



BCAP Buzz

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Welcome Words From Angie

broadcast on the giant screen above center court. Of course I said yes. She said to be at the interview table two minutes before half-time. I hustled back up to our seats, way up on the opposite side to tell my compadres. By this time it was time to go right back down, so I huffed and puffed all the way down again.

So of course I sat down for the interview out of breath and sweating profusely. The cameraman motioned for me to put on my headset. I got it on, but something was wrong. The earmuffs were in place, and I could hear the soundman giving last minute instructions to everyone, but my mike was way back behind my head, and I could NOT get it to move in front of my mouth! At ten seconds before air, a voice through the headset calmly told me I had it on backwards! Needless to say, I barely got it straight before the red light went on. There I sat with a crooked headset, a beet-red face which was glistening with sweat, and a glow like a fresh spanked baby's butt!

Now as I said before, I have done quite a few interviews, but I've never done one where the inter-

viewer and I sat side by side. Just as soon as the interview began, we were surrounded by about 200 Zumba dancers, gyrating like crazy to thumping music delivered at maximum decibel level. As I began to deliver my sincere response to the first question (which I could barely hear above the Zumba cacophony), I gave my most sincere look straight to the camera. About halfway through my second sentence, I noticed the cameraman had gently lifted his hand and was pointing sideways towards the interviewer. Oops! I finally understood that I was supposed to be looking at **him** and not the camera. I'm pretty sure that with every question I slumped lower and lower in my seat. When the Zumba dancers left the floor, I danced my way out of there right behind them!

My grandfather and my great-grandfather had an expression they would always say when they observed a country bumpkin or a rube in action. They would always say, "Well, Lizzie in the bushes!" I never really understood their choice of words, but their message was very clear. During this halftime interview, I was Lizzie!

Many of you know that I've done TV spots and recorded several radio interviews. Some might say (maybe even me) that I'm an old hand at doing media interviews. Well, at the Tulsa Shock WNBA game last week, I was caught completely flat-footed.

The game was Tulsa Shock's Breast Health Awareness Night, and most of the Tulsa Breast Cancer charities were featured. Of course, BCAP was there in full force.

During the second quarter, Michelle, with Warren Clinic and sponsor of the Awareness Night, called me down to court-side and asked me if I could do a half-time interview with the Tulsa Shock announcer, talking about BCAP, its mission and its successes. This interview would be

Upcoming Events

- **September 17—**
Komen Race for the Cure
- **October 1 —**
Pink on the Green Putt -Putt Golf Tournament
- **November 3—**
Wine & Cheese-A-Topia

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
- Debbi 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
- Bilyee 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
- **Scott H. Miller from:**
 - JoAn Lichtenwalter

Donations were made in honor of the following:

- **Angela Walters from:**

- 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

We Celebrate a 5-year Milestone

A great time was had by all as Angela Walters, Founder and Chairwoman of BCAP, was surprised by 70 of her closest friends and family to celebrate five years of being cancer free! The celebration took place at Compadres Grill and Restaurant on May 16, 2011.

Present at the dinner were Angie’s husband, Norm, her son, Tony, and daughter, Chandler, and many friends and co-workers. Even Angie’s boss, Mike Neal, President of the Tulsa Chamber of Commerce, joined in the festivities.

Happy 5 years of being cancer free, Angie, and we look forward to being with you for your ten year celebration!



On the left—
Angie and her boss,
Mike Neal.



On the right—
Friends awaiting
Angie’s arrival.

Friends and family of Angie Walters
gather to surprise her in a celebration of being
5 years cancer free!



Friends and family enjoy
the celebration.



70 of
Angie’s
family
members
and closest
friends
enjoy an
evening of
celebra-
tion!



Below—Angie was truly
surprised!

