



# A Wing and A Prayer

## I Have Wings Breast Cancer Foundation Newsletter

Volume 3 Issue 1

Spring 2010



**Janet Chambers**  
Founder & President

### A Quick Word with Janet

It's about that time again, AHHH! Spring! A time for renewal! A time for lemonade, a new book, shade trees, flowers and the Spring Bling!

Wait! Hold that thought!

**Flowers!** This brings me to a meeting I had the other day with an old friend and confident, Dana Skulan, at my (alternate) Executive Office, Panara Bread, (and ironically her Executive Office as well)! After coffee and some serious catch up, she said an astute phrase which I found intriguing. She said, "We call that getting the snakes out of your garden." (This statement is totally explained in the inspiration within this newsletter called "Sowing for the Spirit" by Dana Skulan)

When cancer rears its ugly head, usually at the most inopportune time, it's definitely a snake in your garden...a BIG one! Probably a Python, at least it was in mine! Little by little, my husband, my circle of support, and I snacked that python down. We eliminated it from our otherwise content garden.

After surgery, chemo, radiation, drugs, vitamins, exercise, healthy food and new smiles (where frowns and tears once resided), we continued to rid ourselves of that snake. We opened our homes and our hearts to an overwhelming supportive group of family, friends, and neighbors. Then we created a peaceful, serene setting not too far from the house where I could rest, rejuvenate my spirit, restore my soul, meditate and heal. I called it my Healing Garden and it made a big difference in my recovery!

Flowers and gardens were certainly part of the inspiration for our **2010 Spring Bling, Glammin in the Garden Luncheon**, Saturday, April 24<sup>th</sup> and our new **Pink Day at Sugar Bay, Friday, July 9<sup>th</sup>!** *Con above*

You see, with the help of Natorps Garden Center, A&S Lighting, and Fassler Florist, NKY Convention Center will transform into *Spring!* Then in July, when Sugar Bay Daylilies is in full bloom, you'll experience a little piece of heaven on earth! Come learn how to create your own Healing Garden. Stroll through the lilies. Refresh with some lemonade and reduce your stress. Come and be rejuvenated and restored. **It all starts in the garden. It always did.**

Happy Spring!

### Sowing for the Spirit



A garden serves as a wonderful analogy for our spirit; when we are well and happy it is like our garden is blossoming. When negative things come in, they are like weeds, annoying and disruptive, yet with some tending to they can be kept at bay.



But when a full attack comes on our spirit, one that is trying to steal our joy and lead us to destruction, *Con pg 2*



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### I Have Wings Mission

**EDUCATE**  
Our Community

**EASE**  
Stress

**ENDORSE**  
Breast Cancer research

## Sowing for the Spirit from pg 1

that is like a snake in the garden -- and unlike Eve, we need to take command of our garden and use the Holy Spirit to order that snake out of our thought-life and out of our circumstances.



Then, plant the seeds that will bear the fruit. Galatians 5:22 tells us that the fruit of the Spirit is love, joy, peace, pa-

tience, kindness, goodness, faithfulness, gentleness and self control. These are the things that will make our hearts blossom and our spirit gardens thrive.

Dana Skulan - Sugar Bay Daylilies

## The Winning Team

### *Meet the Board — Neil Davidson*

Each newsletter highlights one of our outstanding Board Members. This time we are spotlighting Neil Davidson. Neil, like all other board members, has been generously giving his time and talent to I Have Wings and has been with us since 2007. He is currently our Grant and Foundation Development Specialist. Neil grew up in a village in the SE of England just outside London and now resides in Lakeside Park, KY with his wife, Deborah. He has been a Business and Staff Development Consultant since 1992 in Scotland. He lived in South Africa for 14 years, working in the Hospitality Industry. He started his original training in the town of Broadstairs, Kent UK. This introduced him to the Royal Household (Buckingham Palace) where he worked part-time for nearly 10 years. He went to Oxford Polytechnic University (United Kingdom) and earned certification and a degree in Catering and Hospitality. Later, in 1997, he gained a Master of Science. Neil has been in the USA since 2004 where he met his wife Deborah. We appreciate his ongoing commitment to I Have Wings Breast Cancer Foundation.



## Sponsor Spotlight



Sponsor Spotlight is a new feature in our newsletter. Our sponsors are encouraged to submit an article for publication. We welcome our first entry from 360 American Title Services.

360 American Title Services is dedicated to providing, prompt, professional, personal real estate settlement service to our customers. Our client base consists of many local Realtors, Lenders, and Builders. Securing the American Dream of home ownership is our business.

Lisa Armbruster, President, surrounded herself with experienced professionals boasting 100+ years of cumulative experience. In addition to providing superior service, Lisa's strong sense of community involvement is shared by all staff members.

Following attendance of an I Have Wings Spring Bling and recognizing the excellent support that is provided by Janet and her band of dedicated volunteers to those in need, Lisa decided this was just the type of group we could all get behind.



Many of our customers and our staff members have been or know someone who has been touched by Breast Cancer. 360 American Title Services pledged a donation to IHW Breast Cancer Foundation from every closing between 10/1/09 til the Spring Bling 4/24/10.

The support from our loyal Lenders, Realtors and Builders is amazing.

360 American Title Services and our customers are proud to be a part of the I Have Wings Breast Cancer Foundation sponsorship team.

