



# KEEPING ABREAST

Working to find the causes and stop the epidemic

MarinBreastCancerWatch

25 Bellam Boulevard, Suite 115, San Rafael, CA 94901

(415) 256-9011 Spring/Summer 2003

## MBCW Publishes Its First Research Study

After six years of hard work and dedication, Marin Breast Cancer Watch (MBCW) has published the results from its first research project, the Adolescent Risk Factors Study (ARFS). The results can be found in the scientific journal *Breast Cancer Research*, or online at: <http://breast-cancer-research.com/content/5/4/R88>.

The Adolescent Risk Factors Study was designed to understand if adolescent and pre-adolescent exposures and experiences differ between women with and without breast cancer in Marin County. Completion of the study marks the conclusion of the first community-based research study in the Bay Area to look at breast cancer.

"This is an important step forward because it shows that the community can not only be a part of the research process, but be part of helping find the causes of breast cancer," said Janice Barlow, executive director of MBCW. "Publication of this study is just one more piece of the puzzle as we try to understand what is causing breast cancer."

In 1997, members of Marin Breast Cancer Watch sought assistance from researchers and scientists to help them better understand the causes of breast cancer in Marin. Dr. Margaret Wrensch, PhD, a professor of epidemiology and biostatistics at the University of California, San Francisco, answered the call and helped the community organization devise the Adolescent Risk Factors Study. At the time, there was very little research into how the experiences of adolescents might affect their chances of getting breast cancer later in life.

Trained volunteers interviewed approximately 300 Marin County women diagnosed between July 1, 1997 and June 30, 1999 with breast cancer (cases), and 300 Marin County women without breast cancer (controls), matched for age and ethnicity.

### Resulting Similarities

Results of the study found striking similarities between the cases and controls as well as several differences that were significant. Lifetime number of years lived in Marin was 24.2 years for both groups, and the mean age first lived in Marin was 28.8 for controls and 29.6 for cases. Other factors that were not significantly different between cases and controls included: having a first degree relative with breast cancer (20 percent of controls and 18 percent of cases); history of non-cancerous breast biopsy; current socioeconomic status; age of first period; age at first birth or pregnancy (mean of 25.1 for controls and 25.3 for cases); use of hormone replacement therapy; height; health insurance status and frequency of pelvic exams and pap tests.

### Resulting Differences

Significant differences were noted in other factors. Cases were more likely than controls to report: a high socioeconomic status before the age of 21; four or more mammograms in 1990-1994; giving birth without breast feeding; being premenopausal; never having used birth control pills; having a lower highest body mass index; beginning drinking after age 21; drinking on average two or more drinks per day and being raised in an organized religion.

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## MBCW Receives \$10,000 to Begin Adolescent Program

Marin Breast Cancer Watch received a grant from the Marin Breast Cancer Council to create a new education program aimed at adolescent girls in the community.

The \$10,000 grant will help fund the "Adolescent Breast Cancer Prevention, Risk Reduction and Education Project." This project will take the information learned from the Adolescent Risk Factors Study and results from other adolescent breast cancer studies and create an education program that gives young girls the information and tools they need to make informed decisions about their health.

Janice Barlow, executive director of Marin Breast Cancer Watch, said the program is currently being developed and interested members of the community are welcome to participate in the process. The first step in creating the program will be to conduct a community-wide assessment about the current level of health

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## Message from the Executive Director

Janice Barlow



This issue of *Keeping Abreast* comes at an exciting time for Marin Breast Cancer Watch. It's hard to believe the year is half over. As you'll read throughout this issue, we've been very busy working on behalf of our community continuing to find the causes of breast cancer.

Our success is a result of the outpouring of support we receive from businesses, community members, elected officials and the many volunteers who help with our research and events.

I am proud to give the following mid-year report, detailing the continued success and growth of Marin Breast Cancer Watch. Thus far in 2003 we:

- Joined a broad coalition of Bay Area researchers, scientists and community organizations to submit a proposal to the National Institutes of Environmental Health Sciences to create a Research Center of Excellence on breast cancer and the environment.
- Completed and published our first research study, the Adolescent Risk Factors Study. ARFS was the first community-based research project in Marin County to look at breast cancer.
- Finished two other research studies, the Marin Environmental Data Study and the Personal Environmental Risk Factors Study.
- Received a \$100,000 grant from the Avon Foundation to continue conducting important community-based research projects, educating the community and advocating on behalf of policies that help us find the causes of breast cancer.
- Hosted the fourth annual Honor Thy Healer event, the largest and most successful in the organization's history
- Created and hosted a Gala Event, with live and silent auctions, to raise money for the organization.
- Received a \$10,000 grant from the Marin Breast Cancer Council to begin development of an Adolescent Breast Cancer Prevention, Risk Reduction and Education Project.

