

BREAST CANCER SURVIVAL CENTER

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A Non-Profit Organization Providing
Post-Treatment Support and
Education for Breast Cancer
Survivors and their Families

*Scenes from 2005 Survivors
Celebrate Life! Fashion Show*



Please let us know of others who
would like to receive this quarterly
newsletter.

*Editor's Note: We cannot provide
medical advice. Consultation with
your doctor is your best source of
medical information.*

Meditation Minute: Affirmation

I let go of feelings that are not
mine.

I am full of love and energy.

Just as we wash our bodies
and our clothes, we need to
cleanse our emotional bodies.

As we move through our days,
many of us act as psychic
garbage collectors, vacuum-
ing in other people's feelings.

The more sensitive we are, the
more debris we collect.

In order to free ourselves from
any inappropriate feelings we
have been subjected to during

the day, it is wise to experien-
tially symbolize purifying our
emotional bodies.

One excellent way to do this is
to take a shower or bath, and
as you soak in or stand under
the pouring water, imagine any
limiting, defeating, and
depressing feelings or beliefs
being rinsed away.

In as vivid a way as you can,
see the emotions that are not
yours swirling down the drain
away from you.

It is not your responsibility to
shoulder them.

Now, visualize and feel the
purifying water saturating the
cleansed areas with love and
energy.

Source: *The Woman's Book of
Soul*, by Sue Patton Theole



Breast Cancer Survival Center

Providing Post-Treatment Support and Education

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www.breastcancersurvival.org

Why a Support Group?

Coming Events

Support/Discussion Groups 2006

January 10, 24;

February 14, 28;

March 14, 28;

April 11, 25;

May 9, 23;

June 13, 27

Fairfield County Women's Center,
Room 116, Norwalk Community
College, West Campus

5:30 p.m.

Weekend Retreat for Breast Cancer Survivors

June 2, 3, 4, 2006

Mercy Center, Madison, CT

Seventh Annual *Celebrate Life!* Fashion Show and Brunch,

October 1, 2006

Shore and Country Club
East Norwalk, CT

Breast Cancer Awareness Month Candle Lighting Ceremonies

October 2006

For information, (203) 857-7304,
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or see us on the web at:
www.breastcancersurvival.org.

*Thanks to Novartis Oncology
and the Wilton Woman's Club
for generously underwriting this
newsletter.*

"I never thought that anyone else could understand what I was feeling," said one recent participant at a BCSC support group. "I walked into a room full of strangers, and when I left, I had a room full of friends."

BCSC support groups bring together a diverse group of people who share a common bond: the questions and fears which come after diagnosis and treatment of breast cancer. Many of the women who come to the groups were not in any kind of support group while they were in active treatment.

"I had the support of my family and a few close friends, and I really didn't need anyone else. But when my treatment ended, I had so many unanswered questions. I had trouble sleeping. I was so afraid that every little ache or pain I felt was the cancer coming back. My family thinks I'm crazy, so I don't tell them what I'm feeling any more. What's wrong with me? Is it normal to feel this way?"

A group is a safe place where people can give and receive emotional support, share their feelings and have them validated, learn to cope, and, sometimes, just let off steam. All in a completely confidential environment. The groups actually form a new "family," in some cases.

Some participants believe the greatest benefit to the group is being really listened to. For others, it's a way to decrease the sense of isolation which often occurs when treatment ends. Still others are grateful for the strong bonds of friendship which form as a result of participating in the groups.

"I'm not saying I'm glad I had breast cancer," said one survivor. "But I am so glad that sharing my cancer experience with other survivors has brought me friends whom I never would have met any other way. Now, I can't imagine my life without them."

In addition to the social aspect of BCSC's groups, participants often share practical tips about dealing with side effects from their follow-up drug protocols, as well as diet and nutritional information.

BCSC Clinical Director Nina Marino, LCSW, herself a nine-year breast cancer survivor, facilitates our groups.

"When Nina looks me in the eye and says, 'I know what you mean,' she really does," said a group member. "She understands that it's sometimes hard to talk about things. That just making the effort to come that first time is a huge risk. And that sometimes when I really don't want to come to the group, that's when I need it the most."

