



# A Wing and A Prayer

## I Have Wings Breast Cancer Foundation Newsletter

Volume 2 Issue 2

Fall 2009



**Janet Chambers**  
Founder & President

### A Quick Word with Janet

And Shazam! It's a new (and very informative) Wing and a Prayer Newsletter from I Have Wings Breast Cancer Foundation!

In this edition we'd like to concentrate on the many blessings God has poured out upon our foundation.

- Launching our vision to expand emotional support; The No-one Goes Solo Support Program.
- Increased awareness of our foundation all over the Tri-State.
- Men and Women that continue to volunteer their time and talent.
- The generous companies that even in tough economic times continue to support our mission.

Yes, we are certainly grateful!

So if you haven't heard already, our **No-one Goes Solo Support Program** has been meeting each month at the beautifully renovated HealthSouth Rehabilitation Center, Edgewood, KY. Hosted by Laura McGreevy and Peggy Eisenmenger, this support group is like no other! First, it centers on being uplifting, informative, and FUN! Did I say FUN? No boring therapy here, nope, not under my wing! So, calling all survivors, newly diagnosed, in the middle or finishing up, we want YOU to join the fun! Reserve your seat now as registration is limited, and the BEST...it's totally FREE! Bring nothing and take some great information, inspirations, and tips, home!

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#### I Have Wings Mission

##### EDUCATE

Our Community

##### EASE

Stress

##### ENDORSE

Breast Cancer research

### Spring Bling 2009



Do you TRUST this Man!  
Derek Boschert

And what a Royal Affair it was! If you attended, you know we always surpass ourselves and this year was no exception! Between the complimentary Mohito's and Cosmo's, women and men from the Tri-State enjoyed members of Team Lachey, a bagpiper, and were moved by our 2009 WINGS award recipi-



**Kristin Schrader**

ent Kristin Schrader. To view Kristin's touching interview, go to [www.ihavewings.org](http://www.ihavewings.org) We gave away lots of gifts because after all, it was the Queen's birthday! We raffled off the crown jewels, were inspired once again by Leslie Hitch's singing and the food was fit for a Queen (or dignitary)! Save the date 2010 Spring Bling Saturday 24th April at the Convention Center Covington KY



**Florence Freedom-Ladies Nights**

Can someone say "Party in the Ballpark"! Yes sir, and a party it has been! Thanks to Florence Freedom for allowing I Have Wings to be a part of all the Saturday night home games throughout the summer and Strike Out Cancer Night September 1st. Ladies just loved the raffle ...a lunch date with a player! What a fun summer for all!

**Volunteer Fair 2009**

I Have Wings joined many other foundations at Newport on the Levy this summer at the first Volunteer Fair 2009. We increased awareness of our mission, made some new friends and gave out several hundred chip clips, not to mention that we picked up some great volunteers!

**Paddlefest**

If you missed it, you missed a rock n' rolling great time! Sawyer point was the finish line for the Dragon Boat race where breast cancer survivors battled it out on the Ohio River. There was great music and a stunning 'waterfall' of pink rose pedals off the bridge! Hope to see you there next year!

## The Winning Team

**Meet the Board — Peggy George**

Each newsletter highlights one of our outstanding Board Members. This time we are spotlighting an inaugural member, Peggy George. Peggy has been generously giving her time and talent to I Have Wings since 2002, and is currently our foundation Secretary. She grew up in Ft. Thomas, KY and now resides in Edgewood, KY with husband, David and son, Fredrick. She is a 30 year employee of Good Samaritan Hospital, an RN by trade and brings a well appreciated compassionate view to our mission. Peggy has several hobbies, including: reading, gardening, and is an active member of the Queen City Artisans. Peggy always exemplifies faith, trustworthiness, and loyalty. We appreciate and applaud her ongoing commitment to I Have Wings Breast Cancer Foundation.

**Play for a Purpose**

What a competition! What a game! Thursday, September 24th was the NKY rival volleyball games between host team NDA vs ST, Henry. Held at TMC and in front of a sell out crowd, both teams put forth their best efforts for a neck and neck tournament! Everyone cheered and had a "Spiking" good time!

**Mommia Mia**

What a classic! Cincinnati Aronoff presented Mommia Mia July 16<sup>th</sup>. There was sure a lot of PINK, and what a fabulous production it was! I Have Wings was there to touch survivors, educate and inspire.



Thanks to Broadway Across America for reaching out to us, a nice donation, and allowing us to join in the excitement of the evening!

**Poker Run**

Fun at its best! Thanks to Tony Nickol, all the motorcyclist's who participated, and to Sunset Grill in Warsaw, for grilling out some sizzling rib eye's and serving up some great hospitality!

**Mi Salon Cutathon**

Snip Snip Snip! Thanks to owners Mike, and Ida Jean, Office Manager Melissa and all the stylists at Mi Salon for a fabulous day at the salon! Dream Dinners provided samples of their cuisine, and the employees got together a Chinese Auction and had a bake sale! It was truly a wonderful experience.

