An interview with Jeannot Carlson, Family Nurse Practitioner in Gynecology at the office of David Galland, M.D.

Q: Taking into consideration the increasing rates of breast cancer in Marin County, how has this information affected your patients?
A: Information about increasing breast cancer rates has raised the level of concern in my patients, increasing their fear and anxiety about a disease no one wants. It has caused many of them to search for additional information from both traditional and non-traditional sources and to reevaluate any medications they might be taking.

Q: How has this information affected the way you relate to your patients?
A: The information does not affect how I relate to patients. It has changed the focus of many visits. I spend more time trying to explain why these rates appear so high, why here, etc.

(Continued on page 6)
Stepping Out, 2001, occurred just eleven days after the 9-11 attack on our nation. The proceeds from a Live Auction item, (the Wine Library) were donated to Cancer Care, Inc., a non-profit organization in NYC that offers help and hope to people with cancer and their families. $6,000 was specifically earmarked to provide assistance to women with breast cancer affected by the terrorist attacks. Jane A., a 49 year-old single mother had just had a mastectomy when she lost her job shortly after 9-11, and became uninsured. MBCC’s grant helped make it possible for her to obtain critical post-surgery medical treatment as well as emotional and psychological support.

MBCC and our supporters reached out and made a difference in the lives of those struggling not only with breast cancer, but also the physical, psychological and emotional trauma caused by the events of September 11th.

31% of Funds Awarded to New Organizations

Funding Split Between Education Focus and Direct Patient Support

Grant Plays Role in Recovery

“I would always look forward to this one hour during the week. This has been my nurturing and special time away from the chaos and stress of treatment,” says Angie Williams, who completed surgery and radiation therapy for breast cancer last year. Angie is speaking about her experience with the guided imagery program at MGH, sponsored by the Institute for Health and Healing. Although the hospital offers a limited number of free sessions to patients, Angie was able to extend her guided imagery for the duration of her treatment, thanks to the scholarship made available through the support of the MBCC. “It’s ironic that during treatment, I needed to talk about my fears and concerns, and yet my loving circle of family and friends were less able to listen without over or under reacting.... The imagery sessions provided a safe, comforting respite, and I was sur-

(Continued on page 5)
Marin Breast Cancer Council Donations
November 19, 2001 to April 10, 2002

Donations In Honor

Diane P. Anderson
from E.P. Anderson
Pam Pedrazzini
from Pat Davis
Chris Schadlich
from Judy Cortese
M/M Brock Settemier
from Catherine Hughes
Suzy Silk
from Catherine Hughes

Donations in Honor of the Marriage of Tehani Mosconi and Robert Nelson

Anna Maria Amata and Family
Sally Berger
Carole and Ben Bianchi
Francie Burnham
Susan Cohen and Joel Wolfson
Dorothy DeMarco
Barbara and Anthony J. DeMattei
Sharon M. Ferris
Marianne and Albert Figen Foundation
Brent Fisher and Rudy Perez
Suki Haseman
Edith Knoblock
James M. Lauderdale, Esq.
Rosalie Marcovecchio
Betty L. Matarangas
Locke McCorkle
Marlis and Alexander Miglietta
Arline and C.E. Miller
Carmen and Paul Mulholand
William and Darrell Nelson
Nicole A. Nelson
Jackie Nelson
Diane and Anthony J. Patrich
Cristina and Paul J. Philipps
March Rocky Shone and family
Bern Smith and Christina J. Powell
Velma M. Stoughton
Evelyn M. Tobin
Elizabeth A. Touma
Mary Frances Vergano
Stephen C. Wheeler / A.C. Coating
Jennifer and Michael Yang