BCSC's support groups are held the second and fourth Tuesdays of every month at 5:30 p.m. in Room 116, West Campus, Norwalk Community College, 188 Richards Avenue, Norwalk.

On January 10, 2006, to kick off its winter group series, BCSC will host an "open house" for survivors to come and meet Nina, as well as Lee Fallet, BCSC Assistant Clinical Director, and learn about the various programs BCSC offers, including weekend and day retreats and special speakers, which are of benefit to survivors. Light refreshments will be served.

Breaking New Ground for Mothers, Survivors

Letter from the Director

"I've been praying for this ever since my daughter was diagnosed with breast cancer four years ago."

That's what one of the participants in our November 12 retreat for mothers, "I Wish It Had Happened To Me," said about her experience that day.

A powerful testimony, straight from the heart, from a mom who couldn't find help and support anywhere else.

The mothers' retreat was one of a series of new programs the Breast Cancer Survival Center offered for survivors and family members in 2005.

In addition to our regular bi-weekly support groups at Norwalk Community College, BCSC's special speakers series featured nutritionists, a meditation expert, a chiropractic physician, and a lymphedema therapist.

In addition to the mothers' retreat, our 2005 retreat schedule also included a

survivors' weekend at Mercy Center in Madison, as well as our first one-day retreat for young survivors at St. Paul's Church on the Green in Norwalk. This retreat offered younger women the opportunity to discuss issues unique to their age group, such as fertility issues, intimacy, and how to talk to young children and parents about cancer.

On June 4, in collaboration with The Witness Project, BCSC hosted "Our Wellness Matters," a day for survivors featuring Dr. Barbara Ward, Medical Director of The Breast Center at Greenwich Hospital, as keynote speaker. The day included breakout sessions in meditation, energy healing, empowerment after diagnosis, nutrition, exercise, lymphedema, genetics, and a long-time survivor panel.

On October 2, in collaboration with Talbots in Westport, BCSC presented its sixth annual Celebrate Life! fashion show and brunch at Shore and Country Club in East Norwalk, with 14 beautiful cancer survivors as models. The event attracted over 200 family members, friends, and BCSC supporters--our largest audience yet. Other October events included our annual candle-lighting ceremonies in

Westport, in partnership with the Westport Young Woman's League, West Hartford, in partnership with St. Joseph College, and Milford, in partnership with the City of Milford and Mayor's office.

This November has been the busiest in our history, including both our first-ever mothers' event and an all-day empowerment workshop for survivors on November 19, as well as our regular support groups and speakers.

Our press coverage this year has been wonderful. We are particularly pleased to have been a major part of *Connecticut Magazine's* October feature story, "Living Through It," about surviving breast cancer.

We have made many new friends and supporters this year, as well as deepened the bonds of those who have believed in the mission of this program from the very beginning.

Thank you to all who have supported us and we look forward to offering even more innovative programs for survivors and family members in 2006.

Happy Holidays to all!

Susan Santangelo

Save the Dates

October 1
**Seventh Annual Celebrate Life!
Fashion Show and Brunch**
The Shore and Country Club
East Norwalk, CT

June 2 - 4
Weekend Retreat for Survivors
Mercy Center
Madison, CT



Providing Post-Treatment Support
and Education for Breast Cancer
Survivors and their Families

Focus on: Sheryl Kraft

Publishes Breast Cancer Experience

"The Fourth Floor," written by BCSC Board Member Sheryl Kraft, a 17-year breast cancer survivor, has been selected for publication in the December 14 edition of the *Journal of the American Medical Association*.

Ms. Kraft recently received a Masters of Fine Arts degree from Sarah Lawrence College in non-fiction writing. "The Fourth Floor" is a portion of her master's thesis, which details her breast cancer experience. It refers to the fourth floor of a hospital.

The weekly journal JAMA is one of the most respected and widely read publications for the medical profession.

Ms. Kraft is a professional writer. She feels extremely gratified and hopeful that this piece will be read by medical professionals who might gain some knowledge as to the huge emotional aspect of illness and its implications.

Congratulations, Sheryl!

BCSC in the News

Recent Breast Cancer Survival Center News Coverage

“Survivors have issues that need to be addressed, and it’s an uphill battle.”