- Continued to receive positive media coverage about the important work we are doing on breast cancer research and education.
- Brought on new board members with a broad range of skills and experiences.
- Implemented a \$12,000 grant from the Marin Community Foundation to update our financial accounting system.
- Hosted an epidemiology workshop to help Marin residents better understand research in the community.
- Hosted a community education forum with Dr. Leslie Bernstein and Peggy Reynolds to discuss the California Teachers Study.

We're very excited about the next six months and the important work we are doing. We know that we will continue to grow as an organization and help the community. We appreciate the support of all those who help make MBCW a success.

### Mission Statement

*Marin Breast Cancer Watch is a grassroots organization dedicated to finding the causes and stopping the epidemic of breast cancer. We accomplish our mission through community-based research, education and public policy advocacy with a focus on creating a healthy environment.*

**Founder:**

Francine Levien

**Board Members:**

**Officers:** Sandra Cross, President; Erica Heath, Vice President; Christine Schadlich, Secretary; and Carol Patterson, Treasurer.

**Members at large:** Janice Barlow, Katie Beacock, Flavia Belli, Roni Peskin Mentzer, Fern Orenstein, Gail Paradise, Linda Spence, Joanne Williams and Barry Zack.

**MBCW Staff:**

Janice Barlow: Executive Director  
Tom Scott: Communications Director  
Susan Schwartz : Events Planner  
Adrienne York: Executive Assistant  
Flavia I. Belli: Special Projects Coordinator  
Ashley Goldsmith: Summer Intern

**Newsletter Staff:**

Edare Carroll, Editor

[info@breastcancerwatch.org](mailto:info@breastcancerwatch.org);  
[www.breastcancerwatch.org](http://www.breastcancerwatch.org)

# Update on Marin Breast Cancer Rates

Janice Barlow

The rate of breast cancer in Marin County continues to be an issue that worries many women. When the most recent rates were announced in January 2002, a 20 percent increase over the previous year was reported. This sparked outrage and concern throughout the community and rightfully so.

The good news is that the strong reaction spurred by media reports and community response helped to focus resources on important research. It also made elected officials keenly aware of the need to do more to find the causes of breast cancer.

When the rates were announced last January, they were calculated using the best available data, which at that time were the 1990 census figures. Researchers anticipated that the rate would be lower when more current census figures were used. They also projected that the population of women between the age of 45 and 64 living in Marin might be underrepresented in the denominators.

Recently, the National Cancer Institute (NCI) recalculated the rates using 2000 census estimates and determined that breast cancer rates in Marin County are in fact lower than originally thought.

It's important to understand, the figures that were released last year were not a mistake. Researchers used the best available data at the time—from the 1990 census.

The recently released NCI figures were preliminary. In late June, the Northern California Cancer Center will conduct a more comprehensive evaluation and recalculate breast cancer rates for Marin County. There are two different sets of figures from which to derive a denominator in order to establish breast cancer rates: the census estimates and figures from the State Department of Finance, which will be available in June.

The finance figures are more comprehensive and allow for the inclusion of the role of migration.

While all of this has been confusing, the fact of the matter is incidence and mortality rates in Marin County, as well as the Bay Area, are still simply too high. There are too many women being diagnosed and dying from breast cancer. Whether or not the rates go up or down is really unimportant. One new woman diagnosed with breast cancer in Marin County is one too many.

## Marin Environmental Data Study Complete

Janice Barlow

Marin Breast Cancer Watch recently completed work on the Marin Environmental Data Study (MEDS), a pilot project designed to help set the foundation for a community-specific database. The project investigated community concerns about environmental problems that may relate to breast cancer in Marin and identified existing datasets that may be used to address these concerns.

By identifying datasets with Marin-specific environmental data, the MEDS pilot project facilitates the development of future research studies designed to investigate the extent environmental factors may be contributing to Marin County's high rates of breast cancer.