Public Information Committee

BCAP continues to shine in the spotlight! Here is a glimpse at what is going on:

- We are now using Constant Contact for email updates and as a tool to reach local media prior to fund raising and non-fundraising events.
- Celebrity Attractions chose us as the local breast cancer charity to benefit from pre-sale tickets of the 9 to 5 Broadway tour in Tulsa. On opening night, Board President Randy Gasswint accepted a check for \$2,050.00! What a great opportunity for spreading the word about BCAP and its mission!
- For the second year in a row, BCAP joined three other Tulsa breast cancer charities benefiting from the Tulsa Shock's Breast Health Awareness Night on August 5th.
- For the 5th year, Ponca City's 101 Wild West Rodeo's "Tough Enough to Wear Pink Night" honored BCAP by donating a portion of the ticket sales for each person wearing pink. Board members took tickets at the gate, and BCAP info was included in sponsor packets.
- Be sure and join BCAP's team for the Komen Race for the Cure. September 17th. If you ran with us last year, wear your BCAP team shirt. You may sign up by going to our website www.bcapfund.org or our Facebook site and clicking on the link. Also, encourage your friends and family to run/walk with us, too!
- Be sure to "Like" us on Facebook so all your friends will discover our charity.

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 ___



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!

The Candidate Committee Report



“Let’s help as many women as we can!”

Our patients! Just who are they? There is no easy answer for that. Why? Because breast cancer is not selective about whom it chooses to strike. Our applicants come from all different backgrounds. They differ in age, race, and social status. Some are older, some are young, some have grandchildren and some have small children. Breast cancer can even affect men, although BCAP has never received an application from a man with breast cancer. Each applicant has her own story of what she is going through and the trials it brings to their lives. The one

thing all of our applicants have in common is that they are faced with a battle that is not an easy one. They are fighters!

Statistics show that breast cancer affects 1 out of 8 women. Think about 8 women in your life. That is a small circle and chances are high that one of these 8 women will be struck with breast cancer. Thinking of it that way makes it very personal.

Until there is a cure for breast cancer women will need to keep fighting. BCAP was formed to help relieve a little stress for

these women – and men, if affected - and their families. The number of patients we help rises each month as more people find out who we are and realize we are here to help.

We are waiting for a cure to be found. But until then, BCAP will be ready to help those in need. If you know of anyone affected by breast cancer who needs financial help with rent, mortgage or utilities, please refer them to us. We are here to assist.

The Finance Committee Report

Greetings from the Finance Committee! Our second quarter has seen some nice donations from the Indian Springs Golf Club, the Betty Notter Art Show, Celebrity Attractions for ticket sales of the play “9 to 5”, and the latest Merrill Lynch Jeans Day. Our heartfelt thanks to all!

With the recent passing of First Lady Betty Ford, I was reminded of her contributions to the breast cancer community in that she was one of the first people to talk openly about having breast cancer and about having a mastectomy. It was 1974 and the words ‘breast’ and ‘cancer’ simply were not spoken out loud. I came across the following interesting paragraphs on a biography site on our first ladies:

“On 26 September, 1974, Betty Ford was diagnosed with malignant breast cancer during a routine mammogram at Walter Reed Army Hospital. She and her husband kept it secret until two days later, when the First Lady underwent a mastectomy. In consideration of President Ford’s vow that his Administration would usher in a new post-Watergate era of White House honesty, Betty Ford made the unprecedented decision to be entirely forthcoming about her health condition. It was while hospitalized, as

she looked out the window at the heavy international media presence there to report on her that she realized what she called the ‘power’ of the First Lady’s role to create change and influence behavior. Indeed, as the details of her breast cancer were disseminated in the wake of her disclosure, there were widespread reports of tens of thousands of American women seeking to also have mammograms. Although no definitive numbers can be documented, it is a safe assumption that Betty Ford’s decision to openly discuss a health issue has saved the lives of untold individuals, whereas previous generations of women had lived with it in secret shame. Her direct usage of the very words ‘breast’ and ‘cancer’ was something that had rarely been done in the past. By further using her own condition to discuss screening diagnosis, treatment options and the emotional process of surviving a mastectomy, she not only raised public awareness but forever changed the perception of the disease. As an individual who had gone through the process, she further became an example and symbol for those who had also faced or were just then facing breast cancer.”