Susan Santangelo, quoted in *Connecticut Magazine*, October 2005

News Clips

Programs of the Breast Cancer Survival Center generated news coverage in recent months including the following:

“Living Through It: More women are surviving breast cancer, but even survival comes with a cost,” *Connecticut Magazine*, October 2005. Reports on increasing attention to survivor issues.

“A Day for Young Breast Cancer Survivors,” *Norwalk Citizen-News*, 4/22/05. Highlights BCSC’s first young survivors’ retreat.

“Breast Cancer and the Younger Woman,” *The Advocate*, Stamford, CT 4/26/05. Discusses BCSC’s addressing concerns of survivors under age 40.

“Day by Day: Wellness day planned in Norwalk to assist women cancer survivors,” *Connecticut Post*, 5/25/05. Covers Wellness Day program, sponsored by BCSC and the Witness Project.

“Breast Cancer Survivor Helps Others Live Life,” *The Hour*, 5/25/05. Interview on BCSC and Wellness Day event.

“Co-existing with Cancer: Survivor overcame disease by making it a partner in life,” *The Hour*, Norwalk, CT, 7/25/05. Profiles BCSC Board Member Carla Gisolfi.

“Survivors to Strut Their Stuff,” *The Hour*, Norwalk, CT, 9/28/05. Previews BCSC survivors fashion show.

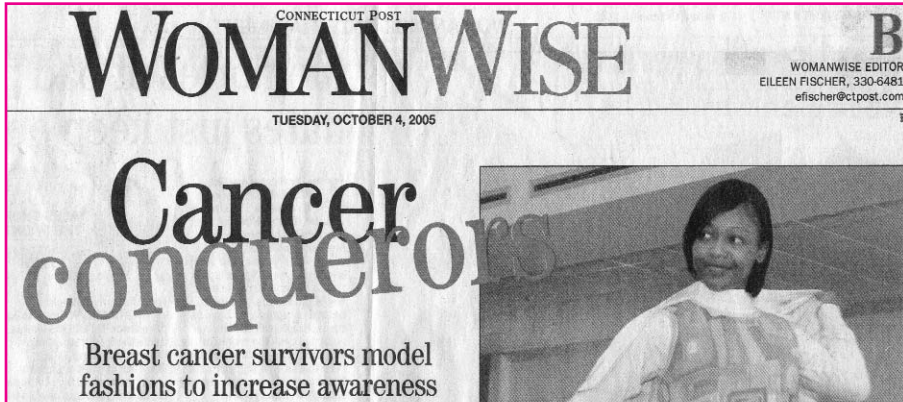
“Cancer Conquerors: Breast cancer survivors model fashions to increase awareness,” *Connecticut Post*, 10/4/05. Covers annual Celebrate Life! fundraising fashion show.

“Breast Cancer Awareness Observed with Candle-Lighting Ceremonies,” *Westport News*, 10/12/05. Covers BCSC’s annual candle-lighting event.

“Walking the Walk,” *Norwalk Citizen-News*, 10/14/05. Reports on fashion show.

“Why My Daughter: Mothers of daughters with breast cancer seek support,” *Connecticut Post*, 10/30/05. Covers BCSC’s first ever mothers’ retreat.

“Breast Cancer A Family Battle,” *The Hour*, Norwalk, CT, 11/5/05. Details issues addressed at BCSC’s mothers’ retreat.



Boutique Order Form

BREAST CANCER SURVIVAL CENTER

Providing Post-Treatment Support and Education

Sock It to Breast Cancer!™ socks

Sweatshirts with the Breast Cancer survival candle logo

Sock It to Breast Cancer!™ bear

Pink Empowerment Bracelet



Selection	Quantity	Price	Total
Socks			
Trouser socks, black		\$10.00	
Sport socks, white		\$10.00	
Sweatshirts (Circle size)			
L		\$20.00	
XL		\$30.00	
"Meg" Bear			
White		\$20.00	
Light Brown		\$20.00	
Dark Brown		\$20.00	
Pink Empowerment Bracelet (Circle first choice)			
"Survivor," "Hope," "Faith," "Strength"		\$1.00	
Shipping			
	Under \$20	\$ 2.50	
	\$20 and up	\$ 4.50	
TOTAL			
My Name _____			
Address _____			
City, State, Zip _____			
Phone/e-mail _____			
I Would Like to Donate \$500, \$250, \$100, \$50, \$25, Other _____			
Please accept my tax-deductible contribution to help provide support and education to breast cancer survivors and their families.			
Please make checks payable to Breast Cancer Survival Center and mail to: BCSC, 4 Drummers Trail, Old Saybrook, CT 06475. Thank you.			
Donations are tax-deductible to the fullest extent allowed by law.			