Although the primary goal of MEDS was to inform future research, we believe the databases can serve our community in other important ways. For example, the information contained in the datasets can be used to:

- Assess current environmental conditions of our community.
- Observe trends in environmental conditions that forecast future problems.
- Identify environmental conditions that require attention and research.
- Facilitate changes in public policy.

The following datasets were selected for inclusion in MEDS because they contain Marin-specific information and are easy to access through search engines such as Google and Yahoo:

**ARIP** - The U.S. Environmental Protection Agency's (USEPA) Accidental Release Information Program Database

**CalPIP** - The California Department of Pesticide Regulation's California Pesticide Information Portal

**CAQ** - California Air Quality data collected by the California Air Resources Board

**CERCLIS** - The USEPA's Comprehensive Environmental Response, Compensation and Liability Information System

**GEIMS** - The Geographic Environmental Information Management System of the California State Water Resources Control Board

**PUSE** - The state of California's Pesticide Use Summaries Database

**STORET** - The USEPA's Storage and Retrieval Database

**SSURGO** - The USDA's Soil Survey Geographic Database

**WTB/ULS** - The Wireless Telecommunications Bureau's Universal Licensing System Database

### MBCW To Launch New Website August 1

Coming soon! Marin Breast Cancer Watch will launch a new and improved Web site. The site will continue to be located on the web at [www.breastcancerwatch.org](http://www.breastcancerwatch.org).

But the new site will have a fresh look, be easier to navigate and allow viewers to access more information. Local web designer and artist Anja Allison of Illufox Design, [www.illufox.com](http://www.illufox.com), has donated her time and services to redesign the site.

## Avon Foundation Grants MBCW \$100,000

In recognition of the important work Marin Breast Cancer Watch is doing to find the causes of breast cancer, the Avon Foundation recently granted the organization \$100,000 to help fulfill its mission.

Grant funds will be used by Marin Breast Cancer Watch to continue its leadership role in pursuing community-based research projects, to educate the community about breast cancer and the environment, and to advocate for policies that reduce future risk of breast cancer.

Avon's grant represents its commitment to give back to the community in which money is raised. It will also help fund research that includes community input and ensures that the environment is part of the research equation.

On June 28, Marin Breast Cancer Watch will participate in the "Avon Walk for Breast Cancer" in San Francisco by being a featured guest speaker at the Wellness Village. The opportunity will give us the chance to update and inform race participants of the importance of community-based participatory research and the role the environment plays in the development of breast cancer.

## MBCW Offers Community-Based Participatory Research Workshops

MBCW will be offering a series of workshops on community-based, participatory research this fall for community members interested in being involved in future studies. No specific research experience is required—just a desire to help impact the future of breast cancer research in Marin and the Bay Area. For more information, call (415)256-9011.

### The Marin 50 October 11th

*Challenge your body, mind,  
and spirit with an extreme  
walking event for breast cancer.*

*The Marin 50, taking place  
Saturday, October 11, is a one-  
day, 50-mile endurance walk  
through Marin County in an  
effort to raise funds for research  
and prevention of breast cancer.*

*For more information on the  
Marin 50, get on the mailing  
list by contacting Susan Terrill  
at (415)331-1910 or at  
susan.terrill@attbi.com.*

## MBCW Receives Grant for Adolescent Program

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education in Marin County with regard to health risk, adolescent health and breast cancer. MBCW will host a series of focus groups with young girls and mothers to learn where breast cancer fits into the agenda of teenage girls. Finally, an evaluation of other programs around the country will be made to determine tools and information that may be helpful in constructing an ongoing educational program in Marin.

"The idea for this program came from discussions with women in the community who want to make sure their daughters have information about breast cancer and health," Barlow said. "There is a real need to not only inform, but to work with young people to better understand their concerns and ideas."

Working with health care professionals, educators, young girls and others from the community, Marin Breast Cancer Watch hopes to create a pilot program that can be a model for other communities.

## Celebrate Summer in Style and Support MBCW at These Upcoming Events

### Valhalla's Restaurant to Host Dinner and Fashion Show

Join hosts Joanne and Nunzio Alioto and Rick Jones, owners of Valhalla Restaurant, for spectacular sunset views of the San Francisco Bay and a sampling of Valhalla's cocktail cuisine, fine wines and dessert. The event takes place on Monday, June 30, from 5:30 to 7:30 p.m. Ticket donation is \$75.

California women's clothing designer, Helena Etchart—*Tine of What's Up Europe*, and Sausalito's *Gene Hiller Menswear* will present summer wardrobe highlights and will be joined by other Sausalito merchants.

