

2008 in review

The SHOC Foundation had an amazing 2008 year. We would like to take this opportunity to thank all of our event team members, volunteers, sponsors and contributors for helping us with such a successful year. The SHOC Foundation donated \$65,000.00 to the OHSU Knight Cancer Institute for Ovarian and other Gynecologic cancer research. After four short years, our total amount donated is more than \$172,000.00! We appreciate everyone's enthusiasm, endless hours of time and believing in what we hope to accomplish to find a marker or a cure for ovarian cancer.

Our Fourth Annual Empowerment Walk/Run was bigger than ever! We had more than 650 participants and over 95 business sponsorships. Our volunteers, in excess of 75 people, helped make the event run smooth. Thank you Rhonda Shelby, our emcee, for keeping us on track and organized. We appreciate your smiling face year after year and look forward to seeing you back this coming August. Thank you to the Rose City Rollers, Last Regiment of Syncopated Drummers and Kink FM for providing fun and unique entertainment.

The Second Annual Fish for Life Salmon Derby was held in April on the Clackamas River. It proved to be a fun-filled day with lots of salmon caught, a tasty BBQ and a large silent auction. The raffle for the 2008 Willie Drift Boat was won by Pat Transue. Congratulations Pat!! Thank you to Sportsman's for sponsoring our event this year and to our team of organizers: Susie, Bobbi, Jenn and Duane. We hope to have our 3rd Fish for Life Salmon Derby in April of 2010.

The Monarch Hotel in Clackamas was a lovely setting for our first Teal Ribbon Dinner/Auction last May. Complete with a silent/oral auction, wine wall and speakers from OHSU and NW Cancer Specialists, it was surely an educational evening. Thank you to our team of organizers: Cathy, Sharon, Shannon, Mary, Sara, Pat, Ron, Ellen, Debbie, Josette, Lonnie, Bruce, Lori and Jan for their endless hours of time and creativity.

Portland to Coast Team 2008
Twelve enthusiastic women joined the Planet Teal team and walked from Portland to Seaside talking about ovarian cancer symptoms and the SHOC Foundation. Our motto: Walk, Talk, SHOC encouraged us to spread the word and break the silence of ovarian cancer awareness. Thank you to our sponsors Lambs Markets and Toyota of Gladstone for helping us do our best out there on the road.

For more information about our sponsors
Visit us: www.shocfoundation.com

SAVE THE DATES For 2009

August 1, 2009
**5th Annual SHOC Foundation
Empowerment Day**
10K Run/Walk and 5K Run/Walk
1 Mile Family FUN Walk

Pancake Breakfast for all participants with donations benefiting the SHOC Foundation.
Ovarian/Gynecologic Survivor Breakfast too!

Contact Sherie: shocfoundation@comcast.net
or visit our website in June for more info...
Website: www.shocfoundation.com

Hosted by:
Team Latus Motors Harley Davidson
870 E. Berkeley St.; Gladstone, OR 97027
Sponsor Opportunities, for information email:
shocfoundation@comcast.net

May 17, 2009
Teal Ribbon Luncheon II
Tualatin Country Club
11:00am \$50.00 per person

Speakers, a small silent auction, wine wall, vendors, lots of giveaways and gift certificates to local businesses. Tables of 8 and 10 available. All proceeds benefit the SHOC Foundation. For information contact:
Geri Matin - 503.694.5445

June 5, 2009
Burgerville Night
6:00pm - 9:00pm
Gladstone Burgerville only!

Please come eat and watch the SHOC team members, wash tables, sweep floors and talk about ovarian cancer. 10% of all food sold that night will be donated to SHOC.

June 13, 2009
Oregon Bottle Refund Drive
9:00am - 4:00pm

Pancake Breakfast and Peets Coffee & Tea
Lambs Markets in Wilsonville
For more information contact:
Lori Dayton - 503.691.9591

June 26, 2009
**1st Annual Heidi Moore Angell
Invitation Golf Tournament**
Colwood National Golf Club
\$125.00 per person
Proceeds benefit the SHOC Foundation
For Registration or more information contact:
Heidi Moore - heidi.moore1@comcast.net

For more information, please contact us at:
shocfoundation@comcast.net
www.shocfoundation.com

RECENT HAPPENINGS...