Breast Cancer In the News

Cancer Survivors Require Better Follow-Up, Study Says

WASHINGTON (AP, Nov. 7) -- The 10 million cancer survivors in the U.S. require customized follow-up for years that too few now receive, says a major study that calls for oncologists to create a "survivorship plan" to guide every patient's future health care.

Half of all men and one-third of women in the U.S. will develop cancer in their lifetimes. Thanks to advances in early detection and treatment, the number who survive has more than tripled over the past three decades.

When active treatment ends, these people's special needs may be just beginning, said the study, released Monday. Yet, the legacy of physical, psychological and social consequences has largely been ignored by doctors, researchers, even patient-advocacy groups, leaving survivors too often unaware of simmering health risks or struggling to manage them on their own, said the report by the Institute of Medicine.

"Successful cancer care doesn't end when patients walk out the door after completion of their initial treatments," said Sheldon Greenfield of the University of California, Irvine, who led the study for the institute, an arm of the National Academy of Sciences.

Yet, "you fall off a cliff when your treatment ends," said report co-author Ellen Stovall, president of the National Coalition for Cancer Survivorship, who speaks from personal experience as a two-time survivor.

Busy oncologists' priority is to treat patients and they may have little time for the survivor, while physicians who don't specialize in cancer care may not know what special needs survivors have. "Nobody can take custody," said Ms. Stovall, who praises her own doctors but said even they lack information about long-term follow-up for the Hodgkin's disease that first struck her 33 years ago.

"The doctor says you're done" with cancer treatment, she added. "But you're just beginning a whole new phase of your health care. Nobody's got the roadmap for that."

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Empowerment for Survivors

BCSC Presents Workshop

"What makes you happy?" Susanne G. Lee, President of Instant Productivity, Inc, of Princeton NJ, asked a group of breast cancer survivors recently.

"When was the last time you really felt happy? Take a few minutes now and really think about your answers. Then write them down. You don't have to share them with anyone else. This is for you alone."

These provocative questions were part of the November 19 all-day workshop, "The Power of Empowerment: Taking Back My Life After Cancer," presented by BCSC at the Fairfield County Women's Center, Norwalk Community College.

"Is what you are doing to take care of yourself working now?" asked Susanne. "If the answer is yes, great. If the answer is no, we need to figure out what to do to take care of ourselves more."

A diagnosis of a catastrophic illness like breast cancer is life-changing, but it can also be life-affirming. Several of the workshop participants said that since their diagnosis they felt more liberated. "Cancer has shown me that I

only have one life and I better live it," said one woman. "I'm not going to allow myself to be dragged down by negative people in my life, whether they are friends or family. I deserve more than that."

Susanne asked participants to DARE to be empowered, then explained that each letter in the word DARE has a specific meaning in this context.

D: Decision. Make the Decision to take care of yourself, to take charge of your life.

A: Awareness. Be Aware of yourself and what you need and want in life.

R: Responsibility. We are all Responsible for controlling our own environment. Further, we are Responsible for asking people to give us what we need. No one is a mind reader.

E: Enthusiasm. Live life with Enthusiasm, with joy.

"The only person you can change is yourself," Susanne concluded. "You can't change any one else. DARE to do it."

Scenes from 2005 Survivors Fashion Show



Photos: John Galayda Connecticut Post



Contributed photo

Westport Young Woman's League photo



Westport Young Woman's League members and families arrange candles in the shape of breast cancer ribbon, as part of BCSC awareness event at the Westport Inn, Westport, CT

Thanks for Support

Thanks to a generous donation from Novartis Oncology, makers of the breast cancer preventative drug, Femara, we have completely redesigned our quarterly newsletter. We are including regular features on nutrition, as well as stories from survivors which are sure to inspire. If you would like to see any subjects included, please e-mail us at cancersurvival@aol.com.

We are grateful to Novartis and to the Wilton Woman's Club, which continues to support this publication for the fifth year.