Sponsors for this event include: Cooks Company-Elaine Jones, Peg Cople & Associates, The Hog Island Oyster Co, Luna Vineyards, Nestle Waters North America, Pelligrini Family Vineyards, Perrier Jouet Champagne, Southern Spirits-Jeff Jones.

Special Appreciations go to: Tom Gangiatano, Grand Illusions, Janet Holm, Wayne Kaleck, Marin Scope, The Marin Independent Journal, Myrna Peskin Design, MSI Litho, Salon di Sabrina, Sausalito Chamber of Commerce.

### Un Giorno di Bocce (A Day of Bocce)

Join Marin Breast Cancer Watch in a fun and relaxed atmosphere to play Bocce Ball, the sport that has captured the Bay Area on Saturday, Sept. 13 from 9:00 a.m. to 4:00 p.m. at Albert Park in San Rafael. Team registration is \$250 for teams of four to six players. No experience is necessary. Continental breakfast, BBQ lunch and prizes for the winning teams will be offered, thanks to our local business community sponsors.

## Dipsea Hike/Run Set for July 26th

Whitney Black

The Dipsea Hike/Run, a 7.1-mile stretch of land connecting Mill Valley to Stinson, has become synonymous with Marin County's sense of wellness. It is because of this connection with nature and health, physicality and well-being that the Dipsea serves as the perfect venue for MBCW's annual Hike/Run.

In partnership with community volunteers and the Tamalpa Running Club, MBCW will host its second Dipsea Hike/Run on July 26. Following in the footsteps of last summer's success, the event will continue to increase breast cancer awareness and educate the community about the importance of physical fitness in the battle against breast cancer.

This year's event is being held in honor of Andrea Fox, a Marin Breast Cancer Watch board member and community activist who passed away from breast cancer last July. It was Andrea's conviction that exercise and physical fitness play an inextricable role in fighting breast cancer. Her hard work and dedication helped inspire and create the first MBCW Dipsea Hike/Run last summer.

This year's event hopes to raise \$50,000, which will be used by MBCW to further its commitment to community-based research, education and public policy advocacy. There is a \$25 registration fee, though participants are welcome to seek out sponsor donations.

Check-in begins at 7:30 a.m. at Old Mill Park in Mill Valley. Runners will depart at 8:30 a.m., followed by hikers at 9:00 a.m. The trek follows the route up Cardiac Hill to the Old Mine Trail, finishing at Mount Tam's Mountain Play Theater, where music and refreshments will be provided for participants.

Though there are physical demands in a course like this, the atmosphere at the start and finish lines is inclusive to all who believe in supporting our community and helping raise breast cancer awareness.

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The United Studios of Self Defense Team participated in the first Dipsea Hike/Walk in July 2002.

## New Board of Directors Members Appointed

MBCW is pleased to announce the election of new officers to the board of directors. **Sandra Cross**, an attorney and breast cancer survivor, will be the new president. She takes over for **Roni Peskin Mentzer**, a founding member of MBCW and guiding force in the evolution and success of the organization over the past few years. Roni will continue to serve on the board. **Erica Heath**, president of Independent Review Consulting, Inc., a Marin firm that provides ethical review of medical, social and educational research, is the new vice president. She takes over for **Flavia Belli**, a founding member of MBCW and integral part of developing research studies. Flavia will continue to serve on the board. **Christine Schadlich**, a portfolio manager and marketing and public relations specialist, is the new secretary. After breast cancer treatment in 2002, Christine retired to spend more time with her two young children. She takes over for **Linda Spence**, another founding member of MBCW. Linda will also continue to serve on the board. Incoming treasurer is **Carol Patterson**, who brings an expertise in health planning and financial management. Finally, we welcome **Susan Schwartz** as the new events planner at MBCW. She directed both the Honor Thy Healer awards ceremony and the Gala Event. Susan has a professional background in health services administration and has served on many community boards.

2003 MBCW Board Officers (L to R):

Linda Spence, Christine Schadlich, Sandra Cross, Janice Barlow, Roni Peskin Mentzer, Erica Heath, Flavia Belli, Fern Orenstein, Katie Beacock. Missing are: Gail Paradise, Joanne Williams and Barry Zack.



# Honor Thy Healer Brings Community Together

Susan Schwartz

Over 300 people turned out to help celebrate the fourth annual Honor Thy Healer awards celebration on March 20. Seven individual healers and one special family were honored for their selfless acts of kindness and compassion in the care of breast cancer patients.