NEW SHOC Headquarters!!

The SHOC Foundation now has an office to hold small fundraisers, meetings, house all event equipment and to eventually hold educational classes regarding ovarian cancer healing. The new office is located on Portland Avenue in Gladstone, OR.

Soon we will have regular hours for both retail of Ovarian Cancer Awareness merchandise and to hand out Ovarian Cancer literature. We will not be accepting our mail at the office, however. For mailing donations, sponsorships, information, etc. please continue to mail to our PO BOX below.

A very special thank you to John Perry of Shield Painting who donated all the paint and his time. The office looks beautiful!! And to Chris Singlestad for donating his carpet cleaning services to SHOC. The carpets look and smell divine!!

Wine Tasting with WineStyles

In December 2008, the owners of WineStyles in Tualatin put on a lovely wine tasting night for SHOC. Friends enjoyed a variety of delicious wines and snacks. It was quite the successful evening and we hope to have this event again in the future. Thank you to the owners of WineStyles, Jerry and Amy Anderson for making this night happen.

Lambs Markets Fundraisers

Lambs Markets of Wilsonville has stepped up their sponsorship for SHOC in a huge way. On January 31, 2009, they hosted our first Oregon Bottle Refund Drive. Then, on March 14, 2009, they invited the Oscar Mayer Wienermobile to their store and served dollar hotdogs and root beer floats. A huge Thank You to Mark Wood, manager, for making all these events possible. We love what you do for the SHOC Foundation!!

SPONSORSHIPS & DONATIONS

Make a difference - support your community and support the cause. Together we can make a difference. The SHOC Foundation [accepts donations all year long](#). Make your tax deductible donation payable to the [SHOC Foundation](#).

The Sherie Hildreth Ovarian Cancer Foundation is a 501 (c) 3 charity.

Mail checks to: SHOC Foundation
P.O. Box 327; Gladstone, OR 97027

On-line donations:
www.shocfoundation.com
Our Tax Id: 56-2497219

Your donation is greatly appreciated. Thank you!

In Remembrance...

"Susan's Story"

Remembering Susan Veley for us is to remember an unforgettable friend who was effervescent, genuine, eternally youthful and could light up a room with her wit and personality. The girl would do anything for a laugh! She was a loving wife to Chris, a devoted mom to Elise and Tommy, a long time employee of the Portland Police Bureau, a faithful servant to God and a true blue friend who always brought the best out in everyone. Unfortunately for all of us, her precious life was cut short at the age of 55 from ovarian cancer.

Just after New Years in 2005, Susan went into the hospital with ongoing stomach pain which quickly intensified. After preliminary tests which led to exploratory surgery, Susan was diagnosed with stage III ovarian cancer, which was quite a shock as she had a total hysterectomy five years prior. We learned that Susan's ovarian cancer started from leftover ovarian cells found in the omentum, a rare and unconventional way of developing the disease.

Susan rallied the troops (God, family, health care professionals, friends) and along with her strong will, determination, otherwise great health, faith and a whole lot of humor, fought the battle of her life.

Here is a snapshot of how we think Susan fought the fight by living out one of her favorite bible verses, Romans 8:28, "And we know that in all things God works for the good in those who love him, who have been called according to his purpose." The GOOD seemed to revolve around strengthening her relationships and certainly her faith and service for the Lord. This was all done with her famous trademark humor of course!

Her relationship with Chris was strengthened and endearing. Her relationship with her kids was even more strong and loving. She never took for granted the precious time she had to spend with them—a lesson we all should learn.

Her relationship with God grew immensely through this journey. In fact, during one of our many talks, we asked her, "For what do you want to be remembered?" She said, "My humor of course, and that I never lost my faith through this cancer journey (in fact, it grew.) And, changing just even ONE person's life for the better and bringing them to Jesus. Now that would be a great legacy." What is so amazing is that she changed more lives than she'll ever know. One example is the mission trip she went on to Rwanda. Even amidst her chemo regime, she mustered up the strength to not only go herself, but inspire her husband (a dentist), daughter, and several others from our church to go and lend their gifts as well. She sponsored several children herself and led the way for our church to sponsor this mission which has since grown into our biggest mission outreach.

