



BCAP Buzz

P.O. Box 470065
Tulsa, OK 74147

www.bcapfund.org
bcapfund@bcapfund.org

Welcome Words From Angie

Inside this issue:

BCAP Events in Pictures	2
Spotlight on Susan Dowd	3
Candidate Committee	4
Finance Committee	4
Donation Form	4
Call for Volunteers	5
Sponsorship Campaign	5
Friends of BCAP Update	5
Corporate Sponsorships	6
BCAP Board Spotlight	6



Upcoming Events

- **April 6**—“Tulsa Landmarks” A Pen & Ink Art Show by Betty Notter
- **April 16** — Survivor Brunch and Spring Fashion Show
- **August 18**— Wine & Cheese-A-Topia
- **October 8** — Pink on the Green Putt-Putt Golf Tournament

My Dad and Step-mom went to New York a while back to see the Broadway show *Wicked*. They also saw the play *Fiddler on the Roof*. Dad said that was one of his favorites. I'm sure most of you know the story. It's all about a Jewish village in early 20th century Russia and all the hardships and persecution they endure. Tevye, the main character, often has conversations with God as he goes about his daily chores. One of Dad's favorite lines from Tevye goes like this: "God, I know we're the Chosen People, but once in a while, couldn't you choose somebody else?"

Bringing this closer to home, I know that most every breast cancer patient asks the question, "Why me?" I know that was the question I had just about 3 seconds after I got the bad news. Of course, I don't have the answer and neither does anyone else. I do have a theory why the vast majority of breast cancer victims are women, however.

More on this later.

I like to think that God doesn't take a direct hand in "deciding" who gets cancer and who doesn't. That kind of ugly business is beneath Him. I can imagine, however, he does enjoy taking direct part in the delightful decisions. Imagine that every decade or so God convenes all the children of America – age 5 to 10, in one big room. (This would be about, what, 50 million people or so). He announces, "OK, today is life career assignment day, so listen up! Alright, from this batch I need two future U.S. Presidents. Let's see...you and...you. Next, I need someone who will be the richest man in the world for most of his adult life. Ok, how about you...no ...you way in the back--the one with adhesive tape on your glasses and a pocket protector. Yes, you. Ok, now, I need four world-class ballerinas. You will dominate the dance for all your professional careers. Let's see. OK... you, and you, and...yes, you, and you."

And so it went for the rest of the day. Here's the startling part of my story. Would you believe that all four of the ballerinas "last selected" were American Indians, and all four came from Oklahoma! Who would have thunk it? By the way, I can't resist mentioning that I'm related to two of these famous dancers. Those of you who have admired my graceful movements and regal bearing have already suspected this, haven't you?

Now, let me bring all this together. I went to the Tulsa Ballet performance Sunday afternoon.

By the way, did you know that Tulsa has one of the greatest ballet companies in the world? It was started in 1956 by Roman Jasinski, and one of those Oklahoma Indian ballerinas I mentioned earlier. The Tulsa Ballet Company performed in New York last year and

absolutely blew everyone away! Anyway, I'm watching the ballet performance here in Tulsa Sunday afternoon, and I can't help but admire how the female dancers seem to just glide across the floor. They are simply stunning. It appears they have resolved their on-going conflict with gravity and can move absolutely effortlessly. There is in some cases no more than 20 pounds difference between them and the male dancers. But, what a difference! Of course, all ballet dancers are in incredible shape, but the men seem so muscle-bound while the females are so svelte. (It's not confined just to ballet, of course. This feminine mystique crosses all dance boundaries. They said of Ginger Rogers that she did everything Fred Astaire did, only backwards and in high-heels! She was the hardest working actress in Hollywood. They said she would often rehearse with her feet bleeding through her shoes!) So, I asked myself, where do these women get the strength and stamina? The answer was pretty obvious with minimal reflection. It's inner strength that all these women possess. The inner strength these women draw on that just doesn't exist within the male species.

And that's the tie-in to all my ramblings today. I now declare that women get breast cancer so much more often than men because they are the ones with the internal strength to endure and survive! Women are the strongest creatures ever to walk the face of the earth, and breast cancer fighters are the Amazons of womanhood. I know you'll never give up the fight, and I salute you one and all!

