

# Infants Remembered In Silence, Inc.

## Whispers of the Heart Newsletter



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New Website: [www.irisremembers.com](http://www.irisremembers.com)

### Holiday Service of Remembrance

#### “Remembering With Love”

Infants Remembered In Silence, Inc. would like to invite you, your family and friends to our 11<sup>th</sup> Annual Holiday Service of Remembrance. This special service will be held on December 5<sup>th</sup>, 2004 at 2 pm in the Chapel of the Good Shepherd on Shattuck Campus, 1000 Shumway Ave. in NE Faribault.

The IRIS Holiday Service of Remembrance is designed by and for parents, family and friends who have experienced or been touched by the death of a child in early pregnancy (miscarriage, ectopic pregnancy, molar pregnancy, etc.) or from stillbirth, neo-natal death, birth defects, sudden infant death syndrome (SIDS), illness, accidents and all other types of infant or early childhood death. Everyone is welcome regardless of how long ago the child died or the cause of death.

#### Having Your Child Remembered

If you would like to have your child/children remembered during the service, please complete the enclosed form and return to the IRIS office by December 1, 2004.

#### Your Participation Is Needed!

One of the things that makes the Holiday Service so very special is the participation of parents, family and friends. We would love to have your help with reading of poems, singing, playing an instrument, reading a scripture, set up, clean up, decorating the chapel windows, or providing treats for the receptions that follows the service. Please note on the Holiday Service of Remembrance Registration Form if you will be able to help.

### Decorating the Chapel Windows

Decorating the Chapel Windows has become a precious tradition of the Holiday Service.

You are invited to bring any keepsake items that you would like to display in the windows. Keep in mind that you will be working with other parents to create a loving display. You will be in charge of placing your child's/children's keepsakes in a window and clearing the area when the reception is over. Suggested items for window displays include: scrapbooks, blankets, pictures, holiday items, etc. It is common for others to look at the displays during the reception. If you have priceless items that are breakable you may want to hold them during the service or protect them in some other manner.

We would like to thank Linda Dusek who will be at the service to help you with the displays and to answer any question that you may have. Please note that there are no flames or water allowed in the displays. Due to the cost and magnitude of this project, IRIS will not be able to return items sent to us.

### Memorial Flowers

For your convenience, IRIS has arranged for memorial poinsettias to be labeled and delivered to the Chapel. If you would like to order a poinsettia, please fill out the Holiday Service Registration Form and return it to the IRIS office along with \$12 by no later than December 1<sup>st</sup>, 2004. Please make checks payable to IRIS.

We would like to thank the Todd and Lori Jo Markman Family and the Faribault Sertoma Club for making this service possible.

### Sharing Information on the Holiday Service

Please feel free to share the information on the Holiday Service Remembrance with as many people as you can. You are welcome to invite as many people as you wish to the service and are encouraged to ask your local church's, newspapers, TV and radio stations to run information about the service. If you would like to hang posters for the Holiday Service please visit the IRIS website: [www.irisremembers.com](http://www.irisremembers.com) and print them out or contact the IRIS office.

### Children at the Holiday Service

Quiet children are welcome at the service. Out of consideration and compassion for grieving parents, you are asked to take children out of the Chapel if they are crying, talking, making noise or disrupting others in any manner. If you have any questions, concerns or would like to discuss the issue please feel free to contact Diana Sundwall at the IRIS office (507) 334-4748.

### Directions and Map

1. Highway 60 East to the North East side of Faribault.
2. Turn North onto Shumway Ave.
3. Follow Shumway Ave. past MN State Academy for the Death to the main entrance of the Shattuck/Saint Mary's campus. (on your left)
4. As you enter the campus grounds, you will pass under the graceful Shattuck Arch and have full view of the campus.
5. To your left you will see the Chapel of the Good Shepherd. Follow the circle drive to the chapel.

### You're Always In My Heart

The day you died my heart went cold,  
The day you died I felt so old,

But no I know you're just fine  
I will never forget that you are also mine.

You are here in spirit, though it's not the same,  
As if you were here in person, but God is not to blame.

