** and Register for Navigating Breast Cancer Event Beginning August 1, 2007 at:

BosomBuddies-AZ.org

Information

What's Happening

Dee Courtwright Award Given

By Wilma Clifford

Bosom Buddies held their volunteer's recognition luncheon, "Wings of Spring" on April 28th at the Calico Cow Restaurant in Phoenix. This is our Annual Luncheon honoring the many great volunteers that help Bosom Buddies carryout our mission.

The attendees enjoyed Humor Therapist, Elaine Lundberg, M.A., as our guest speaker. Her presentation was light and lively, with all attendees ending up with big red noses.

Highlight of each luncheon is the presentation of the "Dee Courtwright Award," named after our founder, whose volunteerism, goodwill, and advocacy has served breast cancer for 25 years in metropolitan Phoenix. Her role model establishes the gold standard for all of us to follow. This year the honor was bestowed on Fran Weisz, a 20 year volunteer. Fran is Co-chair of the Hotline. She staffs the Hotline and produces the schedule each month supplied to office, volunteers and the answering service.

Sister Study Information: Women over 55 needed

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 work-



L-R, Bosom Buddies President, Lillian Freburger with Award recipient Fran Weisz.

ers, 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. ✖

Advocacy Update

Four members of Bosom Buddies traveled to Washington DC to attend the National Breast Cancer Coalition Fund (NBCCF) Annual Advocacy Training Conference and Lobby Day, "Revolution Is Not A One Time Event." BB members in attendance were Denise Donofrio, Wanda Vonderhaar, Kathy Zeitz, and Karen Lewkowitz.

The three days of the conference were filled with opportunities to learn cutting edge information on breast cancer issues. Plenary sessions covered "The True Costs of Healthcare," "Evidence-Based Healthcare," "Breast Cancer News: What's Behind the Headlines," and "Political Plenary-the Revolution Continues." Panelists were leading experts in their respective fields from across the country.

Participants had the opportunity to attend workshops that dealt with the latest in breast cancer treatment, clinical trials, drug development, research, and the consumer's role in breast cancer advocacy.

On the day four, the BB delegation was up on Capitol Hill talking to all 10 Arizona Congressional offices. Their efforts were focused on the Legislative Priorities of the National Breast Cancer Coalition with special emphasis on passage of the Breast Cancer and Environmental Research Act (BCERA).

Please go to www.stopbreastcancer.org, click on Public Policy Legislative Priorities for more information on this bill.

The efforts of the BB team secured eight co-sponsorships for BCERA!! Senators McCain and Kyl, along with Representatives Renzi, Franks, Pastor, Mitchell, Grijalva, and Giffords all provided substantive support for BCERA by signing on as co-sponsors.

The NBCCF conference is a wonderful, stimulating event, charged with education, empowerment, hope, and fun. We hope even more "Buddies" attend next year! ✖



L-R, Denise Donofrio, Karen Lewkowitz, Dr. Susan Love, Kathy Zeitz, and Wanda Vonderhaar attend NBCCF/s Annual Reception.



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

Education

What You Can Do

Navigating Breast Cancer ~ Registration Form

Navigating Breast Cancer Day Event ~ \$25.00 per person	\$ ~ Total Cost/Donation
<input type="checkbox"/> Yes, I would love to attend	
<input type="checkbox"/> I am unable to attend but would like to donate to Bosom Buddies: _____	
Mail check and registration to: Bosom Buddies, 11024 N. 28th Drive, Ste. #200; Phoenix, AZ 85029	TOTAL :

Boxed Lunch, please select one:

- Ham
 Turkey
 Chicken Salad
 Veggie

Name _____

Address _____

Phone _____

Email Address _____

A Personal Perspective on Genetic Testing: Part I

By: Kathy Zeitz, J.D.

My family has good reason to be interested in genetic research. In addition to my own breast cancer, my mother, her sisters, my husband's mother and his sister have also had breast cancer. With this family history my daughter and granddaughter have the potential to carry one of the genes that predispose to breast cancer.

My daughter was the one who initially encouraged me to participate in genetic testing. She wanted to know more about her risks and the steps she could take to prevent the disease. She shared my belief that genetics could hold the key to a cure. With her encouragement, I agreed to join a research study. I later contacted my sister-in-law at the urging of the researchers and she also agreed to participate.

Each family has different issues. We have had concerns about coercion by both family members and researchers to participate in genetic testing. These conflicts can impose additional stress and can negatively impact relationships in families that are already suffering the impact of cancer.

After we began this family project, my daughter began reading more on genetic topics, and she became very concerned about the risks associated with testing. She has completely reversed her original position about testing because of her fears related to loss of privacy, insurance and employment discrimination and her sense that there are limited preventive options. She has chosen not to be tested at this time, although she has obtained clinical breast exams and mammograms starting at age 35.

My daughter worries that she may carry a gene tied to breast cancer risk and possibly other genetic mutations that increase her risk for other diseases. She asked me if she could risk being unemployable at age 40 based upon a probability study by her employer that evaluates how much she may cost in health benefits? She wonders if she would be discretely selected for a layoff without ever learning that her job was lost because of someone's assumptions about her future health. She doubts that she will be able to protect her own genetic information because it is so easy for an employer to use a wellness blood test for a genetic without her knowledge.

Because of my daughters concerns, I never completed genetic testing for breast cancer. I participated in genetic research not for my own personal benefit, but to ensure that my daughter and granddaughter will have new drugs that prevent breast cancer from ever developing, or more benign treatment options. I definitely want to encourage my daughter and other women in high-risk families to participate in research, but each of us has to make our own decisions. Our family is working out these choices together based on love, trust and hope for our future health. If you have a family history of breast cancer your family should consult a genetics counselor.

For more information on genetic testing visit the following websites:

If you want a reference specifically on genetic testing:
www.nci.nih.gov/cancertopics/Genetic-Testing-for-Breast-and-Ovarian-Cancer-Risk
 Mayo Clinic link in clear, understandable language:
www.mayoclinic.com/health/genetic-testing-for-breast-cancer/HQ00350

Genetic testing for inherited breast cancer:
<http://www.natlbcc.org/bin/index.asp?strid=661&depid=9&btid=1>


Celebrating our 25th Year


A support group for people with Breast Cancer

Bosom Buddies of Arizona
 11024 N. 28th Drive, Suite #200
 Phoenix, Arizona 85029
 Phone: (602) 265-2776
 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
KatreenaH@BosomBuddies-AZ.org

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

Bosom Buddies New Office

After many years in the same location, we have finally moved! Our beautiful new office is located in the Lake Biltmore Executive Suites, 11024 N. 28th Drive, suite #200, Phoenix, AZ 85029. The mirror fronted building is located two blocks north of Metrocenter Mall and Peoria Avenue on 28th Drive.

Our phone number remains the same 602-265-2776, fax: 602-279-5857. . . .
 Emails can go to info@BosomBuddies-AZ.org.✳



Bosom Buddies New Office on 28th Drive north of Peoria Avenue in Phoenix, Arizona.

Our Board

2007 Officers:

EXECUTIVE DIRECTOR
 Dee Courtwright-Smoot

PRESIDENT:
 Lillian Freburger

1st VICE PRESIDENT:
 Rita Weaver

2nd VICE PRESIDENT:
 Sylvia Keppy-Dow

SECRETARY:
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TREASURER:
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