The Memory and Honor Wall

Donations were made in memory of the following:

- **Judy Edwards from :**
 - Joy Sue Compton
 - Dr. John Kastl
- Karen D. Pendland from Mark & Sharla Belluomo
- Marie "Thelma" Lloyd from Mark & Sharla Belluomo
- Debby Turner from Mark Watson
- Susan Harrison from Judy Kastl

- Doris Wheeler from Cheryl Clark
- **Lenore "Lynn" Coombes from:**
 - Marty Coombes
 - Virginia Ann Young
 - Don Izett
 - Dr. & Mrs. Steve Grigsby
 - Mr. & Mrs. Bricen Grigsby
 - The Derek & Juli Grigsby Family
 - Ron & Karen Garrison
 - Cheryl Coll-Gallup
 - Ron & Andrea Cordell
 - Bob & Letha Delp
 - Ruby Beauchamp
 - Edward and Barbara Williams
 - The Vinita Hornets Class of '77
 - The Silvertones
 - Paula Sue Norvell
 - Vera W. May

- Bilye Housman
- R.E. & Anna R. Hamm
- Mark & Shelli Temple
- **Mike Lichtenwalter from:**
 - Sylvia Heider
 - Becknell Wholesale Company
 - Willard & Lucile Carter
 - Scott & Debbie Miller
 - Wayne & Janice Lichtenwalter
 - Rodney & Deborah Swearingen
 - George Hailey from Alan Ford
 - Launis Kastl from Frank Kastl, Sr.
 - Brandon Michael Fraire from Janette Hammack

- Dan & Rhonda Duke
- Nancy & Anthony Horn
- **Judy Kastl from:**
 - Jo Ellen Sutter
 - Sandy Thomas
 - Ann Wilkerson
 - Frank & Patti Kastl
- **Stephanie deVerges from:**
 - Judy Kastl
 - DiAnne Cunningham
 - Clara Qasem
- **Susan Dowd from:**
 - Colin Dowd
 - Alison Berry
 - J.M. Dowd
- Susan Comfort from Leslie Comfort

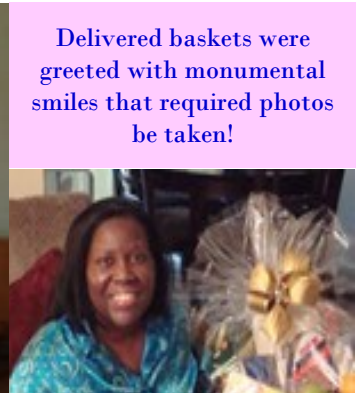
Donations were made in honor of the following:

- **Angela Walters from:**

The Great Christmas Basket Caper!

A few weeks before Christmas, Sherry Sims contacted BCAP, wanting to help our patients by providing gift baskets to them. Who knew that in a few short days, Sherry could pull together food, gift certificates, toys, and baskets, wrap them, and on Christmas Eve, send the BCAP Board and volunteers on their way? Well, Sherry didn't seem to doubt her ability to pull this together. What a blessing to our patients! For those who made the deliveries, words are hard to find to describe the experience of meeting these brave women and their families and to watch their faces light up as they got their first look at the baskets' contents!

To Sherry Sims, BCAP, and the patients — thank you. To our patients, thank you for allowing us to serve you. While there were many sponsors that made this effort successful, we captured pictures from QuikTrip and Walmart (see page 6). Some of our patients allowed us to take their pictures to capture the moment, and those are below. Many thanks to all who contributed.



Delivered baskets were greeted with monumental smiles that required photos be taken!

Gift baskets brought gifts and goodies to a patient and her daughter!



Above, we know husbands are important too!

Dianne Smith delivers her gift baskets to patients.



On the left — a family gladly accepts the basket of goodies and gifts!

On the right, a patient shows her beautiful smile to go along with her basket.



On the far right— some of the beautiful baskets are lined up for delivery.

On the right, a basket, skate board and bag of gifts ready for delivery to a very special family.



Spotlight on Susan Dowd Passionate BCAP Supporter

As we do from time-to-time, BCAP shines a spotlight on our supporters. This quarter, BCAP recognizes not only the longtime personal support by Susan Dowd, but also her broadened support by asking family and friends to donate to BCAP instead of giving her gifts on her birthday or for Christmas. Here's a little bit about Susan's life and support of BCAP. As you can see, we're very lucky to have such an ardent supporter that just keeps on giving to BCAP.

Tell me about you and growing up: what your family was like, things you liked to do.

I grew up in San Antonio Texas and had a "Leave it to Beaver" childhood, running around outside, riding our bikes around the neighborhood, and playing "fort" in empty lots. I have one sister, Alison, who is 3 years younger. Our family moved to Dallas when I was a senior in high school. I decided to stay in Dallas and after high school, enrolled in and graduated from SMU.