A Young Survivor Discusses Her Story

Marlene Stern



Coming from a family with history of cancer, I have always considered myself to be very careful and have always tried to "be healthy." But I guess I was not lucky enough to escape this dreadful disease. On the other hand, I still feel I was lucky enough to get it diagnosed and treated before it advanced. The upside for me was that I didn't have to undergo any radiation or chemotherapy. The downside, though, was I lost both my breasts.

On August 2001 after my regular six month mammogram, my doctor (OB/GYN) called, and said, "Marlene, the calcification on your left breast has increased 10 times, and I need you to schedule a biopsy as soon as possible." I hear those words as clear today as the day she said them. Being a former registered nurse, I just knew (and felt) something was wrong. That night I met my husband for dinner and told him the news that I have always been afraid of; I remember him saying, "Whatever happens we will deal with this together." The biopsy was scheduled for September 11, 2001. As my blood pressure was being taken, a nurse had come in to say "a plane just hit the World Trade Center," and a little while later the second plane. As we waited in the cubicle we were told my doctor was running late (she was watching the news since she had friends in the Trade Center). After the surgery I recovered quickly and the results came out negative, but the good news didn't last long. After two months my surgeon felt a lump on my right breast and did a lumpectomy (by this time I was really getting more anxious and worried). My surgeon called and wanted me to come in for the results. This just confirmed my fears. Usually they tell you over the phone when the results are negative. The only regret I have is that my husband had just left on a business trip (and this was the time when I really needed somebody with me). I came to her office pretending to be brave and strong. I prepared myself for the worst, knowing what she would say. The truth is that I wasn't ready to hear what she said. "You have LCIS (Lobular Carcinoma In Situ, also known as precancer). You have three options:

1. We can wait for the cancer to develop before we do anything and we will watch you very closely. (I didn't think this was very reassuring.)
2. Start with Tamoxifen treatment for five years as a preventive measure.
3. Bilateral Mastectomy since LCIS involves both breasts and is not localized. (I didn't expect to lose both breasts.)

I felt numb; I needed to talk to somebody. I came out of the doctor's office crying, so I called my husband. He was trying to reassure me that everything would be alright. But nothing he said made me feel good. We talked some more and decided that I would get a second opinion. Meanwhile I did not tell my parents or kids. (Kenneth was

15 and Elizabeth was 11). They had the right to know, but we decided to tell them after we made a decision on what course of action to take.

I went to Sloan Kettering Center in New York for the second opinion and was told that they do not advise the Tamoxifen treatment since their research studies show high numbers of women getting side effects, and it was not helpful in my case. While doing this, they found another lump on my left breast and they wanted to do another lumpectomy. This was the third time and, I just couldn't see myself going through it again. I had to make the hardest decision of my life. I was going to have the surgery and lose both breasts.

So Many Questions

There were so many questions in my mind. Are there any guarantees that it will not reoccur? If it reoccurs, will they be able to see before it affects the bones since there is no more breast tissue? Since it is so close to the bones will my chance of survival be less if it reoccurs? Will this affect my relationship and intimacy with my husband? Emotionally can I handle this? Will I be able to see my kids grow up, finish college, get married? I have a lot of things I still want to do in life. Will I be able to accomplish them?

It has been three years now since the surgery, and I am fine. But I have learned that having breast cancer really changes your life not only on how you look at life but how you treasure life. I started to focus more on my purpose and goals and learn to live one day at a time and enjoy every moment I have with my loved ones. There are moments that I think of reoccurrence, but I try not to let it take over my thoughts. I consider myself healthy, but at times emotionally hurting.

I wake up every morning and keep going, living my life to the fullest. I believe nobody can change the way I see things, and only I can change my attitude toward life. I believe that there is a reason for everything. You can turn any negative into a positive. This crisis has caused me to be better and it has made me a stronger person. I believe in miracles, and I believe in dreams, so if you are like me, and through a miracle, you are a breast cancer survivor, then you can turn your life around and live your dreams.

I have been blessed with a huge support structure, a loving husband, two beautiful children, family, friends and wonderful people that I have met from the Breast Cancer Survival Center. Women who are diagnosed with breast cancer need each other to go through life knowing that they are not alone. If you or I can make a difference by helping one person to feel better about themselves just by sharing, then this is worth doing. And I have accomplished one of my goals.



