



# BCAP Buzz

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## Upcoming Events

- September 11 — *Bunco*
- September 25 — *Komen Race for the Cure*
- October 9 — *Pink on the Green*
- October — *Union Pink Out Football*
- December — *ABATE Toy Run*



## Welcome Words from Angie

and without an owner's manual or operator's guide. I have found that raising children is the most frustrating and most challenging assignment anyone could ever have. Both my babies are now standing on the threshold of adulthood and my job is almost done. Did I do a good job? I don't know. Are they going to be upstanding adults? I don't know. Am I insecure and unsure about the outcomes? Oh, yeah! Big time! All I know is that when I look at my children, my heart goes ga-goom, ga-goom!

Remember the scene from the movie *Dirty Dancing* where Johnny Kastl, played by Patrick Swayze, is teaching Baby the dance steps? (By the way, that character was named after my Uncle, Dr. Johnny Kastl, the greatest man who ever lived). Patrick Swayze tells her that the tempo is not one-two, one-two, but ga-goom, ga-goom, as he places her hand over his heart. I know that

every female swooned when they saw this scene. Patrick was such a hunk. I remember the first time I saw him was in the movie *The Outsiders*. That movie was shot here in Tulsa, you may recall. My Dad was travelling on business a lot back when they were shooting that movie, and he recalls coming home from a week on the road late one Friday night, travelling past the Admiral Twin Drive-in and seeing it all lit up with spotlights. There were vintage cars everywhere! They were shooting the opening scenes of that movie then.

At any rate, my point of all this is to remind you that the tempo of life is not one-two, one-two but ga-goom, ga-goom. Straight from the heart! A salute to all you Mothers. I love you all. Till next time.

I'm so happy to be able to share my thoughts with you. This time I'd like to say a few words about... Motherhood!

As many of you know, I have two children, one home-made and one store-bought, not that that matters one fig! Regardless, each child comes totally independent

## The Memory and Honor Wall

### Donations were made in memory of the following:

- Judy Edwards from Joy Sue Compton
- Judy Edwards from Dr. John Kastl
- Karen D. Pendlan 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
- Billye Housman
- R.E. & Anna R. Hamm

### Donations were made in honor of the following:

- Angela Walters from Dan & Rhonda Duke
- Angela Walters from Nancy & Anthony Horn
- Judy Kastl from Jo Ellen Sutter
- Judy Kastl from Sandy Thomas
- Judy Kastl from Ann Wilkerson
- Judy Kastl from Frank & Patti Kastl
- Stephanie deVerges from Judy Kastl
- Stephanie deVerges from DiAnne Cunningham
- Susan Dowd from Colin Dowd

- Susan Dowd from Alison Berry
- Susan Dowd from J.M. Dowd
- Susan Comfort from Leslie Comfort
- Stephanie deVerges from Clara Qasem

Please see Page 4 for "Patient Spotlight" this quarter telling the story of Lenore "Lynn" Coombes.

If you are interested in adding a name to the Memory or Honor Wall, send your donation and Wall information to BCAP, P.O. Box 470065, Tulsa, OK 74147.

## The Events Committee Report

Greetings from the Events Committee! We wanted to share pictures from our previous events and update you on upcoming events that we expect to be not only fun for the participants, but assist us in our continuing fund raising efforts. Please join us for:

- **The Susan G. Komen Race For The Cure September 25th.** The timed race that starts at 7:45 a.m. At 8:30 a.m. is the survivor ceremony and the BCAP Team will meet at 8:45 a.m. in front of the fountains facing 81st street for a group picture. The 5K untimed walk starts at 9:00 a.m. and at 10:00, the 1K untimed walk begins. See the BCAP contact information to sign up for the BCAP Team!
- **Bunco For Breast Cancer—September 11th,** 6:30 p.m. at the Masonic Temple, 1630 South 101st E Ave.
- **Pink on the Green — October 9th,** 10:00 and 11:00 a.m. shotgun start times, 61st and Highway 169!

Visit the BCAP website ([bcapfund@bcapfund.org](mailto:bcapfund@bcapfund.org)) for information on all future events!

Tea at Ti Amo's—May 2010  
Another Great Event !



Bunco For Breast Cancer—March 2010  
Fun, Games and Prizes at Bunco Night!



Pink on the Green—October 2009  
Practice Putting for October 2010!



## Upcoming Events



Presented by



Join the BCAP team by going to: [www.komentulsa.org/race](http://www.komentulsa.org/race), click on the Register link, and then click on the Join an Existing Team link.