He took you to Heaven with love in His heart  
For us it's a road of grief,  
But you'll show us where to start.

Although you were here for a short while  
I hope I'm on your list for your Heaven speed dial.

You showed me how to love,  
And you showed me how to care,  
You showed me how to love someone,  
Who was oh so very rare.

For the 3 days you were here,  
You really made it show,  
That you could make a difference and  
Make love grow and grow.

Kilian, when I see you again,  
I will hug you with all my might.  
At the pearly gates of Heaven  
It will feel totally just right.

Love, Mandy

In loving memory of Kilian Richard Dohahue  
December 22 – 25, 2003

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### Visit the New IRIS Website

Infants Remembered In Silence, Inc. would like to thank Kate Wolf of Faribault for all of her help with the IRIS website. Kate has done an excellent job developing and maintaining this site for many years. This past October, Kate turned the IRIS website over to Joni and Tom Trotter. The Trotters are now asking for your help. Please visit our new website at: [www.irisremembers.com](http://www.irisremembers.com) and let us know what you think of it. We would like to know what items you would like to see on the site, your birth stories, your journal entries, poems, and links to other sites that you would like to see on the page.

## Handling the Holiday Hurts

The holidays are often difficult for anyone who has experienced the death of a loved one. For parents the death of a child comes with extra stress and pressure. Instead of being a time of comfort, togetherness, and joy; the sights, sounds, smells and holiday gatherings can bring feelings of defeat, unhappiness, meaninglessness, and worthlessness.

Parents often talk about the expectations others have for them; the requirements placed on them, and the demands to “be back to normal” before the holidays. One mother stated, “It’s like everyone ‘needs’ me to be ok. How can I be? I’m going to be spending my holiday remembering my child and visiting the cemetery. How can that be normal?”

Another mother tearfully said, “The holidays are intended for children. Toy commercials and ads are everywhere. People are talking about the gifts they are going to give to their children and others. One even went so far as to ask me to help find a play gym for their new baby! I find it surprising that everyone expects me to smile and never cry. They expect me to help them, and to be understanding of their wants and needs and now both families expect me to make Christmas cookies and take my turn hosting the Thanksgiving and Christmas meals. How can I be kind when they don’t even say our son’s name, they don’t talk about him, they don’t ask how we are doing, and they don’t take our feelings into consideration.”

Overcoming these frustrations is not easy. The following pages offer suggestions that will be of help to you and your family during the upcoming holiday season. Hopefully you will find ideas that will aid you in your decision-making and give yourself permission to do what’s right for you.

Parents often have difficulty making decisions regarding the holidays. Everything from holiday baking to family gatherings have changed. Be gentle with yourself, and allow yourself to do what feels right, even if others disapprove.

### **Talk About Your Feeling and Grief**

Talking is the best way to work through your grief and will help to eliminate some of your pain. Find a caring friend or relative that will listen to you. Someone who understands that the holidays can increase your sense of loss and who will allow you to talk openly about your feelings.

### **Talk About Your Child**

The more you say your child’s name and talk about him/her the more comfortable others will be. Openly including him/her in your conversations during the holidays will let others know that you need to talk about your child and your loss.

### **Reduce Needless Stress**

Reducing needless stress will help you in many ways. Try not to isolate yourself while taking time for you and reducing stress. It’s ok to be with others, to be happy and to laugh.

### **Doing What Is Right For You**

Well-meaning family and friends often give their opinion on what is good for bereaved parents during the holidays. Instead of going along with their plans, focus on what you want to do. Discuss your wishes and needs with family and friends so everyone understands your wishes and decisions.

### **Participate in Carefully Selected Functions**

Choose the gatherings you truly want to attend and are manageable for you. If you find it too difficult to attend for any reason then decline the invitation or limit the time that you will be attending. (Go late and/or leave early.) When declining an invitation simply state that you are not up to attending this year. Common reasons for declining or limiting an invitation include:

1. Pregnant people in attendance
2. Children of the same age
3. Anniversary dates (due dates, birthday, date of death)
4. Non-supportive people attending
5. Number of people attending

### **Tailor Your Activities**

Activities should be manageable for you. Be aware of your energy level and time commitment for holiday activities.