What about your family now?

My husband Joe and I have been married 27 years and are still very much in love and happy together. We have one son, Colin, who is 26 and in the MBA program at the University of San Diego. Joe has 4 adult children from his previous marriage, one each in Los Angeles, North Carolina, New York and New Jersey. My sister Alison is an MD in San Antonio, and her daughter Amanda is an aspiring actress in New York City.

You've had a prolific professional career. Please tell us about it and what you are doing now.

I received an MBA from the University of Houston and obtained my CPA certification while working for Exxon in Houston. But one day, I saw an ad for a budget analyst for American Airlines, and I thought that would be more fun than an oil company. Interestingly, I had to interview in New

York City although the job was in Tulsa, and my first interview was with Joe, my boss' boss. Joe and I started dating when he was transferred to Tulsa and was no longer in my chain of command. I had various jobs at AA, and the last several years there I was a manager in IT. In fact, that's where I met your (Angie's) father! I was laid off from AA in 1994 and began working as an IT manager at St. John in 1995. I "retired" from there in 2006. Currently, I tutor children at the Rosebud Hebrew Home School in north Tulsa, assist in exercise classes for arthritis and Parkinson's sufferers at University Village, and tutor a new citizen with her English



via the Tulsa library literacy program. (I helped both her and her husband pass the citizenship test, a wonderful experience for me!)

What have been your big successes, your big failures, and the greatest thing you ever did?

While I am proud of my educational and professional accomplishments, my biggest successes are my marriage and raising Colin (with Joe's help!) to become both independent and of good character. As far as failures, goodness, lots of them-- things like projects that didn't go well, hiring a person who was a bad fit for the job, not thinking about a situation from another person's perspective when trying to resolve a problem, etc. Luckily nothing

major, and after each one, I tried to learn from the experience.

What things keep you up at night?

I'm up less at night now than I was when I was working and Colin was a teenager! I do sometimes find myself thinking about what challenges await Joe and me as we get older, but I try to remind myself that all I can do is take care of today.

Tell me how breast cancer affects you, our community, and where efforts should be focused.

Every woman has several roles and responsibilities-- she is a daughter, sister, mother, employee, volunteer --so the ripples from her diagnosis and treatment are felt in her family and in the community. I read recently about a study that showed that men whose partners have breast cancer are more likely to develop major depression or other serious mood-related conditions. That's just one example of how the disease impacts others. One of Joe's daughters and one of my friends are both breast cancer survivors, so we understand some of the impacts.

In addition to a woman being concerned with her treatment options and costs, she has bills other than medical! BCAP fills a need that other breast cancer organizations do not. The testimonials on the website and the stories in the newsletter show how BCAP makes a critical difference in peoples' lives by paying rent and utilities for women who might have to choose between their living expenses and their treatment.

While I think efforts should continue to focus on prevention and treatment, I support BCAP because it supports women in the other parts of their lives so they can focus better on fighting the disease.

What's next for you?

I plan to continue my volunteer activities, taking care of Joe and offering unsolicited (!) advice to Colin. And of course, I will continue to support BCAP in any way that I can, including continuing to ask my family to gift BCAP rather than me for my birthday and Christmas.

RUNWAY FASHION SHOW FEATURING ROPE, MARY RUBY DRESS SHOP, CAVENDAR'S WESTERN WEAR & DESIGNER SUZANNE ANDERSON OF SUZART COUTURE

BRUNCH
MIMOSAS
SURVIVOR MODELS
SILENT AUCTION
SPONSORS:

ARVEST

BCAP
Breast Cancer
FUND

SURVIVOR BRUNCH AND
Spring!!
FASHION SHOW

APRIL 16TH 10:30AM - 1:00PM AT THE HOME BUILDER'S ASSOCIATION 11545 E. 43RD ST.
(SOUTHEAST OF 41ST & GARNETT). TICKETS ARE \$45. PLEASE RSVP BY APRIL 2ND.

