

ONE
TO
ONE

Ovarian Cancer
Support Group



July 2021

Reeling &
Healing

FLY
FISHING

Retreat

Whether you are newly diagnosed or a 20+ year survivor, you are invited to attend one of the four upcoming **Reeling & Healing Fly Fishing Retreats** this summer. The retreats take place on the beautiful **AuSable River** in Grayling and your riverside lodging, meals, snacks, beverages, equipment, instruction and much more are all included. Cost is \$35 commitment fee and \$8-\$10 fishing license depending on age and residency. You will be introduced to the amazing art of fly fishing on your journey toward physical, emotional and spiritual healing. This is a one-of-a-kind experience, on and off the river. It will renew your spirit and hope through the combined elements of fly fishing, nature, peer coaching, positive camaraderie and support.

Covid protocol will be in place for retreats this year and fewer participants will be taken, so if interested, please act fast to secure your place. Please call or email **Marcia Gurche** (586-323-0838 or mgurche@gmail.com) if you have any questions.

One to One is devoted to the on-going support of those newly diagnosed, those in remission and those in recurrence.

100% of contributions directly benefit our group by providing activities and paying for expenses.

Donations are gratefully accepted and can be made by check payable to **One to One Ovarian Cancer Support Group** c/o Marilyn Brozovic 4793 Alton Dr. Troy, MI 48085

A receipt will be provided for tax purposes.



Renew Spirit. Renew Hope. Fish On!

Fly Fishing Wellness Retreats
for Cancer Survivors

Reeling & Healing
Midwest

Celebrating Our 23rd Year in Michigan

Learn more at FishOn.org

Phone 616-855-4017

PARTICIPATE SUPPORT VOLUNTEER



A number of our One to One members have attended Reeling and Healing retreats in the past and one of them, Celeste Prudhomme, wrote a wonderfully descriptive article of her experience for our August, 2011 newsletter. We are re-printing it here for your enjoyment.

Do These Waders Make My Butt Look Big?

By Celeste Prudhomme, August 2011

The answer is unequivocally YES. That's the beauty of women in waders; you don't have to worry whether they do or not, they just do. They make everyone's butt look big!

I am surrounded by men in my life who love to fish; even my grandsons have gotten into the act. All I'd been hearing from these men since I told them about my fly fishing trip was that it would be a waste of time because I would never be able to learn to fly fish. Needless to say, I wanted to "succeed" at fly fishing so I could proudly show off a picture of me and my prize fish.

The first thing Patty Kurpinski and I did when we found out we were going on this adventure was to go shopping for our fishing hats. Of course, Patty wanted to check out the fly fishing vests as well because those of you who know Patty know that Patty always likes to accessorize. We finally decided that our *personal fishing guides* could hold our stuff for us because the vests might add too much bulk to our fishing ensembles. Once we got there we found out it was a good decision because it was too darn hot for the layered look.

Of course, I'm talking about the **Reeling & Healing Midwest** program that Patty Kurpinski, Joline Bowdich, Liz Sage, Julie Fisk, Lori Coluzzi and I attended on July 17th - 19th. From the moment we arrived, there was an attitude of "*what can we do for you?*" For any of you ladies that haven't been on this adventure yet, you should make plans to do so in the 2012 season if for no other reason than the wonderful experience of being treated like royalty, but with a fishing hat instead of a crown.



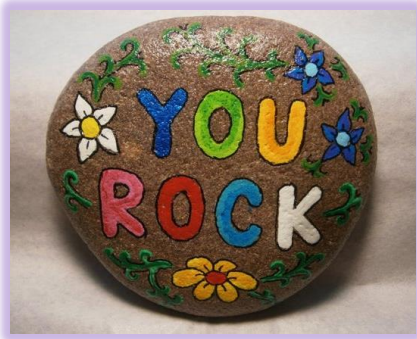
As soon as we arrived at the **Gates Au Sable Lodge**, we were checked in, fitted for our waders, and escorted to our lodging quarters to await orientation and dinner. The whole 2-1/2 days consisted of volunteers asking us what they could do for us. You didn't even have to get your own water; they'd get it for you, or drinks of all kinds. I didn't even have to tie my own boots, not that I could have. For some reason, once you put waders on, they fill up with air and if you sit or try to bend, you look like the Michelin Man, but once you enter the cool water of the river, the air miraculously disappears.

The expectation of getting into the river kept building as we went through orientation. Most of us did get in the water every chance we got just as a way to try to cool down.

The next morning, after the proper amount of instruction and some time on land practicing our casting, we strapped on those sexy waders and made our way out to the middle of the holy waters of the beautiful **Au Sable River** as it flowed gently by, surrounded by nothing but the great Northern Michigan outdoors, a few thousand bugs and what the guides call the "aluminum hatch." The aluminum hatch is how they refer to canoers. (They turned out to be as annoying as the bugs). According to the fishing guides, these thousands of bugs are a good thing; it seems that's what the trout feed on -- ergo -- fly fishing. Anyhow, I began to question whether fly fishing was something I really wanted to do if all these bugs were a "good" thing. Whatever, it was the perfect setting for a 2-1/2 day fly fishing adventure.