• \$5 BURGER PLATE  
• BUNCO WITH PRIZES  
• LIVE AUCTION  
• DOOR PRIZES

**SEPTEMBER 11  
6:30PM**  
MASONIC TEMPLE  
1630 S. 101<sup>ST</sup> E. AVE.  
1<sup>ST</sup> FLOOR BEHIND THE TALKER PUB RESTAURANT  
\*\$20 DONATION PER PLAYER

HURRY AND SIGN UP  
ONLY 80 SEATS AVAILABLE



## The Candidate Committee Report

### The BCAP Patient



*“Time and again we see patients who have done everything personally possible to meet their financial obligations before they are forced to look to an outside source for assistance.”*

BCAP has helped many patients with rent, mortgage, and utilities since its founding in 2006. Patients come from a wide range of backgrounds, incomes, and ethnicities. Patients must also meet certain minimum requirements for financial assistance that includes undergoing treatment for breast cancer at the time of application. This treatment can include chemo, radiation, or being within a post 90 day window of breast cancer-related surgery.

In this article, I would like to provide a picture of some of the patients BCAP has helped in the past four years. I can't really say “typical” patients because these patients are anything but typical. They each show a strength and determination that is both amazing and uplifting under the circumstances. All of our patients to date have been women. I understand that breast cancer can also affect men, although we have yet to receive an application from a male patient.

Our women patients range in age from early 30's to late 70's with, by far, most women in the

50's age group followed closely by those in their 40's. And surprisingly, fifty percent of our patients are single women, with quite a few supporting children. Of the patients who are married, many of the husbands are either disabled and can't work or are not working due to loss of jobs.

Time and again we see patients who have done everything personally possible to meet their financial obligations before they are forced to look to an outside source for assistance. They have borrowed from family and friends, from their savings, and have cashed in their 401k's. I've had some patients tell me that they have had to decide whether to pay their house payment or pay for treatment for their cancer. One patient told me that she could not afford to fill her propane tank, so she cooked with a microwave and electric hot plate and heated her home with small electric heaters. And, unfortunately, we have had a couple of patients who have had to deal with unsympathetic employers. One patient was forced to switch from a salaried job to a part-time hourly job because her supervisor did not approve of her

absences associated with her cancer treatment; another lost her job because of the amount of work she missed due to her cancer. Despite all of the hurdles that must be faced and overcome, these women show amazing strength and determination every step of the way.

I would like to tell you about one last patient. This woman has been involved in some of BCAP's past events. She was diagnosed with breast cancer and submitted an application for financial assistance. In reviewing the application, I noticed that we needed some additional information before the application was submitted to the committee. When I called to request this information, this woman told me that “God had taken care of everything.” Someone had paid her rent, she was going to start working again, and she really did not need any help now from BCAP. She asked that we “Give the help to someone who was really in need” even though she was still “in treatment” and apparently would meet the requirements to qualify for assistance from BCAP.

## The Finance Committee Report



*“...if you check with your employer, many companies have matching funds, which will double your contribution!”*

So many of the women needing our help are single and their family's only means of support. We receive so many stories of women who go from working full-time to part-time because of their illness, only to then be laid off, leaving them with no income and no insurance.

Most of us are one medical crisis away from financial catastrophe on a good day. Imagine adding money worries to the already paralyzing worry for your very life.

Our personal appeal to you and to all of your friends and family members is to please consider giving to this worthy cause. Every dollar is greatly appreciated, and your local dollars stay local – within a nine county area around Tulsa. Also, if you check with your employer, many companies will have matching funds, which will double your contribution!

Other organizations help with medical expenses, surgical expenses, and food. We are the **only** local organization that helps

patients stay in their homes and keep their lights and other utilities on so their homes can be a comfortable and healthy temperature.

Nelson Mandela once said, “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?...Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you, and as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others.” So let your light shine today. Get involved. Extend a hand. Every day, another neighbor needs our help!



**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)**

## Patient Spotlight—In Memory of Lenore “Lynn” Coombes

If you are receiving this newsletter, you already know a little bit about BCAP. You know they help breast cancer patients pay their mortgage and utilities when they are undergoing treatment. You know they are local and the money stays in the greater Tulsa area. You know the founder, Angie Walters, has used her strength not only to beat breast cancer herself, but to help other women have one less thing to worry about while fighting in their own battles. Unfortunately, your knowledge might just stop there.

I recently had the pleasure of sitting down with the proud husband and adoring sister of the late Lenore “Lynn” Coombes. They made me adore her myself, and her spirit danced around every story, every tear, and every smile.