Mother's Retreat: In Retrospect

Carol L. Frank

It was Friday evening, November 11, and tomorrow morning was getting closer and closer. It was the mothers of daughters with breast cancer retreat, and *I did not want to go*.

How did I get myself into this? I started this idea for a mothers' retreat. I could not face it, yet I could not back out.

At the start of the retreat, we were eight of us. One woman came all the way from Smithtown, Long Island. Others from New York and Connecticut arrived later.

Our facilitators were great, but they wanted us to write about our daughters--not their illness--so we could know each other's child and what they were like.

My back went up. "This is not for me." Everyone else wrote volumes. I put down a few remarks and then gazed into space. My thought was I wanted to leave.

As the women started to speak (at this point, there were ten). I relaxed and listened to what they were saying. It became interesting and a good exchange of ideas, knowledge, feelings.

By the time lunch arrived, we were all chatting like old friends. We talked more

and walked the labyrinth. We all felt great emotion and a sense of peace doing this.

Our facilitators never injected themselves. They led us only when they felt we needed direction. They were amazing.

As 3 p.m. came, we were no longer strangers in the room, but friends who wanted to keep in touch -- not every month, but a day in the city. Coffee somewhere. Just knowing that we had formed a bond and all understood what we were experiencing.

Am I glad I pursued this group? Yes. Did I get anything out of it? A sense that we are all dealing with something we have no control over, but we can control how we deal with it. Do I want to meet again? Yes, but not for a while and probably the suggestion of coffee or lunch is a good idea. We all spoke and expressed ourselves, and I feel I could call many of them if I wanted to talk.

Thanks to the BCSC for stepping up and putting this together. I feel that we all owe you a very large thank you. I wish everyone a healthy, happy holiday season; and may all our families be together at this time next year to celebrate.

Recipe for Good Health

American Institute for Cancer Research: Sweet & Sour Chicken

1/2 cup plus 2 Tbsp. pineapple juice
1/4 cup apple cider vinegar
2-4 Tbsp. sugar
2 Tbsp. lite soy sauce, or to taste
1 Tbsp. cornstarch
1 lb. chicken tenders, cut into pieces
1/4 cup all-purpose flour Salt and freshly ground black pepper, to taste
2 Tbsp. canola oil, divided

1 medium red bell pepper, cut into chunks
1 Tbsp. minced fresh ginger
2 cups snow peas, cleaned and trimmed
1 cup pineapple chunks, drained (fresh or canned in own juices)
1 large garlic clove, minced
1/4 cup chopped scallions, for garnish
3 cups cooked brown rice or noodles, preferably whole wheat,

In a bowl, mix the pineapple juice, vinegar, sugar, soy sauce and cornstarch. Set it aside. In a medium bowl, combine the chicken, flour, salt and pepper, coating the pieces well. In a large nonstick skillet, heat 1 tablespoon plus 2 teaspoons of canola oil over medium heat. Add the chicken mixture, browning it on all sides. When the chicken is done, about 5-8 minutes, remove it and place it in a bowl. Add the remaining oil to a hot skillet. Stir in the red bell pepper and ginger and cook for 2 minutes. Add the snow peas, pineapple chunks and garlic. Cook for 2-3 more minutes, stirring constantly. Add the chicken back to the pan. Pour in the sauce. Cook, stirring constantly, until the sauce is thick and bubbly, about 2-3 minutes. Turn off the heat. Serve immediately over noodles or rice and garnish with scallions. Makes 6 servings. Each serving contains 3/4 cup of the chicken/vegetable mixture and 1/2 cup rice or noodles.

