



Ovarian Cancer Support Group

HORSE SENSE

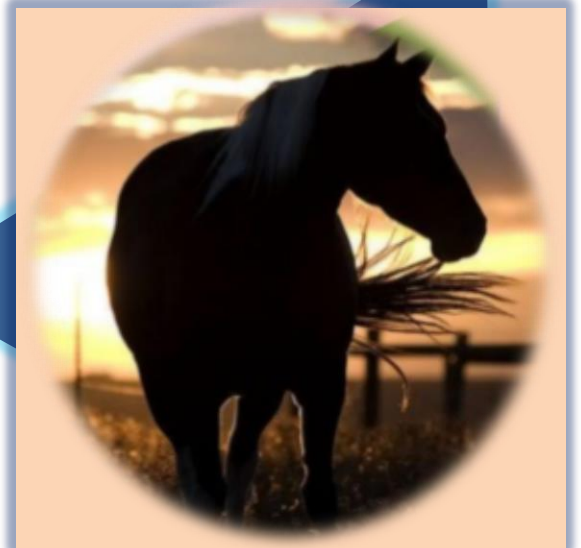
This is a reprint of a story published in our January, 2011 issue and submitted by Ginny Dimsa.

Just up the road from my home is a field, with two horses in it. From a distance, each horse looks like any other horse. But if you stop your car, or are walking by, you will notice something quite amazing.... Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made a good home for him.

This alone is amazing.

If you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to the horse's halter is a small bell. It lets the blind friend know where the other horse is, so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse is, trusting that he will not be led astray.



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.

When the horse with the bell returns to the shelter of the barn each evening, it stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell. Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges. He watches over us and even brings others into our lives to help us when we are in need.

Sometimes we are the blind horse being guided by the little ringing bell of those who God places in our lives. Other times we are the guide horse, helping others to find their way....

Good friends are like that... You may not always see them, but you know they are always there.

And remember...

**Be kinder than necessary-
Everyone you meet is fighting some kind of battle.**

**Live simply,
Love generously,
Care deeply,
Speak kindly.....**

for we walk by faith and not by sight!

In the steady gaze of the horse shines a silent eloquence that speaks of love and loyalty, strength and courage. It is the window that reveals to us how willing is his spirit, how generous his heart.

— Unknown

PROFILE IN *Courage*

By Marcia Gurche

Having adopted my own son from Seoul, Korea thirty-eight years ago, I was delighted to meet **Ahminda West** last year through the Survivors Teaching Students® Program (STS). Ahminda arrived in this country back in 1981 from Seoul, when she was six months old, and she became the second child of **Ron** and **Liz Chapman**, and the younger sister of **Gabe**. Ron and Liz had previously adopted Gabe from an agency in Ohio, and they were thrilled with their beautiful new daughter. Around six years later, **Clayton** surprised everyone when he was born into the Chapman family. Even with three active children, the Chapmans became a foster family and eventually were asked to foster a set of newborn twin boys, **Keith** and **Kevin**, who they eventually were able to adopt. The family continued to foster until Ahminda was into high school and that atmosphere of love and selflessness seems to have had a profound impact on Ahminda and who she is today.



Ahminda was raised in Oberlin, Ohio where her family lived until she was around twelve years old. They then moved to Vicksburg, Michigan. Following graduation from high school in Vicksburg, Ahminda left to attend Pensacola Christian College in Florida for one and a half years. After getting married and moving to Battle Creek, she had her son, **Evan**, who is now nineteen years old. Evan is presently attending Baker College in Flint where he is in the Auto Mechanics Program. Ahminda's younger son, **Jonah**, will be entering his sophomore year at Howardsville Christian and he is keeping her busy with all his activities. He has been occupied this summer with training for soccer, where he will be the team goalie, and also looks forward to playing basketball in the winter.

Ahminda has been a single mom since 2009 and she has worked for a fantastic family-owned company for the last eight years. She is in Sales and Marketing for High's Marine in Decatur. Her job is a versatile one and she does a little bit of everything. The company is one of the few marinas that is open year-round, and they like to give back to the community whenever possible. Ahminda recently organized a Bluegill Fishing Tournament with the proceeds going to the local high school's band. With a restriction on the number of fish each participant can catch, she had to come up with creative categories for the winners. Each participant truly enjoyed the experience – not only do they all love to fish, but they appreciated that the money raised was going to a great cause.