August 18th, 7pm
Wine & Cheese-a-Topia

OLD & NEW WORLD WINES
ARTISAN CHEESES
LIVE AUCTION WITH JAY LITCHFIELD
MUSIC BY REBECCA UNGERMAN

BCAP
Breast Cancer
FUND

The Broadway

The Candidate Committee Report



“Let’s help as many women as we can! “

One of the most challenging aspects of the BCAP charter is to get the word out to potential breast cancer patients about the services that we provide. We do this in several different ways, including this newsletter, BCAP’s website, radio PSA’s, word of mouth, BCAP events, and placing brochures in doctor’s offices. We have placed brochures at 20 Doctors’ offices, clinics, and hospitals around the Tulsa Metro area that provide services to breast cancer patients. We receive several referrals from these health care professionals. In order to

make the most efficient use of the brochure placements, it is necessary to make the rounds of these facilities on a regular basis to make sure that the locations have sufficient BCAP brochures for interested patients. We need some help in this area.

If any of you newsletter readers have a couple of days available between say 9am and 5pm in which you could visit these locations to check on the BCAP information placed there, we could certainly use your assistance. Initially, it was thought that once a quarter might be suffi-

cient. A few of the locations may require a more frequent visit. We would provide you with the establishment name, address, phone number and contact person, and, of course, brochures and brochure holders.

Also, another great way as BCAP supporters to spread the word about BCAP is through your church groups, clubs or organizations you belong to. Please tell them about the work we do and our upcoming events. Let’s help as many women as we can!

The Finance Committee Report



“If you have a connection to any local business, please consider contacting us for a copy of the sponsorship packet.”

A big pat on the back to all our BCAP supporters and volunteers! We have closed out 2010 as our most successful year yet! During 2010, BCAP received a total of 40 applications for assistance. Of those, 31 met our criteria and were awarded funds. The launching of this newsletter, additional radio air-time, and a myriad of other face-to-face events has allowed us to reach many more patients than in our previous three years.

For 2011, we have planned four major events. These include Bunco, the Brunch & Fashion Show, the Putt-Putt Tournament and a new Wine & Cheese event. While money is coming in for corporate sponsorships for these events,

we are looking for more Tulsa area businesses to join and support us! Our events chair, Linda Smalley, has put together a packet outlining the available sponsorship opportunities. These sponsorships range from \$150 to \$5,000, depending on the event and the package contents. If you have a connection to any local businesses, please consider contacting us for a copy of the sponsorship packet. We raised many thousands of dollars last year, and we gave away many thousands! We are poised to make 2011 an even better year! Won’t you help us find all the generous, philanthropic businesses in the Tulsa area? And remember, YOUR help will change the lives of many!



HELP BCAP BUZZ GO GREEN!

If you’re getting BCAP Buzz via the U.S. Postal Service, you can go green simply by providing your email address to:

[BCAPfund@BCAPfund.org!](mailto:BCAPfund@BCAPfund.org)

Donation Form

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Donation Amount \$ _____



Please mail check and this form to:
BCAP, P.O. Box 470065
Tulsa, OK 74147

Send Receipt? Yes ___ No ___

I wish to receive the newsletter by:
E-mail ___ Mail ___

Volunteer!

BCAP's Call For Help!

Get involved! We need you!

Your input and participation is vital to the success of the mission of BCAP. As the organization continues to grow, and the demand to assist patients increases, we need your help to make it happen.

BCAP has six standing committees: candidate/patients, events and fundraising, volunteers, finance, grants, and public information. There are many opportunities to get involved and plugged-in--from helping with events, restocking brochures, website development, to helping with communications and media relations, just to name a few.

Please go to our website at www.bcapfund.org and click on the "How To Donate" link, then click on the "Volunteer Application" link, then print and complete the application following the information provided. You will be contacted when your application is received, and we will discuss with you what area of interest will best utilize your talents.

For more information contact Ruth Littlefield at ruthlittlefield@tulsachamber.com or (918) 630-6049.

2011 Event Sponsorship Campaign Kickoff

In 2011, BCAP will host four major events to raise the needed funds to help our patient applicants throughout the year, the first was Bunco held on February 25. As our patient applications increase, we are motivated to help each and every one we possibly can; as a result, we continue to reach out to area and community businesses, organizations, and friends for support. Our Events Committee has been working diligently to create exciting and unique events to entice and invite sponsors and friends alike to join and support BCAP in helping breast cancer patients.

Below are the remaining 2011 Annual BCAP fundraisers:

- April 16th** Survivor Brunch and Spring Fashion Show
- August 18th** Wine & Cheese-A-Topia (NEW this year!)
- October 8th** Pink on the Green Putt-Putt Golf Tournament

In addition, join us for:

- April 6th** "Tulsa Landmarks" A Pen & Ink Art Show by Betty Notter at the Circle Cinema.
A portion of the proceeds will benefit BCAP

We encourage you to support one or more of our events with a sponsorship, an in-kind donation, or join us as an attendee or a volunteer. Your contribution helps pay the rent, mortgage and/or utility payments of Tulsa area women who are currently undergoing breast cancer treatments or recovering from surgery, chemo, or radiation. This alleviates major stress for these women who are already waging a battle for their health. BCAP has already served many Tulsa-area women in the four years since its formation.