Thank You

Many people helped make our sixth annual **Celebrate Life! Fashion Show and Brunch** a success: Guest hosts, Robert Laska, Publisher of The Connecticut Post, and Susanne G. Lee, President of Instant Productivity, Inc.; the terrific staff at Talbots in Westport; Dianne and Arianna Daniels for the models' makeup; Arcadia Hair Salon, DMS Hair, and TrendSetters for the hair styling. Governor Jodi Rell for her gracious proclamation of October 2, 2005 as Celebrate Life Day in Connecticut. From The Gedney Agency, our handsome male escorts: Charles Moorer, Isaac Olivera, Timothy Paoli, and Grant Wright. And special guest escort Michael Festo, Jr. A special thank you to Craig Shoop of the Gedney Agency for making the event happen! Thank you to Norwalk Mayor Alex Knopp for his gracious welcome, and Jim Hutchinson and the great staff at Shore and Country Club, who just keep making the brunch even more delicious every year. And to our event hosts, Marti and Bob Baker; Holly Pivor for graciously hosting the get-together dessert party. Thanks to our special Culinary Angels for underwriting this event: Arch Chemicals; Trina and Ross Barnes; Brody, Wilkinson & Ober, P.C.; Penny and Alan Griffith; Michele and Bruce Hubler; Judy Kurmay; Marianne and Bob Laska; Rhea Marrison; Bob and Marlene Volpe; and Media Horizons, Inc. We could never do this event without the support of our Media Sponsors: Woman Magazine, Brooks Community Newspapers, and The Connecticut Post, and our Corporate Sponsor, Cornerstone Bank. This year for the first time our beautiful models walked the runway to wonderful "live" music provided by Wayne Hiller, and the event concluded with a beautiful song by 2004 superstar model Dorothy Fitzgerald. Thank you to our generous raffle donors: Betsy Santangelo, Lynn Dennis, Mr. and Mrs. Max Marshall, Barbara Dean, Talbots, Cindy Perham, Sharon Acks, and Patty Kondub. Our program well-wishers and advertisers: Lord Chamberlain Nursing and Rehabilitation Center, Rosa Galesky, Helen Fieseler, Alman Stuckart, Kaiser-Battistone, Fahey Plumbing, Art Cleaners, Edible Arrangements, Paula's Hair and Wig Boutique, Arcadia Health Care, Peerless Cleaners, The Center for Naturopathic Medicine, Gilded Lily Gallery, Education Works, The Pampered Chef, Janet Kemp LLC, Drapery Connection, The Leahy Company, Munson Real Estate, Rotary Drug, Furniture Depot, The Parlour Coach, Saxon-Kent Lingerie, Lacey Manufacturing Company, TrendSetters, Betty Voutsinas, Grand Estates, The Pivor Family, The Love Family, Linda Briggs, The Foodim Clan, The Javice Family, The Sloan Family, and Media Horizons. Our wonderful volunteers: Joan Likely-Cosenza, Marianne Laska, Laura Sydney, Danielle Pulton, Donna Schaefer, Vinny Vitale, Pam Massaro, Dianne Daniels, Arianna Daniels, Barbara Pearson-Rac, Barbara Miller, Cindy Perham, Claudette Apple, Lynn Murray, Craig Shoop, Stephanie Ross, Joe Santangelo, Sara Carpenter Brown, Barbara Murray.

For our **October candle-lighting ceremonies**, a special thank you to: **For Westport:** First Selectwoman Diane Farrell for reading all the names; Barbara Pearson-Rac, Pat Scully, and the Westport Make a Difference Day Committee; Lance Herman and his terrific staff at The Westport Inn for graciously hosting the event; and the amazing volunteers from, the Westport Young Woman's League, who partner with us every year to produce this memorable event: Kim DeWitt, Michelle Saunders, Jacqueline Byrne, Pam Troy Kopack, Joanne Heller, Dot Baliban, Eileen Barecca, Liz Forgash, Jill Newman, Jeanette Linsey, Deirdre Griffin, Ann Izzi, Kate Miguel, Michelle Burnham, and Julie Buoy Uman. **For Milford:** Marianne and Bob Laska; the staff of the Mayor's office, and Mayor James Richetelli for reading all the names; the beautiful contemporary choir from St. Gabriel conducted by George Bepko, with a solo by a member of the choir, Dorothy Fitzgerald, accompanied by pianist Bill d'Andres. Special thanks to our volunteers from Milford Troop 1 Boy Scouts and their leader, Mark Krum, and St. Andrew's Girl Scouts Troop 48 from Bridgeport and their leader, Erin Amaral. **For St. Joseph College in West Hartford:** Nell Bourgojn, Sister Beth Fischer, student readers Kim Creedon, Rose Smith and Kendra Bria. And especially thank you to Father David for the beautiful and moving liturgy.