### **Acknowledge Your Feeling**

Your feelings are important and delicate. You have lost someone who is priceless to you. Others may not acknowledge this special person and may dismiss your feeling. Acknowledging your feeling may make you angry, it may also make you standup for yourself and your child. Remember, **Grief** is a normal human response. It is an emotional suffering caused by a great loss. It is often described as a deep

overwhelming sadness; it describes the internal thought and feelings we experience when someone we love dies. **Mourning** is taking the internal experience of grief and expressing it outside ourselves, in other words; to express and physically show the grief. For some this may be crying or screaming, for others it may be withdrawing from others and/or events, and still others will express great anger. Remind yourself that life as well as your feelings constantly change, and that the way you feel today is not the way you may feel forever. Feelings change and are often expressed without warning.

### **Seek Professional Help**

The holiday season is always stressful. For some parents the added pressure and tension of a child's death is more than they can handle. There is nothing wrong with asking for help. If a friend or family member mentions to you about visiting with a professional you should make an appointment. Start by calling your doctor, a counselor/ psychiatrist that does grief work or your IRIS volunteer. If you feel that you are suicidal please call immediately. You're not alone; there are people here to help.

### **Change Your Home's Environment**

Making slight changes to your home can often add to your personal comfort. Leaving a soft or colored light on or lighting a candle can warm your home and create an atmosphere of love and may encourage a feeling of safety. The same can be said for having a quilt, afghan or other blanket that you can wrap yourself in.

### **Weather Conditions**

Cold, snowy, and rainy weather can bring anyone down. Take a walk in the snow or rain and remember how much fun it was when you were a child. If it's sunny enjoy it. Sit outside in the sunshine without your sunglasses, sit in a sunny window or take a drive. Allow yourself to do nothing but enjoy the weather.

### **Accept Help**

Asking for help is hard to do and can be even harder to accept. If others offer to help, let them. Take a deep breath, drop your shoulders, let the tears fall if they want to, and say "okay".

### **Memorialize Your Child**

Parents often state that they feel that others will find in inappropriate or unhealthy if they memorialize their child. Memorializing is natural and has been done for thousands of years. When you put a marker at the cemetery that is what you are doing, memorializing the person who has died. It's a way

of showing respect. Below you will find suggestions of ways to memorialize your child.

- Hang a stocking with your child's name
- Light a special candle
- Purchase a special flower, plant, tree or wreath for your home, your holiday table, your church/synagogue, memorial service or cemetery
- Decorate your child's grave or special area
- Send holiday cards and include information about your child
- Purchase or make a special ornament
- Start a collection
- Purchase a precious keepsake such as a ring, necklace, or picture frame, etc. for yourself or your partner
- Write a letter, a song or poem to your child telling him/her how much you love and miss them.
- Keep a journal
- Take pictures of everything you do to remember your child. The pictures become a part of your child's keepsakes.
- Give someone who has helped you a gift
- Do for others. Some parents make a cash donation or donation of time or talent to a group that was helpful to them, others will purchase gifts for needy children or family.
- Many parents will take part in "**Random Acts of Kindness**" such as paying for the meals or a treat for the car behind you at the drive through, etc. If you would like, you can leave a card behind to be given to the person saying "This random Act of Kindness was done in memory of (My son/daughter or your child's name)." If you don't want them to know who you are, don't use the last name. Visit the IRIS office if you would like cards. For more info on this program and it's origin, please visit the MISS Foundation website at: [www.missfoundation.org](http://www.missfoundation.org)
- Make a donation to a special cause or organization in memory of your child

### **Take Care of Yourself**

You may feel emotionally exhausted, stressed, week, fragile, helpless, or like a failure. Taking care of you physically and emotionally will help.