Marty Coombes is the lucky man that met Lynn while he was in the eighth grade and she only the seventh. Though she swore she’d never speak to him again after their first meeting, they wound up dating and never found any reason to stop. Even when Lynn’s parents thought it might be better to separate them since they were so young, Marty made it clear that he’d go wherever Lynn went. A man of his word, they married in the summer of 1977. They had more of a discussion than an actual engagement; both of them agreeing they just wanted to be married to one another. When they went to choose a ring, Lynn didn’t want too much money spent on her, but Marty told her to pick out whatever she wanted.

Thus began a lifetime of being rightfully spoiled. Never over the top, but Lynn appreciated being treated well. She returned the favor by being the ultimate hostess. Everyone will always remember Lynn receiving guests at the house and taking care of everybody. A lady that knew how to be prim and proper, but also knew how to be fun at block parties or on the back of Marty’s motorcycle. Lynn enjoyed laughter and ladybugs, simple things out of life. Intelligent and driven, Lynn made her rules, no one else. Marty hit the jackpot when he fell in love with this wonderful woman who was an impecca-

ble role model, who could cook, clean, sew, organize events, and respond to his antics with laughter.

In April of 2005, Lynn underwent gastric bypass which helped open the door to her struggle with cancer. Later that fall, she was able to notice a lump that she knew wasn’t right. Marty’s birthday that October was muddled by news of Lynn’s Stage 3B breast cancer. She calmly let her family know, and went in for a lumpectomy November 2. She had them remove her breast November 5. Lynn’s sister Shelli still is amazed that they found her tumor to be an estrogen feeding tumor and Lynn had



been taking estrogen since her hysterectomy. Another one of those “Aha!” moments that seemed to slip past all the doctors.

Later on, another scare would send them to the doctor. This was the other breast, and Lynn didn’t want to take any chances. Given her history, she made the choice to have the second breast removed. This is when they found out about BCAP. Though Marty and Lynn made comfortable livings, BCAP still saw more than just words and numbers on an application, they saw the need for help. BCAP’s assistance meant the world to them, not just financially, but emotionally. Never being accused of taking things for granted, they vowed to give back when they had the chance.

Lynn then went on with her life after losing both breasts to cancer. The prosthesis that replaced her breasts even became a punch line. One day while driving her two sisters, Shelli and Denise, she began fielding questions about the prosthesis. What does it feel

like? Is it heavy? Lynn thought it would just be easier to remove it and throw it at them, while still driving the car. Needless to say, having breasts was not what defined Lynn, so having them removed didn’t slow her down.

This past March brought on a different challenge. It started with a pair of jeans that didn’t fit over her abdomen, which led to a trip to the oncologist, then the ICU, and finally surgery to bring them to gastric cancer. This cancer was new and not as easily removed. Chemotherapy and radiation that burned her hands but never stopped her from working almost made her want to give up. Lynn was still determined to be a good role model, and good role models never stop fighting.

Lynn fought through the three months to live they predicted almost to the day. Always the perfect hostess, she meticulously planned her own funeral. The eulogy, pictures, music, even her clothes were taken care of so no one else would be stressed or worried.

Her family has taken a vow to do what she wanted (as Lynn seems to still get her way) and support BCAP in her honor. Many donations have been made in her name and can be found on the Memory Wall on the website. Marty intends to travel, ride and enjoy Kool-Aid, just as he promised Lynn he’d continue doing.

BCAP wishes stories like this didn’t have to exist, but we are eternally grateful for another chance to let people know not just about our cause, but our purpose. It’s not just “breast cancer patients” we’re helping, it’s people and their families and their will to live the lives they deserve. If cancer was meant to fight alone, so many of our loved ones wouldn’t be afflicted.

We must make sure everyone we know performs self breast exams and keeps up their annual exams. The more you are aware of your body, the quicker you will be able to detect a problem. Lynn’s simple words say it best, “Be careful, drive safe.”

Don’t let her down.

## The Public Information Committee Report

The Public Information Committee continues to spread the word about BCAP throughout Green Country. The Journal radio stations KVOO, KFAQ, & KXBL are ongoing in their commitment to broadcast Public Service Announcements - over 3,400 so far. Angie Walters recently dropped by the studios to record two new PSAs. She's becoming a real voice-over talent! Additionally, Journal regularly presents BCAP event announcements to their 11,000+ listener club database members using E-Blasts and Newsletters.

Another exciting development is that BCAP events and fundraisers are now being submitted to over thirty Oklahoma news publications and broadcast stations, including The Tulsa World, KOTV, KOKI/FOX 23, KJRH and KTUL. All of this, along with Angie's tireless efforts as she aptly represents BCAP through numerous appearances and speaking engagements highlight the wonderful service that BCAP brings to women in Tulsa and the surrounding counties. In her latest appearance, Angie and BCAP were featured in the May issue of The Community Spirit Magazine in an article entitled "Women Doing Big Things for Women." It was terrific!