Donations to Honor the Lives of Women Diagnosed with Breast Cancer

Abacus Imprints
Bank of America (match)
Judith Barr
Roberta and Glenn D. Becker
Susan R. Bross
Marjorie Brown
Rose L. Camarillo
Capricci
Karol and D. Kenneth Clark
Cooper Alley
Linda and Perry M. Davis
Miriam Doody
Dotspotter Corporation
Karen Dougherty
Rebecca Frye and Daniel Hillmer
Fremont Group
Diane Golden
Mary G. Gordon
Joan and Kenneth Gosliner
Pamela J. Hamilton
Nellie and Joaquin Horton
Claire and Wendell Laidley
Lori Lowrance
Mill Valley Health Club & Spa
Barbara and Grey Myers
Jan M. O’Brien
Orca Outdoor Products
Ann and John M. Partridge
Lee Polizzi
Connie and H. Mike Rodrigues
Ann Roth-Card
H. and P.M. Schuyten
Janis Stone
TriDeltas of Marin
Robert Weitman
Carole and Richard J. Wiederhorn
Lou and Gregory P. Wilson
Doreen and Donald Wood
Zoza’s

Donations in Memory of Judith Davis

Ann and Russell Hoxie
Peggy and Michael Huggins
Eileen M. Ogle
Lynne Simon

It is with the deepest regret that we report that one of our lovely 2001 “Stepping Out to Celebrate Life” models, Maria Martin, has recently passed on.
Donations in Honor and Memory of the Life of Jill Waggener Anderson

In Memory of:
Sally and Thomas S. Adams
Nancy E. Agatiello / Gus Gonzalez
Terry L. Amsler & Susan V. King
Nadine and Steven A. Anderson
Michael D. Anderson
Ashfield & Co., Inc.
Sherilyn Aylesworth
Susan and Rick N. Baer
William O. Bates III
Beth Baywater
Beverly and Jerry Becker
Nancy and Michael P. Bertrando
Colienne and Michael B. Brennan
Brookside Parents Club
Judith and Peter Brewster Brown
Marjorie and Wilfred S. Brushel
The CAC Group, Inc.
Norma and Remo T. Calonico
Phyllis B. Carmichael
M.E. and Vincent Carra
Marilyn and John A. Chatterton
Margot and David S. Chatterton
Alan S. Clack
Dale and George Cliff
Charles H. Clifford, Jr.
Armanda and Dorn J. Cranert
Robert W. Crosby Family
The Crushers’ Soccer Team
Eva and Clifford E. David
Patricia Davsson
Alyssa DiFilippo
Shannon O. Dolan
Raymond E. Donnelly
Brook and Richard R. Dykes
Suzanne F. Edwards
Geraldine and F. DeWolfe Emory
Alison and David Barbeau Engh
Judith and Donald S. Feiner
Ellin and Robert D. Firth
Penny and William L. Fisher
Rebecca and Robert Flemming
Jeanne and Gordon Flynn
Effie Fourakis
Catherine and William Franchini
John Fruehe
Geraldine and Mark Gorney
Judith Ann Hallman
Claudia and William T. Hanna
Vesna Harcourt
Susan Harris
Joanne Harwood
Molly J. Haun
Margaret L. Haueter
Health Technology Group
Paula and Dana E. Hess
Cheryl and Gary D. Hicks
Eleanor E. Hilkens
H.C.W. Hine
Patricia and Donald L. Hitchcock
Theresa A. Hoever
Ann O’C. Hodgland
Lucy E.H. Hook-Willman
Catherine Hughes
Mary and M.J. Hughes IV
John S. Hummer
Jerry D. Igra
Mary Kay Kalatreider
Mary and Peter Kampf
Katherine Kelleher
Irene and Gordon King
Kirsten Kristensen
Lane and W. James Kitchens, Jr.
Martha and Mogens B. Kristensen
Tina and Jeffrey D. Kroot
Barbara D. Lamberton
Elaine M. Lannert
Barbara and James E. Latimer
David K. Latner
Robert E. Lee
Linda and Charles Lesem
Mary Vaughan Lester
Jill and Lloyd S. Levenson
Joan and Paul Lo
Susan J. Lockett
Cindy Love
Michael Lusk
Nancy Mackle
Main Street Research
Judith Marsh
Nancy L. Martz
Patricia and Robert E. Maxim
Elizabeth McCarty
Diana and Michael McCormac
M.G. McCormich
Theresa and David McGanney
Rohana D. McLaughlin
Madeline Mendelsohn
Mermaid, Elizabeth
Stephanie and Geoffrey M. Mohun
J. Ronald Moorcroft
Hal Moorehead
Marilyn M. Mosher
Jacqueline and Forrest Mozer
Willodean and Daniel D. Oswald
Pardella, Keri and Steven & Family
Linda and Thomas A. Petrone
Roselyn and Alan P. Posin
Paul Purdom
Ellin and Edward W. Purdom
Shirley J. Quinlan
Martin Sinai Rayman, D.D.S.
Tracy and Robert P. Revel
W. F. Roberts, III
Elizabeth L. Rockafellow
Barbara C. Sarkissian
Miki Satma, O.M.D.
Susan R. Scannell
Catherine B. Schmidt
Lori Halverson Schryer
Angus Scott
Seiler & Company, L.L.P.
Marie Siemens
Kimberly and Thomas M. Smith
Meredith and Ben Smith
Kristal Snowman
Terrie and Stephen L. Solomon
Pamela Sowerby
Patricia Sparks
Denise A. Stanley
Sally and Gordon R. Taubenheim
Mary Ann Teixeira
J. Stephen Thornborrow
Betty Lambert Thorpe
Kelley and William M. Tomlinson
Fran and Bert Towle
Debora F. Truman
Darlene J. Tye
Eri and Kornelis J. Vanderzee
Gus Vouchilas
Sonja and H. Douglas Waggoner, Jr.
Pamela Ware
Deborah and Jeffrey Weber
Kimberly and John I. Wight
Gail R. Wish
Brad A. Wong
Elizabeth and Ford B. Worthing
Wendy Young