- Get plenty of rest. Exhaustion will alter your perception.
- Try to sleep in your bed in the evening and limit naps
- Eat a well balanced diet

- Drink at least 8 eight ounces of water, juice or milk a day
- Stay away from alcohol, and illegal drugs
- Use prescription drugs as prescribed by your doctor
- Exercise, even if it's just a little
- Go for a walk regardless of the weather. Enjoy the smells, sounds and feelings
- Pamper yourself, it's ok to take time for yourself. Soak in a tub, take a bubble bath, get a manicure or pedicure, read a book, get a massage or buy a new bottle of lotion
- Attend one support group meeting. If you like it, go again
- Make an appointment with a professional therapist, physiologist or psychiatrist who specializes in grief
- Give yourself permission to cry
- Give yourself permission to be happy
- Say a prayer for your child
- Take time to look at all your child's keepsakes
- Write your child's name
- Say your child's name out loud
- Give yourself time and space, especially if others are pressuring you
- Fix your favorite tea, light a candle, light your fireplace, sit in your favorite chair, wrap up in your favorite quilt and do nothing
- Give a hug, you'll get one in return
- Do relaxation techniques and deep breathing
- Contact a local nursery and select a tree to be planted in the spring in memory of your child.

### **Adapting Old Holiday Traditions**

Many parents feel that their extended family (your parents, siblings, cousins, etc.) traditions need to be changed or be adjusted following the death of their child. Parents often feel their life style has changed, their belief system has changed and changing the holidays feels very natural to them.

For some parents the changes will become their families "New Tradition", while others will choose to make changes for a year or two. While the extended family may be unhappy with your decision they have to realize that you are adults and need to take care of yourselves by doing what feels right to you. "It needs to be all about you this year, it's not being selfish." Consider some of these changes:

- Eating at a different time or location
- Opening gifts on a different day
- Attending a different worship service
- Let others take over decorating the tree, making cookies and shopping, etc.

- Buy the cookies and other treats instead of making them
- Choose to shop online rather than venturing into the stores
- Give everyone the same gift (gift cards, fruit, cookies, etc.)
- If you always host the holiday meal, suggest that someone else take a turn or have it catered in a hall or church
- Allow yourself the privilege to NOT attend holiday gatherings and/or parties
- Follow your heart; do what feels right to you this year "It needs to be all about you"

### **Creating New Traditions and Rituals**

While old traditions may need to be redesigned, creating new ones can be rewarding and offer great comfort. Below you will find some suggestion that may become a tradition and may also make the holidays rewarding. Don't be afraid to make changes even if others disapprove.

1. **Hang a stocking in memory of your child.**  
This could be done at home, in your church, in the cemetery or where ever feels right. You could even choose to hang more than one. Consider adding personal touch's such as your child's name or special decorations.
2. **Decorate a wreath or tree** in memory of your child. You may want to consider placing the wreath or tree at your child's gravesite. If you live in a cold climate you may want to consider placing the stand for the tree or wreath at the gravesite before the ground freezes.
3. **Send Holiday Cards** with a special note.
4. **Purchase a special ornament or other keepsake.** Some parents like to collect infant angels, Precious Moments, etc.
5. **Create a special centerpiece for your holiday table.** This could be a candle, candleholders, flowers, etc. Be creative.
6. **Attend a special worship service or a remembrance service** dedicated to infants.

### **Treasured Memories**

During the holidays, take time to remember your child. Some memories will be happy and some will be sad. Your memories are full of the love for your child, take time to treasure them.

 **Shopping** can be one of the most stressful tasks of the holidays. Many bereaved parents find that they

need to find a new way to complete their holiday shopping.

1. If you're comfortable with it, shop online.
2. Set spending limits and make a list.
3. Consider shopping with a friend, someone who is compassionate and understanding. Someone who will help you do your shopping and not do their own shopping.
4. Shop early in the day or late in the evening. By doing so you will miss the crowds and the holiday music.
5. Consider giving gift certificates, cash, books, CD's, DVD's or savings bonds, fruit baskets, flowers, lap blanket, etc.
6. As a special surprise for the recipient, you could have the gift shipped to, or delivered to the recipient.