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Finally it was time for all twelve participants and our guides to enter the cooling waters of the river, setting out to try and hook that rare but beautiful prize-winning trout. I had wanted to be able to brag to the members of my family that I caught a real beauty, all the while knowing that I could always fall back on the “big one that got away” story. If all else failed, maybe there was a fishmonger in town I could buy a big rainbow trout from to take my picture with -- found out there wasn't. One lucky lady did catch a nice brown trout, but her guide lost it so it turns out the “fish that got away” story is real and I witnessed it with my own eyes.



Due to the unusual heat, we weren't able to have the Monday night campfire, but we all did gather around the fire pit and talked. We each received a river rock that had a message written on it from a previous participant from the May retreat and found out that we too would get to pass down this tradition to next week's participants. The fire circle (minus the fire) was a wonderful way to get to know a little bit about each woman. There was a special stone that has been a tradition at all of the retreats and each woman holds it as she tells her story or what she hoped to take away from the experience. It soon became apparent that with the passing of the stone there was also the passing of the tissue box. What a fabulous way to bond with the other participants and I couldn't help but notice that even though we practically all cried, each woman

there had been courageous enough to fight her own battle with cancer and was still among us and still looking for new adventures. What strong and wonderful women they are! Even the young lady, Cathy, who runs Reeling & Healing Midwest had her own story of her long recovery process, although it was not from cancer but from a very bad car accident. This woman is amazing, but that's another story.

The best way to get close to your sisters in this *One to One* organization is to spend some quality time with them and we certainly get opportunities to do that between the bowling fundraiser, Relay for Life, this fishing trip and the Retreat coming up the end of August. **DO NOT MISS** any opportunity to spend time with these wonder women. We found we could talk about things that only people who have walked this path could possibly talk about. They know exactly what you're going through and have thought the exact same thoughts and had the same fears each of us has heroically kept hidden from our loved ones. These women know it all, have lived or are living it, and are here to help you work through it all.

Forget about the big fish that got away; this trip was about so much more than that. It really was about healing through serene surroundings, getting in touch with that inner need for calmness, and sharing with your comrades in this battle we must constantly wage upon cancer.



See you at retreat.

Fish on!



Me, Myself & I Weekend

September 3 – 5, 2021 (*Labor Day Weekend*)
 St. Paul of the Cross Retreat Center
 23333 Schoolcraft, Detroit



Our **Girls Get Away Weekend** is an opportunity to relax, refresh and reconnect at a secluded location. Leave the difficult world behind for a few days as you retreat to this peaceful setting. You will have your own private room and bath, delicious meals and a selection of interesting and optional sessions to attend. Be prepared to make some long lasting friends and to depart on Sunday renewed in body and spirit.



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Me, Myself & I Weekend

Covid protocols will be observed at this year's retreat.

Sessions being offered include:

- ✓ *Making Good Food Choices*
- ✓ *Tai Chi for Health*
- ✓ *Reverse Plate Painting*
- ✓ *Music Therapy*
- ✓ *Meditation Walk*
- ✓ *Power of Sisterhood*



Massages will also be available.

Cost: Cancer Survivors: \$115 or \$140 with massage
 Guests: \$140 or \$165 with massage

(Please note that we are holding costs to that of prior years, even though there has been a price increase.)

More information will be coming soon via email. In order for us to continue planning this wonderful weekend, we will need to know who is interested in attending and who would like a massage.

We hope you will join us!

HAPPY SURVIVORSary!



Bridget Smith	18 yrs!
Virginia Marrow	14
Betty Chernenko	13
Irene Kearney	12
Joline Bowdich	11
Margaret Huang	8
Kim Belhorn	7
Gail DePodesta	6
Dana McCarius	2
Ruth Vrbensky	1

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Please join us for our ZOOM meetings at 4:30 pm on the second and fourth Thursdays each month.

*** July 8 and 22 ***

*** August 12 and 26 ***

*** September 9 and 23 ***

An email will be sent to everyone four days prior to each video support group meeting asking if you would like to participate. A separate email with a link will be sent to those who reply one day prior to the meeting.



If your SURVIVORSary is missing, we did not receive an updated form from you.

*Please contact
 Marilyn Brozovic
 via email:
 brozovicm87@gmail.com*

Newsletter information is presented in summary form, is general in nature and provided for informational purposes only. It is not intended in any way to be a substitute for professional medical advice, diagnosis or treatment.

Objectives of support group:

- ✦ *Provide a forum for ovarian cancer patients to address concerns;*
- ✦ *Support each other through initial treatment phase, during potential recurrence, and with issues related to long term survival;*
- ✦ *Establish core group of survivors willing to visit newly diagnosed patients;*
- ✦ *Increase awareness of ovarian cancer, including its symptoms and risk factors, in the hope of achieving earlier detection and treatment.*