Her gift for bringing people together was magnified throughout her illness. She had friendships that grew and multiplied among themselves and we all got the gift of meeting each other. One of those gifts for us was meeting Sherie Hildreth. Talk about the GOOD that can come from a tough situation! Susan was so proud that all of her friends rallied to support the SHOC Foundation, a cause very dear to her heart. She loved having lots of friends and "Girl Talk" right to the very end. Everyone loved gathering around Susan and reminiscing. We were often in need of a bigger bed because frankly, we couldn't all fit around it!

Susan lost her battle with cancer and went home to be with Jesus on September 26, 2008. She fought the good fight, she finished the race and she kept her faith. We love you, dear Susan and our lives HAVE been changed for the better! It seems fitting to close with an excerpt from Susan's journal. "I pray they will remember my silly, goofy personality and know my love for them lives inside their hearts."

--- Written by friends ---
Kellie Riesen and Niki Johnston

In Remembrance of Jeanne Maras

"Friendship is God's special way of bringing sunshine to your day," is inscribed on a cross-shaped plaque given to me by Jeanne Maras. It was a privilege to be Jeanne's friend. I learned so much from her about so many things, and she certainly brought sunshine into my life.

The circle of Jeanne's friends was large; her brother commented during her memorial service that she had "100 best friends." Jeanne had a special talent for keeping close contact with friends regardless of distance or time passed. But what really drew others to Jeanne was that she gave genuine interest, care and concern to the friend she was with at the moment—people wanted to spend time with her.

Jeanne loved to nurture all living things; her family and friends of course but also every creature in her yard and beyond. All life had value and meaning to her. During a golf outing we noticed a young rattle snake on the cart path. My instinct was to get as far away as possible. Jeanne's first reaction was to rescue the snake from being run over by the next golf cart! She pulled out one of her clubs from her bag and gently coaxed the snake into the tall grass.

Jeanne's diagnosis of Ovarian cancer was in February of 2003, surgery and chemo followed. When she was strong enough we would walk in our neighborhood, talking about our families, health and the future. Jeanne rarely canceled these walks.

Even if she had to walk slowly and stop often, she wanted to be outside and be as active as possible. This was her motto for all events in her life; she only slowed down when there was no other option, and rarely wanted to discuss her physical problems.

Over the next five and half years Jeanne's cancer returned again and again. She went through chemo four more times, but she kept living every day looking for the beauty in others and nature. Jeanne learned something new daily and taught others often. Her attitude was always to live each day to the fullest.

The gardens around Jeanne's homes in Gladstone and Scottsdale were a reflection of her lively interest in plants and her desire to provide a home for wildlife. The result is a beautiful sanctuary for all.

Jeanne loved to have guests in her home, have a nice meal, play cards and laugh often. She was a gracious hostess and fun!

Her family has albums with hundreds of photographs Jeanne took of special family vacations, her daughter's wedding, her son's graduation from the U of O, extended family's weddings, and births. These mementos will help recall the story of her life with those who she was closest. The volume of photos is another testimony to how much Jeanne valued time spent with those she loved.

This past March a brain tumor was found and a bleak prognosis followed. Jeanne received radiation therapy on her brain and then chemo for spinal tumors. In the following months, Jeanne fought daily to stay connected with those she loved and to be as engaged as possible.

The real acknowledgment that Jeanne was a blessing to others was demonstrated in the final months of her life. Her husband of 31 years, Jim, daughter, Natalie, and son, Jeff, lovingly cared for her at home. For more than five months, friends and extended family streamed in and out of the family home. Many brought meals or flowers or sent cards as expressions of their love and desire to stay in contact with this precious person.

On September 1, 2008, in her own home surrounded by her dear family, Jeanne died with grace and dignity.

During the final months of her life, roles were reversed. Those who Jeanne had served were serving her—a real tribute to a strong woman who loved deeply and lived well.

--- Written by Bonnie Marston

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