(Cont. 'd on next page)

Church is very important to Ahminda. Her church family, along with other friends and neighbors, helped her immensely when she was diagnosed with stage III ovarian cancer in 2011. Her sons were just three and eight years old at the time. Since she was trying to continue working, the meals and support her friends provided was beyond helpful.


Ahminda has been a youth leader and mentor for the last four years, working with high school girls. She is already missing the five graduates who she has known since she began her volunteer activities when they were just freshmen. The group meets on Wednesday and Sunday evenings, and they take mission trips and do many fun activities together. Ahminda's own boys are a part of the youth group from the church and her home is always open for activities, game nights and whenever the kids want to get together.

Ahminda tries to make time for her own friends too and has a 6:00 am coffee date once a week with her girlfriends. They travel together a couple of times a year to various women's conferences or to participate in races. They have run in every race on Mackinac Island so far except one, which they hope to accomplish next year. She enjoys running and when she isn't running, she tries to keep in shape by using a stationary bike. Her youngest son, Jonah, was thrilled when he finally beat her at arm wrestling recently. Now granted, Ahminda is 5' tall and Jonah is now 5'10"!



Reading is a favorite pastime for Ahminda and she is also a part of the Michigan Korean Adoptee Group. Being a part of the group helped her feel like she fit in with the Korean culture. Members go out to eat together and watch Korean based movies. As with our own support group, it is nice to know that there are other people who actually understand how you are feeling and what you are experiencing.

Family is extremely important to Ahminda. Unfortunately, her dad passed away suddenly about a year and a half ago. Her mom sold the antique mall that they owned in Kentucky and she now lives in West Virginia. Ahminda's brother, Gabe, and his wife, **Maxine**, live in Michigan with their two sons, **Bryce** and **Cayden**. Her brother Clayton lives with his wife, **Heather**, and their two children, **Ava** and **Kayson**, in Cadiz, Kentucky, which is also where Keith and Kevin reside. Ahminda has many aunts and uncles and cousins in the area and enjoys spending time with them.

Ahminda certainly has a servant's heart and in addition, she has love and energy in abundance. It would be wonderful if she lived in our area, but she has generously traveled here to do presentations for the STS program. If she can ever make it to one of our *One to One* Support Group activities, we would welcome her with open arms! 

The most beautiful people
we have known are those who have
known defeat, known suffering,
known struggle, known loss, and have
found their way out of the depths.
These persons have an appreciation, a
sensitivity, and an understanding of
life that fills them with compassion,
gentleness, and a deep loving concern.
Beautiful people do not just happen.

— Dr. Elisabeth Kübler-Ross

BE
THE WOMAN
WHO FIXES
ANOTHER
WOMAN'S CROWN
WITHOUT
TELLING THE
WORLD IT WAS
CROOKED...

What Makes Us Civilized?

Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks or clay pots or grinding stones.

But no. Mead said that the first sign of civilization in an ancient culture was a femur (thighbone) that had been broken and then healed. Mead explained that in the animal kingdom, if you break your leg, you die. You cannot run from danger, get to the river for a drink or hunt for food. You are meat for prowling beasts. No animal survives a broken leg long enough for the bone to heal.

A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety and has tended the person through recovery. "Helping someone else through difficulty is where civilization starts," Mead said.

We are at our best when we serve others. Be civilized.
- Ira Byock.



HAPPY SURVIVORsary!

Nannette Gearhart	23 yrs!
Terrie Karebian	19
Julie Fisk	17
Debra Frick.	14
Deanna Cosens	11
Jordan Tolmie	11
Sharon Witkowski	11
Cheryl DiChiera	10
Chrissy Zigulis	8
Laura Marmorstein	5
Diane Barretta	3
Margaret Devereaux	1



meeting

Group meetings are held on the **2nd Thursday** of the month at **4 pm**. Meetings are in-person at the **Berkley Public Library** and are also held via Zoom. You are welcome to join us for dinner at *The Avenue Restaurant*, located on Woodward just north of 13 Mile following the meeting.

September 8
October 13
November 10

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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.*