For the first time in its history, the event was held during the day as a luncheon, allowing many representatives of the business and professional community to join in this moving ceremony. It is their continued support and sponsorship that makes this event such a success.

Marin Breast Cancer Watch board members, staff and volunteers greeted friends, honorees and their guests upon arrival. Classical guitarist Paul Geller provided background accompaniment, local artist and MBCW board member Gail Paradise decorated



Flavia Belli, Dr. Alison Smith and Fern Orenstein.

the lunch tables, and Rings Catering expertly prepared and served a fabulous three-course meal.

This year's honorary chair Karen Neuberger, local designer and clothing manufacturer, shared her philosophy of business leadership and advocacy for breast cancer causes when she said it was simply, "people helping people and strengthening community ties." This was the perfect introduction to a program



Flavia Belli and Leslie Davenport.

filled with compelling stories and compassionate individuals. The presentation ceremony featured professionally designed video interviews that spotlighted each award recipient talking about their commitment to helping those with breast cancer.

The 2003 Honor Thy Healer award recipients include:

## HEALING PROFESSIONAL

Alison Smith, MD  
North Bay Surgical Group

As a co-founder of the North Bay Surgical Group, Dr. Alison Smith has earned a reputation as a talented and respected surgeon. She provides an environment that is welcoming, caring and compassionate for her patients and goes the extra mile to make sure her patients have the best information and the comfort in knowing they are dealing with a caring professional.

## HEALING PROFESSIONAL

Leslie Davenport, MFT  
Institute for Health and Healing, Marin General and Novato Community Hospitals

For 14 years, Leslie Davenport has provided a special brand of healing for people in Marin. As the administrator of Marin General's

Humanities program, now part of the Institute for Health and Healing, Leslie initiated a guided imagery service, which helps patients focus their inner resources and reconnect with parts of themselves to help in the healing process.

## HEALING PARTNER

Cheryl Lingvall

As a breast cancer survivor herself, Cheryl knows the healing process can take a long and spiritual path. In dealing with her own disease, she's come in contact with countless other women with breast cancer, all of whom get a special piece of Cheryl's compassion and wisdom.

## HEALING PARTNER

Maria Howard, Nancy Hansbery, Onnie Kyne, Renee Howard



Sisters Nancy Hansbery, Teresa Wootton and Onnie Kyne.

If you looked up the word family in the dictionary, you would see a picture of Teresa Wootton's family smiling and laughing together. To say they are a close-knit group is only part of the story. They provide each other with unconditional support, love, understanding and most of all laughter. They are sisters and daughters, but they are also friends. Best friends.

**COMMUNITY BREAST CANCER RESEARCH AWARD**

*Margaret Wrensch, PhD*  
 Professor of Epidemiology and Biostatistics, University of California at San Francisco

As a professor of epidemiology and biostatistics and a respected breast cancer researcher, Margaret was the catalyst for helping develop the research program at Marin Breast Cancer Watch.



*Fern Orenstein congratulates Dr. Farren.*

**COMMUNITY BREAST CANCER RESEARCH AWARD**

*Georgianna Farren, MD*  
 Marin Community Clinic, former Research Director of Marin Breast Cancer Watch

As the first Research Director for Marin Breast Cancer Watch, Georgie Farren worked to help create and build the research department for the organization. As co-principle investigator on several breast cancer studies in Marin County, including the Adolescent Risk Factors Study, Dr. Farren proved that community members can play a valuable role in developing and influencing research ideas.

**SHINING STAR**

*Kathleen Clark*  
 Board President, Marin Breast Cancer Council

As a founding member of the Marin Breast Cancer Council, Kathleen

has been a leader in helping raise awareness and funds to help those with breast cancer.

**FRANCINE LEVIEN ACTIVIST AWARD**

*Bill Daniels*  
 President and Co-owner, United Markets

When a longtime employee and friend of United Markets lost his battle with cancer, Bill decided with his partner, Bob Musante, to take the courageous step to ban cigarette sales from United Markets.

A video of the fourth annual Honor Thy Healer awards is available for viewing in the MBCW office. Call Susan Schwartz, events planner at (415)256-9011.