 **Holiday Cards** are nice to receive but a lot of work to send out. If you should decide to send cards consider explaining how the death of your child has affected you and how important their support is to you. Consider sending the same letter to everyone and asking for help sending them out if you need it.

 **Wrapping Gifts** can be a stress reliever for some parents and a dreaded chore for others. If wrapping gifts is too much to handle ask for help. You may wish to consider

1. Having the store wrap the gifts
2. Asking friends to help you
3. Using gift bags
4. Asking Girl Scouts, Boy Scouts, 4-H groups, or a church group to help. Many of these groups are in need of people to help/service projects. You could be helping them!

 **Baking** is another holiday tradition that maybe difficult to enjoy or can be a stress reliever. If it's too much, consider purchasing bake goods from the bakery, your local cake decorator, church group, etc.

 **The Christmas Tree** can be a heartbreaking reminder that your child is no longer with you. If you decide to put one up, consider putting up a smaller one, and/or using an artificial tree. With the

artificial tree you do not have to remember to take care of it or worry about taking it down right away. If you do put up a tree consider decorating it differently.

 **Memorial Candles** can add to your holiday season. Many parents feel that burning a candle is a great way for them to remember their child. You may wish to purchase a special candle or use a candle that already has a special meaning to you. Candles can be burned during your holiday meals and gatherings with or without others knowing their significance.

 **Deciding On Your Holiday** can be difficult when you are receiving input from others who have a need for you to be with them during this season. You need to pick what is right for you. Take your time and think your holiday gatherings through. Most importantly, do what feels right to you.

## A Little Piece of us in Heaven

By Pam Bortner

There is a little piece of us in Heaven,  
Part of us has already made it there.  
Daddy's nose, Daddy's Cheeks, Daddy's feet,  
My hands. Does he have curly hair?

Our best parts are already in Heaven,  
For he was beautiful.  
You see, it is our son who is in Heaven.

He had a short, but special, life here on earth,  
But God chose to have a little piece of us  
Up in Heaven with Him.

We know you will do all the things that his  
parents cannot do.

We know you are holding him.  
"God, please hold us, too!"

From Bereavement Magazine November/December 2001

**For That, I am Thankful**

By Darcie D. Sims

It doesn't seem to get any better...  
But it doesn't get any worse,  
either.  
For that, I am thankful.

There are no more pictures  
to be taken...  
But there are memories to be  
cherished.  
For that, I am thankful.

There is a missing chair  
at the table...  
But the circle of family  
gathers close.  
For that, I am thankful.

The turkey is smaller...  
But there is still stuffing.  
For that, I am thankful.

The days are shorter...  
But the nights are softer.  
For that, I am thankful.

The pain is still there...

But it lasts only moments.  
For that, I am thankful.

The calendar still turns, the  
holidays still appear  
And they still cost too much...  
But I am still here.  
For that, I am thankful.

The room is still empty,  
the soul still aches...  
But the heart remembers.  
For that, I am thankful.

The guests still come,  
the dishes pile up...  
But the dishwasher works.  
For that, I am thankful.

The name is still missing, the  
words still unspoken...  
But the silence is shared.  
For that, I am thankful.

The snow still falls,  
the sled still waits,  
And the spirit still wants to...

For that, I am thankful.

The stillness remains...  
But the sadness is smaller.  
For that, I am thankful.

The moment is gone...  
But the love is forever.  
For that, I am blessed.  
For that, I am grateful...

Love was once (and still is)  
A part of my being...  
For that, I am living.

I am living...  
and for that, I am thankful.

May your holidays be filled with  
reasons to be thankful. Having  
loved and having been loved is  
perhaps the most  
wondrous reason of all.

From Bereavement Magazine  
November/December 2002

## Scrapbooking

## Pampered Chef Fundraiser

You're invited to join us for Scrapbooking! This is a very informal group of IRIS mom's who are all working on their precious children's scrapbook. Never worked on a scrapbook before? Don't have all the papers and other treatments? Thanks to wonderful donations we have everything you need including decorative papers, stamps, punches, scissors, and stickers. The only thing you need to bring is your own scrapbook pages and your photos. If you have an older scrapbook with sticky pages or pages that are not acid free you may want to consider redoing your book with acid free papers.