In Honor of:
Diane and Jack Anderson
M.E. and Vincent Carra
Judy Cortese
Susan and Andrew Ferrin
Ellin and Robert D. Firth
Paula and Dana R. Hess
Catherine Hughes
Elizabeth and Paul Simonetti
Threadgill Associates
Leslie Wilks
Local Businesses Support MBCC

By reaching out into the community, MBCC is receiving tremendous support from local businesses who are making a difference in the fight against breast cancer. Their donations assist in raising funds and awareness. We commend them for their corporate citizenship and spirit of involvement. A BIG thank you to:

Cooper Alley Salon in Larkspur Landing who hosted a grand opening party in December. MBCC was the recipient of $900 in raffle proceeds for items donated by Cooper Alley and other local establishments. Owner Rick Cooper has also volunteered his hair dressing artistry to the models of our “Stepping Out” fashion show for the past six years.

From their annual December warehouse sale, Orca Outdoor of San Rafael donated a percent of their proceeds to MBCC. Many MBCC members/supporters enjoyed purchasing cozy polar fleece products for people on their holiday shopping lists. Orca warmed our hearts by their generosity when they donated $1,100.

In January, Mill Valley Health Club and Spa celebrated its 3rd anniversary with a gala mixer for the Mill Valley Chamber of Commerce, club members and guests which resulted in a gift of $1,410.

Zoza’s Clothing Store of Mill Valley recently closed their doors and graciously donated a large inventory of clothing which has been sold. Thank you to Sherwood Partners, Inc. of LA, the owners of Zoza.

Each December the women of Judy Barr’s Aerobics Class at the Strawberry Recreation District collect funds to buy Judy a gift. At Judy’s suggestion, the funds collected this year were donated to MBCC and matched by Judy. Many thanks to Judy and her class of over 45 women who so generously gave to MBCC.