*Shining Star Kathleen Clark celebrates with her family.*



*Cheryl Lingvall, Bill Daniels, Roger Grossman and Sandy Daniels.*

**Honor Thy Healer Sponsors**

Many thanks to the following sponsors:

**GOLD GALAXY:**

- The Mechanics Bank
- Marin Independent Journal
- Marin County Board of Supervisors
- Hall Kinion

**SILVER GALAXY:**

- Karen Neuburger, Honorary Chair
- Autodesk
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- Bank of Marin
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- Kaiser Permanente
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- Marin Community Foundation
- Marin General & Novato Community Hospitals
- Seadrift Realty

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- Marin Radiation Oncology: Drs. Halberg, Miyawaki, Poen & Torigoe
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- Bank of the West
- Bay Club Marin
- Berkeley Nucleonics Corporation
- Melissa Bradley Real Estate
- Coldwell Banker Residential Real Estate
- First American Title Company of Marin
- First Security Loan
- Pacific Union Residential Brokerage
- Shamrock Materials, Inc.
- Westamerica Bank

**SILVER STARS:**

- The Breast Cancer Fund
- Barron Mortgage – Singler & Barron

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# Supporters Kick Up Heels at Gala Event

Susan Schwartz

Classic cars, swinging sounds, live and silent auctions and gourmet food greeted more than 200 supporters who turned out for "A Classic Debut Gala" for Marin Breast Cancer Watch on May 10.

The fundraising event was held at Checkers' Classics Collection, a private auto collection in Terra Linda owned by Charlie and Barbara Goodman that is rarely open to the public. This unique opportunity allowed guests to view more than 60 classic cars from every decade.

Comedian Bob Sarlatte, emcee and auctioneer, shared his special brand of humor during the dinner and auction before the crowd stormed the glitter-decked dance floor to boogie to the 1950-60's tunes of the famous Bay Area band, *Butch Whacks and the Glass Packs*.



The gala was Marin Breast Cancer Watch's first venture into sponsoring a dinner-dance auction separate from the annual Honor Thy Healer awards. The classic car theme was carried all the way through to the model car table decorations. Guests enjoyed California Mediterranean hors d'oeuvres and food stations created by Stacy Scott Fine Catering.

Once again, business establishments from Marin, San Francisco and beyond donated generously. An extensive silent auction ranged from spectator sports to four star restaurants. Live auction offerings varied



from a tour of Pixar Animation Studios to a Park City ski week resort to catered celebrity parties and a weekend at San Francisco's Four Season's Hotel.

The highlight of the evening was the presentation of the "Outstanding President" award to former board president Roni Peskin Mentzer, in recognition of her many years of leadership and service to Marin Breast Cancer Watch. Executive Director Janice Barlow delivered a keynote address to many new supporters.

The planning committee included members of the community like Steve Barlow and Kevin Harrison from The Mechanics Bank and Michael McCormac from Grubb & Ellis Commercial Real Estate. Many thanks to all board members, community supporters and volunteers for contributing to a successful event.

## SPECIAL THANKS

**Live Auction:** Alexander's Decorative Rugs; Supervisor Hal Brown; Chantecler Catering; The Four Season's Hotel; Golden Gate Harley Davidson-Buell; The Kimpton Hotel and Restaurant Group; Lucasfilm, Ltd.; Jim Marshall, Susanna Milman; Carol Patterson and

Peg Van Camp-Park City; Pixar Animation Studios; The Zuni Café.

## SPECIAL ACKNOWLEDGEMENTS

**Hosts:** Charles and Barbara Goodman  
**Sponsors:** The Marin Independent Journal, The Mechanics Bank and Merrill Lynch.

## Contributors:

Winnie Appleby, Paul Felder Photographer, Victoria Love, MSI Litho, Poor Ann's Press, Tim Park, James Patrick, Ed Rick Design, Jan Stessman, Brandon York and the MBCW Board.



## Dipsea Hike/Run

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MBCW's July Dipsea Hike/Run embodies the spirit of Andrea Fox. It is an event to promote community togetherness that emphasizes the importance of joining physical fitness and well-being while raising awareness for breast cancer. Please join MBCW for the second annual Dipsea Hike/Run, in honor of Andrea. Your body and mind will thank you for it! Call (415)256-9011 to register today.



## DONATIONS TO MARIN BREAST CANCER WATCH

The following donations were received between January 16 to June 9, 2003.