Just like the Energizer Bunny, Angie just "keeps going and going and going...." and BCAP's outreach will keep growing and growing and growing!

## The Grant Committee Report

Greetings from the Grants Committee!

Boy, we are excited about what is on the horizon for BCAP! Members are meeting to strategize and discuss the various grants available. We are excited about the number of available grants for which BCAP may apply. These grants mean BCAP will be able to tap more resources. These funds will help us do more for the many patients undergoing treatment in Tulsa and the surrounding counties we service.

At this time, the focus is on which grants BCAP will apply for in the very near future. Our goal at BCAP is to stretch every donor dollar, and one way we do this is by leveraging your donation against funds we bring into BCAP through outside sources.

In the past few months, we have made strides by setting up regular committee meeting times and by using services available for researching potential grants. The committee now has access to GrantStation, an online funding resource for non-profit organizations like BCAP that are seeking grants. With access to resources like these, BCAP hopes to make smarter, better-informed fundraising decisions and focus on grants we feel will be worth the effort. We want to maximize the amount of money we are able to apply for and reach out to grant makers on a national level.

The Grants Committee is fortunate to have experienced leadership guiding us through the process and mentoring those who want to learn more about the grant writing process. Some

members will attend grant writing training so that valuable dollars can be tapped into; consequently, BCAP will be able to help even more of our local breast cancer patients.



## Become a "Friend Of BCAP"

### "Friends of BCAP"

For a \$25 annual donation, you will receive a membership card, our new quarterly newsletter, our new "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! Please contact us ASAP to sign up! And....

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

**Sponsored By ...**



### Ticket Winners!

It pays to be a Friend of BCAP—Susan Harris won the 2nd Quarter drawing, receiving 2 tickets to Rascal Flatts!

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

Also, Kris Grace won 2 tickets to Rascal Flatts during the BCAP Bunco Email Raffle!

### 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

T-shirt size \_\_\_\_\_

Send Receipt? Yes \_\_\_ No \_\_\_

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

## BCAP Board Spotlight



**Tony L. Edwards**  
Executive Vice President  
Director, Candidate Committee

Tony Edwards has been a board member of Breast Cancer Assistance Program (BCAP) Fund, a 501(c)(3) charity, since its inception in 2006. Tony is presently the Executive Vice President and Director of the Candidate Committee.

Retired from the corporate world in 2000, Tony worked in the pipeline/energy industry for 27 years. He is a registered professional engineer and has more than 20 years of diversified experience in corrosion engineering, including cathodic protection and atmospheric and pipeline coatings. Tony has more than ten years of supervisory experience managing engineering projects and personnel. He has also

prepared and managed departmental capital and maintenance budgets.

Tony started his own corporation in 2000 involving judgment recovery and collections and in 2003 expanded into real estate investment. He is currently working as an optometric technician for Kastl Vision Center.



## The BCAP Board

- **Angela Walters (2006)**  
Founder  
Chief Executive Officer  
Chairman of the Board
- **Tony Edwards (2006)**  
Executive Vice President  
Director, Candidate Committee  
Board Member  
Member, Finance Committee
- **Cheryl Clark (2009)**  
Corporate Secretary  
Board Member  
Member, Events Committee
- **Judy Kastl (2006)**  
Chief Financial Officer  
Director, Finance Committee  
Board Member
- **Norman Walters (2006)**  
Board Member at Large  
Member, Candidate Committee
- **Randy Gasswint (2008)**  
Board Member at Large  
Member, Events Committee
- **Janette Hammack (2009)**  
Co-Director, Events Committee  
Board Member at Large  
Member, Grants Committee
- **Shirley Peaster (2010)**  
Director, Public Information Committee  
Board Member at Large
- **Jennifer Hays-Grudo (2010)**  
Director, Grants Committee  
Board Member at Large
- **Haley Zabsky (2009)**  
Co-Director, Events Committee  
Board Member at Large
- **Dianne Smith (2010)**  
Board Member at Large  
Member, Candidate Committee
- **Betty Groth (2010)**  
Board Member at Large  
Member, Public Information Committee
- **Peggy Gordon (2010)**  
Board Member at Large  
Member, Public Information Committee
- **Linda Smalley (2010)**  
Board Member At Large  
Member, Events Committee
- **Dudlee Linger (2010)**  
Board Member At Large  
Member, Events Committee
- **Kasey Frost (2010)**  
Board Intern
- **Open**  
Board Member At Large