Rosie Davies—a Symbol of Volunteerism

Marin Breast Cancer Council is a completely volunteer organization. Hundreds of hours are given by dedicated women to continue MBCC’s impact on breast cancer in Marin and the Bay Area. With no paid staff, MBCC produces two events from which the proceeds help fund non-profit organizations supporting breast cancer issues. Volunteers join MBCC for many different reasons - some are breast cancer survivors, others have been touched by friends and loved ones who have been diagnosed with this disease.

One such extraordinary person is a vivacious, energetic woman named Rosie Davies. Rosie came to MBCC two years ago and volunteered to help with technical production of the fashion show “Stepping Out.” Rosie quickly realized that this fashion show was like no other. Breast cancer survivors, many still in treatment, model fashions providing an evening of inspiration, hope, joy and laughter. Coincidentally, the date of the event was her mother’s birthday. Rosie decided that she would honor her mother, Valentina Coleman, a breast cancer survivor, by volunteering her services to MBCC. “I was fearful that it was going to be an emotionally difficult experience. Instead, I came away inspired and uplifted by the courage of these women.” To Rosie and all the volunteers of MBCC, we thank you for helping us all to “Step Out and Celebrate Life.”

Grant to Institute …… (cont.)

prised at the insights and inner resources I discovered within myself.”

Angie also received free massage therapy, thanks to the support of the MBCC. “The therapists have such a loving, kind presence and respectful touch that it was like a spiritual experience for me. I was pretty uncomfortable with my body after surgery, and the massage also helped me ‘make friends’ with the changes and be kind to myself.”

Continuing with her recovery less than a year following her diagnosis, Angie described her continuing fear of recurrence. “It is so helpful to return to the good feelings that arose during the imagery sessions. I find the tools of breath work and centering especially useful when fears arise now. It allows me to find a realistic perspective and reenter the peacefulness of the present moment which I now know is available to me.”

Angie considers these services an essential part of her healing. “I can’t imagine how I would have gotten through last year without the professional and compassionate support available through imagery and massage. I have been unemployed and am so grateful for the scholarship fund that allowed me to benefit from these programs. It has been truly a gift.”

Change Is In the Air: You may have noticed MBCC’s appearance and name have changed to reflect our growth. Our heart and soul have stayed the same.

Jill Waggener Anderson

Jill Waggener Anderson, age 39, passed away peacefully on February 4, 2002. She was a model at “Stepping Out To Celebrate Life” in 2000. She showed her indomitable spirit as she strode down the runway, providing sheer inspiration. She subsequently became an active member of MBCC devoting countless volunteer hours, wanting to share the life affirming experience with her fellow breast cancer survivors.

Jill’s vitality represents the spirit of the women of Marin Breast Cancer Council. She gave voice to her experience in her journey with breast cancer. She truly did make a difference in the lives of women battling this disease. She leaves behind her husband and two children. Her legacy lives on through MBCC and the generous donations from her devoted family and friends.

Change Is In the Air: You may have noticed MBCC’s appearance and name have changed to reflect our growth. Our heart and soul have stayed the same.
Please join us for our 7th Annual Stepping Out to Celebrate Life. We promise you an evening of inspiration, hope, joy, laughter, and much, much more.

SEPTEMBER 21, 2002
MARIN CENTER EXHIBIT HALL
Live and Silent Auctions
Fashion Show
Dinner catered by Dan McCall and Associates
Dancing to Big Beat Bang
Invitations will be mailed in August
For further information: (415) 455-5882

Rally for the Cause will host its 11th Annual Tennis Tournament featuring women’s doubles action. This event is open to all levels of players.

MONDAY, OCTOBER 7, 2002
MARIN TENNIS CLUB in San Rafael
Silent Auction
Awards and Raffle Prizes
Exhibition Match
Lunch and Fashion Show
For information contact: Fran Yacko (415) 383-6396 or Linda Blum (415) 383-9382