### GENERAL DONATIONS

Tina Axelrod  
Erin and Peter Badala  
Michelle Bailey  
Bank of America  
Bell Golf Club of Marin  
John Benus, Color Coded Productions  
Bertolli's Auto Body Shop  
Tim and Edie Biddle  
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Steve and Britt Thal  
Matilda and Donald Thompson  
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United Way of Sonoma-Mendocino-Lake  
Van Midde & Son Concrete  
Sharon Waugh-Vallejo  
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California Film Institute  
California Shakespeare Theater  
Champagne French Bakery  
Cheap Pete's

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## **Donations to MBCW**

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Collage  
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Indian Valley Golf Club Inc.  
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Marin Brewing Company  
Marin County Board of Supervisors  
Marin Joe's  
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Michael and Dianna McCormac  
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Piatti Restaurant  
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Richmond Country Club

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Shadows  
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Sunnyside Nursery  
Sweetwater  
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The Collective of San Anselmo  
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**Sarah Fenner**  
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**Moira and On the Avenue Hair Studio**  
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Paula Kamena, Marin County District Attorney's Office

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William Kartoian, The Kartoian Family  
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## Honor Thy Healer Sponsors

*Continued from page 7*

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Jan Stessman and Susan Schwartz, event  
planning and production  
Ultra Films, video program  
Adrienne York, MBCW executive assistant  
Volunteers, friends, family and Board  
members of MBCW.

# KEEPING ABREAST TO GO ONLINE

Marin Breast Cancer  
Watch announces that  
its quarterly newsletter,  
*Keeping Abreast*, will be  
changing to an online  
publication this fall.

By reading our online  
publication, you will:

- Help us save money  
on printing and  
postage and
- Reduce paper on  
your desk.

If you would like to  
receive *Keeping Abreast*  
online, let us know  
your email address  
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not have email and  
wish to receive a  
printed copy, please  
consider subscribing  
(\$35). Call (415)256-  
9011 or contact us:  
[info@breastcancerwatch.org](mailto:info@breastcancerwatch.org).

## **Upcoming MBCW and Community Events**

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### **JUNE 30**

Vahalla Restaurant Fundraiser for MBCW  
5:30 to 7:30 p.m.  
Ticket Donation: \$75  
RSVP to MBCW (415)256-9011.

### **JULY 26**

Second Annual MBCW Dipsea Hike/Run  
The Dipsea Trail, Mt. Tamalpais  
8:30 a.m.  
Registration 7:30 at the Old Mill Park  
\$25 registration fee  
To register call (415)256-9011 or go to  
[www.breastcancerwatch.org](http://www.breastcancerwatch.org).

### **SEPTEMBER 13**

Un Giorno di Bocce  
(A Day of Bocce) with Marin Breast Cancer Watch  
Albert Park, San Rafael  
9:00 a.m. to 4:00 p.m.  
Team registration is \$250 for four to six players  
No experience necessary  
Continental breakfast, BBQ lunch and prizes.  
To register call (415)256-9011.

### **OCTOBER 20**

A Community Forum on Breast Cancer Screening  
Dr. Virginia Ernster, retired, Department of Epidemiology  
and Biostatistics, UCSF  
7:00 p.m.  
Location to be posted on MBCW website:  
[www.breastcancerwatch.org](http://www.breastcancerwatch.org)  
For more information call (415)256-9011.

## **MBCW Publishes Its First Research Study**

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*Continued from page 1*

The similarities between cases and controls in this study and the high incidence of some breast cancer risk factors that were found in many areas, suggest that both groups are at high risk for breast cancer. Specific findings, in combination with the results of other recent prospective studies, suggest that decreased alcohol consumption and increased breastfeeding after childbirth — modifiable risk factors in adults — might help to reduce breast cancer risk.

“This research project was initiated because of community concerns.” Barlow continued. “Early in the process, community meetings were held to help focus research direction and techniques. At every step in the process, MBCW research members have played an active role.”

The principal investigators on the study were Margaret Wrensch, PhD, and Georgianna Farren, MD, representing Marin Breast Cancer Watch.

The focus on community-based research as a model has established Marin Breast Cancer Watch as a leading advocate for the inclusion of community concerns and ideas in research projects.

## **Calling All Volunteers**

Volunteers are needed for various functions at Marin Breast Cancer Watch. If you would like to volunteer your time to help MBCW in our office, or at the many upcoming events, please let us know your availability by contacting us at (415)256-9011 or emailing us at [info@breastcancerwatch.org](mailto:info@breastcancerwatch.org).



MarinBreastCancerWatch

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