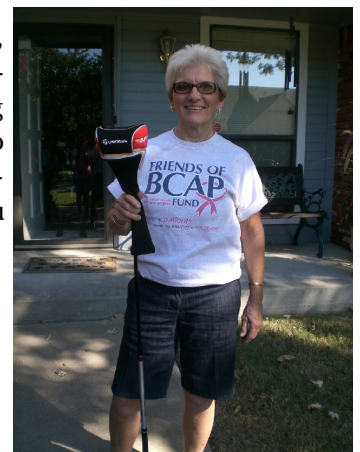
For sponsorship information, donations, volunteer info, contact us via email at bcapfund@bcapfund.org. For more information about our events, visit the Future Events link on our website.

Become a "Friend Of BCAP"

For a \$25 annual donation, you will receive a membership card, our quarterly newsletter, our "Friends of BCAP" t-shirt, e-mail notification of upcoming events & volunteer opportunities, and entries in our quarterly prize drawings (one for joining AND one for attending an event and showing your FOBCAP membership card). The prizes may include tickets to concerts and other upcoming events, hotel stays, dinners, or gift certificates to other entertainment fun spots! **To sign up, use the "Donation Form" on page 4.** Make sure you write your t-shirt size on the form! And...

Thank you! Remember, your help will change the lives of many!

Sponsored By ...



4th Quarter Ticket Winner!

It pays to be a Friend of BCAP — Judy Morris was selected to win a 2 night stay at the Double-Tree Hotel, lunch or dinner at the Daily Grill, and 8 gift packages to Winterfest (including ice skating, skate rental and hot chocolates)!

Remember...you can't win if you're not a Friend!

ATTENTION BCAP SUPPORTERS! CORPORATE SPONSORS, AUCTION, AND DOOR PRIZES NEEDED!

BCAP is always in need of sponsorships for our upcoming events. If you own a company, or know someone that does, and would like information about our sponsorship opportunities, please contact us. **All sponsorships are tax deductible** and come with many perks for the event sponsored.

BCAP is always in need of items to use for our silent and live auctions and door prizes! If you own a company, or know someone that does, and would like to donate items, please contact us. **All donations are tax deductible.**

BCAP wants to recognize and thank QuikTrip employees who donated \$275, and the 17 area Walmart stores for their \$1,600 in donations, assisting in making the Christmas gift basket project such a great success for all!



BCAP Announces Our First Board President

Over the last few months, BCAP began a strategic planning initiative that came with a restructure of the Board of Directors. BCAP is happy to announce that **Randy Gasswint** accepted the position as **President of BCAP**. Angela Walters remains as the Chairman of the Board and will continue to be the face of BCAP. Randy brings a wealth of experience, and we expect to leverage this knowledge to enhance BCAP's future. Below is our Spotlight on Randy Gasswint.



Randy Gasswint
President

Randy has been a board Member of BCAP (Breast Cancer Assistance Program), a 501(c)(3) charity, since 2008 and as of January 2011, is BCAP's first President. Randy also serves on the Events Committee.

Randy has been a sales associate for the past 8 years with RE/MAX, the largest real estate company in the world. He has experience selling residential, commercial and investment property. He is a multi-million dollar achiever with RE/MAX and a member of the 100% Club. He has also earned his Certified Residential Specialist (CRS) Designation, which reflects completion of advanced industry training. Only 4% of Realtors nationwide have achieved the CRS Accreditation. Prior to that, Randy worked for 24 years for Southwestern Bell, AT&T, and several start-up telecom companies in a variety of positions, including network planning, human resources, and sales and marketing.

Randy has a BS in Civil Engineering from Kansas State University and an MBA from Southern Methodist University, with an emphasis in Marketing. He is past president of the Broken Arrow Noon Lions Club and past president of Business Network International (BNI). He is also a member of St. Benedicts Church in Broken Arrow.

He is married to Malynn and has two sons. Brett, 22, recently graduated from Oklahoma State University and has entered the Air Force to train as a pilot, flying his first jet just a few short days ago. Tyler is 18, recently graduated from Tulsa Union and is attending Tulsa Community College.