“It was also the first time a First Lady had permitted reports of her own medi-

cal condition to be publicly released since Florence Harding had done so in 1922. With her cooperation, a complete account appeared in the 7 October 1974 issue of Newsweek magazine. Some sixty thousand letters came to the First Lady, many with contributions which she donated to the American Cancer Society.”

“When other women have this same operation, it doesn’t make any headlines,” she told Time magazine. ‘But the fact that I was the wife of the President put it in headlines and brought before the public this particular experience I was going through. It made a lot of women realize that it could happen to them. I’m sure I’ve saved at least one person—maybe more.’”

Mrs. Ford, I think you did a lot more than that for our cause. Please rest in peace. The world is better because you were here.

I wanted to close with this thought—“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” – Margaret Mead. And remember, YOUR help will change the lives of many!

Volunteer!

BCAP's Call For Help!

How can you help BCAP achieve its mission.....**GET INVOLVED!** We need volunteers to help with our committees.

Events – Help with planning and execution of our annual events which are Bunco, Survivor Brunch & Fashion Show, Pink on the Green, and our newest event Wine & Cheese A-Topia. These events are the revenue generators that provide us with the funds to help our patients.

Candidate/Patients – As a member of this committee, you will help screen the patients who are requesting information, and distribute and replenish brochures at area doctor's offices.

Public Information – This committee is currently reorganizing and needs your help. If you like social media, can answer our emails, create online communications to our supporters, or write for the newsletter – then we need you! This committee also organizes and staffs those events that help us get our message to the public, such as the Komen Race for the Cure, etc.

If you would like to join our efforts, need more information, or can volunteer a few hours a month, please reply back to bcapfund@bcapfund.org.

2011 Event Sponsorship Campaign Kickoff

2011 Events & Sponsorship Campaign

As BCAP approaches the last half of the year, we still have two major events to help raise the needed funds to assist our patient applicants. 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 continues to work diligently to create exciting and unique events to entice and to invite sponsors and friends alike to join and support BCAP in helping breast cancer patients.

Pink on the Green Putt-Putt Golf Tournament will be held on October 1.

Wine & Cheese-A-Topia (previously scheduled for August 18) will be held on November 3.

Currently, our last two events are being sponsored by Arvest Bank, Williams and TD Williamson, and we thank them greatly for their support! We are always looking for sponsorships, in-kind donations, and attendees for our events. Your contribution helps pay the rent, mortgage and/or utility payments of Tulsa area women who are currently undergoing breast cancer treatments. For sponsorship information, donations, or volunteer info, contact us via email at bcapfund@bcapfund.org

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 3.** 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 ...



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 Board Member Spotlight



Norman Walters has been a Board Member of BCAP (Breast Cancer Assistance Program), a 501(c)(3) charity, since its inception in 2006 and serves on the Candidate Committee. Norman has worked as an A & P Aircraft Mechanic at American Airlines since 1992.

Norman has attended many classes at Tulsa Junior College in the Criminal Justice field as well as attending classes to obtain his A & P mechanic's license.

Norm is married to Angie, and they have two teenage children. In his leisure time, Norm enjoys motorcycle and ATV riding, hunting, boating on the lake, and family vacations in Mexico.

Norman Walters—Board Member at Large

“Donate Button”

Great news! www.bcapfund.org now has a "DONATE" button which can be used to pay for tickets for our 4 annual fund-raising events AND your charitable donations to support Tulsa-area women who need mortgage, rent, or utility payments as they receive treatment for breast cancer. You may also become a Friend of BCAP which enters your name in quarterly drawings for great prizes. Check it out!

3rd Quarter Drawing Winner!

It pays to be a Friend of BCAP — Karen Hix was selected in our 3rd quarter drawing to win two tickets to Chris Young in concert. Congratulations Karen!

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