**Cast & Blast**

Pull! Pull! October 10, 2009 Elk Creek provided the perfect setting for the Pink Ribbon Cast & Blast and Sporting Clay Tournament. Joined by sponsors Bass Pro Shop, Kroger, Smokey Bones Bar & Grill, Velvet Soul and Buckeye United Fly Fishers, Inc., I Have Wings, in conjunction with Elk Creek Hunt Club, had a real **BLAST!** The day started with a fabulous lunch, gun safety and demo. Then, the tournament teams moved on to competition while others enjoyed Fly Fishing and Clay Shooting instruction. All joined up in the tent to enjoy a concert by Velvet Soul, wine tasting by Elk Creek, and gourmet appetizers prepared by Kroger chefs. "This event was so fabulous, that next year it is sure to be a Pro Am tournament" said Neil Davidson, I Have Wings foundation development.

## Executive Board

Janet Chambers  
President & Founder

Jane Moore  
Vice President

Peggy George  
Secretary

Jerry Knocheimann  
Treasurer

Deborah 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 Trans.

# Winging it in the Kitchen

## Chicken Stir Fried Rice

By Patty Winston Suedkamp

### Ingredients

3 - 4 chicken breasts, cut into bite size pieces

3 slices of bacon, fried crispy and crumbled

4 cups cooked rice, cooled

1/2 teaspoon salt

1/4 cup bean sprouts

1 egg, beaten

2 tablespoons soy sauce

1 tablespoon sherry

2—14 ounce packages frozen stir fry vegetables with noodles. Includes noodles, water chestnuts, Chinese pea pods, carrots, onions and red peppers. Mushrooms will be good too!

### Directions

Fry and remove bacon, reserving 1 tablespoon of fat in the pan. Add cooked rice and salt. Stir. Cook chicken pieces and stir fry vegetables until chicken is done. Add water chestnuts, bean sprouts, eggs, vegetables and chicken to rice. Cook over a medium heat for 3 minutes Season with soy sauce and sherry. Cook one minute longer.  
**Serves 6 to 9 people.**



## Angel Inspirations!

May your day be filled with blessings

Like the sun that lights the sky,

And may you always have the courage to spread your wings and fly!

## Double Delicious Cookie Bars

By Laura McGreevy

### Ingredients

1 stick butter

1 1/2 cups graham cracker crumbs

14 ounces sweetened condensed milk

12 ounces chocolate chips

1 cup butterscotch chips

### Directions

Preheat oven to 350°F. In a 13 x 9 x 2 inch pan, melt butter in oven. Sprinkle crumbs evenly over melted butter; pour sweetened condensed milk evenly over the crumbs. Top with remaining ingredients; press down firmly with spoon.

Bake 25—40 minutes or until lightly browned. Cool. Cut into bars. Store covered at room temperature.

Note: you may substitute peanut butter chips for the butterscotch chips

## Volunteer Opportunities

The I Have Wings organization is run nearly 100% by volunteers. We would not be able to exist without their continued help and support. Thus far in 2009 our volunteers have organized and executed the annual Spring Bling, as well as represented I Have Wings at events such as Florence Freedom baseball games, Bridal Rama, and the NDA/St. Henry volleyball tournament. 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!

**Lessons from a Bald Chick** HOT OFF THE PRESS! Don't miss your opportunity to take advantage of a great deal and read a fabulous book! If you talk to author Mary Beth Hall, she'll impress you with her friendly demeanor, her sense of humor and her passion for helping others overcome their struggle with breast cancer. In her new publication, "Lessons from a Bald Chick," she takes the most ordinary situations and finds the funny side in them. Her book is an easy read and a shot of humor when you really need it. To purchase your own copy contact Mary Beth at (859) 240-6226

**www.ihavewings.org** Been there lately? If not, you don't know what you are missing! John Rowland has created some new, fresh, updates that will spark your interest. Check out the links, make friends with our friends or just send a "Hey Girlfriend" email to your loved ones and remind them to get a mammogram! Make sure you read our new brochure and newsletters or get tips to conquer chemotherapy! Stay posted on our upcoming events throughout the year and take a moment to watch our Wings Award video! Coming up soon, our merchandise link will be filled with cool stuff to purchase!



**No One Goes Solo Support Group** September 2009, I Have Wings launched the first of its kind support group. Over the years, we have had several requests for a monthly get-together. After much planning by Peggy Eisenmenger and Laura McGreevy, it is now a reality! We concentrate on overcoming the emotional stress of chemo, healing to move forward, and some fun crafts or activities. If you are a patient, caregiver, or survivor that would like to join in the fun, please contact Laura McGreevy at 859-750-9659.

**Check out pictures or information on these exciting events at [www.ihavewings.org](http://www.ihavewings.org)**

Pink Ribbon Cast and Blast	Saturday, October 10, 2009	Elk Creek Vineyards, Owenton, KY
Goalrilla Soccer	Sat-Sun. October 17 & 18, 2009	Cincinnati, OH
Dance for a Cause	Tuesday, October 20, 2009	Lookout Heights Civic Ctr.
Bridalrama	Saturday, January 30, 2010	Duke Energy Center, Cincinnati, OH
IHW Spring Bling	Saturday, April 24, 2010	NKY Convention Center, Covington, KY
Pink Ribbon Cast & Blast	TBA Fall, 2010	Elk Creek Vineyards, Owenton, KY



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