## Executive Board

Janet Chambers  
**President & Founder**

Jane Moore  
**Vice President**

Peggy George  
**Secretary**

Jerry Knochelmann  
**Treasurer**

Deborah Boschert — Davidson  
**Historian**

Neil Davidson  
**Foundation Development  
Grant Specialist**

Carol Scheffel  
**Silent Auction Coordinator**

Peggy Eisenmenger  
**Program Specialist**

Adrienne Boschert  
**Recruitment/Volunteers**

Pat Kathman  
**Event Coordinator**

## Advisory Board

Julia Carter  
**Wood Hudson Cancer Research**

Chris Guildugli  
**Rudler & Assoc.**

Laura McGreevy  
**Personnel Profiles**

Leslie Shumate  
**Emerson Power Slutions.**

### Angel Inspirations!

Life isn't about waiting for the storm to pass, its about learning how to dance in the rain!

## Winging it in the Kitchen

### Cullen Skink (Scotland)

By Neil Davidson

#### Ingredients

18 ounces white smoked haddock fillets

2 onions, peeled and finely chopped

2 large potatoes peeled and finely diced

16 ounces milk

1 ounce unsalted butter

Double cream and chopped chives

#### Directions

Place the haddock in a large pan with 10 fluid ounces of cold water. Bring to the boil and simmer for 5 to 10 minutes or until the fish is just cooked. Remove the fish with a slotted spoon and flake into large chunks, then set aside.

Add the onions and potatoes to the pan with plenty of pepper. Pour in some of the milk if the water does not cover the vegetables. Cover the pan and cook over a moderate heat for 12 to 15 minutes or until tender. Remove the pan from the heat and using a potato masher, roughly mash the contents, keeping some for texture. Add the milk and butter bring to the boil, simmer for a couple of minutes. Add the fish and reheat gently for 2 to 3 minutes. Season to taste, then serve in bowls with a swirl of cream and chopped chives.

**Serves 6 people.**

"Skink" is Gaelic for essence



### Chocolate Mousse Pie

By Trina Legg

#### Ingredients

12 ounces semi-sweet chocolate chips

1 1/2 cups whipping cream

2 teaspoons vanilla

1/3 cup powdered sugar

1 x 9 inch chocolate pie crust

#### Directions

Place chocolate chips in a glass bowl along with half of the whipping cream and microwave on high for 1 minute intervals until chocolate melts and the mixture is smooth.

Allow mixture to cool.

Meanwhile, beat the remaining whipping cream until firm. Add vanilla and sugar and continue beating. Slowly add chocolate mixture and mix well. Place in the chocolate pie crust and refrigerate for several hours before serving.

## Volunteer Opportunities

I Have Wings Breast Cancer Foundation is assisted 100% by volunteers. We would not be able to exist without your continued help and support. Thus far, in 2009, our volunteers have organized and executed the annual Spring Bling, as well as Pink Ribbon Cast & Blast, Florence Freedom baseball games, Bridal Rama, and the NDA/St. Henry volleyball tournament., just to name a few.

Our recruitment "Meet and Greet" recently took place at Carrabba's Italian Grille, Crestview Hills where over 65 volunteers enjoyed lunch and camaraderie.

We are looking forward to our numerous upcoming events. If you are interested in becoming a volunteer, please log onto [www.ihavewings.org](http://www.ihavewings.org) and complete the volunteer request form. We look forward to meeting you!



I Have Wings Breast Cancer Foundation  
P.O. Box 18502  
Erlanger Ky 41018—0502

## 2010 Calendar Events

Woman's Council of REALTORS Luncheon	Tuesday April 20, 2010	Receptions, Loveland, OH
Glammin in the Garden Spring Bling	Saturday, April 24, 2010	NKY Convention Center, Covington, KY
Pink Day at Sugar Bay	Friday, July 9, 2010	Sugar Bay, Warsaw, KY
5K- Walk	TBA	TBA
Divot-up for Breast Cancer	Friday, September 24, 2010	Lindale Golf Club, Amelia OH
Better Bodies Helping Women	Saturday, October 16, 2010	Better Bodies, Crescent Springs KY
Dance for a Cause	Tuesday, October 19, 2010	Lookout Heights Civic Ctr.

Check out website often for these and other exciting events at [www.ihavewings.org](http://www.ihavewings.org)

## Hear Ye, Hear Ye! What's new in the press room!

**Jumping Jacks Awesome Inflatable's** With warm weather just around the bend, its time to think of outdoor FUN! Book your Awesome Inflatable now for a birthday party or any occasion, mention I Have Wings and receive \$25 off your cost! Then Jumping Jacks will donate \$50 to I Have Wings in your name. Kids will have a blast, you get a tax write off and a warm fuzzy feeling for supporting your local breast cancer foundation.

**Comfort Gifts from the heart.** I Have Wings Breast Cancer Foundation is offering a new range of gifts that can help comfort a loved one or friend encountering a breast cancer diagnosis. Often what is difficult to say in words can be expressed with a gift from the heart. These gifts can be given as an early way to promote healing or as on ongoing commitment of love and support. These small but special gifts are also a perfect way to show your support for the I Have Wings mission. Check out all the new merchandise and new changes at [www.ihavewings.org](http://www.ihavewings.org)

## YOUR AD HERE! —IN COLOR!

Would you like to advertise your business in this Newsletter?

Reach 2000+ locals in the Tri-State.

Contact Neil Davidson at [Neil@ihavewings.org](mailto:Neil@ihavewings.org) for more information and pricing.