Location: Celebration Church  
722 Ravine St in NE Faribault

Time: 10 AM – 4 PM.

Dates:  
November 20<sup>th</sup>  
January 15<sup>th</sup>  
February 19<sup>th</sup>  
March 19<sup>th</sup>

Your welcome to bring you own beverages, lunch, or you can get takeout.

The Pampered Chef is teaming up with you to help raise funds for IRIS. Pampered Chef products are high-quality kitchen tools that are easily affordable for any budget...so whether you love to cook or don't have much time to. PLEASE help us raise money for this great non-profit organization.

### HOW CAN YOU HELP ?

Place an order from November 16<sup>th</sup> - 23<sup>rd</sup> by:

1. Catalogs and order forms are available at the IRIS office.
2. On-line: [www.pamperedchef.biz/kellyzkitchen](http://www.pamperedchef.biz/kellyzkitchen) under the hosts name enter "IRIS".
3. You can also visit the IRIS website [www.irisremembers.com](http://www.irisremembers.com) and click on the Pampered Chef link.
4. Join us at the Faribault West Mall on November 19<sup>th</sup> and 20<sup>th</sup> where we will have table.
5. Join us at the IRIS office on November 20<sup>th</sup> from 6-7 pm for an informal open house.

IRIS Support Group Meetings

IRIS support groups are held twice each month. Midday meetings are held on the second Wednesday of the month from 11 am – 1 pm. These meetings are an open discussion. Dates for these are:

November 10<sup>th</sup> and December 8<sup>th</sup> of 2004

January 12<sup>th</sup>, February 9<sup>th</sup>, and March 9<sup>th</sup> of 2005

Evening meetings are held on the fourth Tuesday of the month from 7 – 8:30 pm. Evening meetings are designed in a topic format and open discussion. Dates are:

November 23<sup>rd</sup> and December 28<sup>th</sup> of 2004

**Please note that due to a large number of requests we have decided to hold the December meeting.**

January 25<sup>th</sup>, February 22<sup>nd</sup>, March 22<sup>nd</sup> of 2005

All Support Group Meetings are held at the IRIS office (101 NW Third Street in Faribault) please join us.

### **Milk Moola**

IRIS has been accepting Kwik Trip Milk Moola coupons for the past several months. What is the Milk Moola Program? For every Milk Moola cap or bag top found on milk and juice products from Kwik Trip, IRIS will receive 5¢. Please mail us or drop off your Milk Moola coupons. Visit the new IRIS website for more info. [www.irisremembers.com](http://www.irisremembers.com)

Special thanks to the students at the MN School for the Blind who will be counting the coupons and bottle caps for us.

### Donations

- Federated Insurance Foundation of Owatonna ~ \$500
- Gemini Incorporated of Cannon Falls ~ \$250
- Greater Twin Cities United Way ~ \$109.46 (donor designation for Lamont, Mullenbach and Ulrich)
- Immaculate Conception CCW of Lonsdale ~ \$100
- Malt O Meal Cares Employee Foundation of Northfield ~ \$750
- Northfield Area United Way (1<sup>st</sup> Qtr) ~\$625
- Northfield Area United Way (2<sup>nd</sup> Qtr) ~ \$625
- Rice County VFW Auxiliary of Faribault ~ \$25
- United Way of Dodge County (2<sup>nd</sup> half) ~ \$3,000 (This donation is being re-run due to a typo in the last newsletter.)
- United Way of Faribault (2<sup>nd</sup> Qtr) ~ \$500
- United Way of Faribault (3<sup>rd</sup> Qtr) ~ \$500
- Waseca Area United Way (2004) ~ \$2,250
- Wells Fargo Community Support Campaign ~ \$50

### Personal Donations

- Bonnie Bless
- Dave Dunn
- Margaret and JD Walker

### Children's Memorials

- In memory of Kilian Richard Donahue

Nicole Isaacson  
Daniel Zweber

- In memory of Sayer Clarence and Bennett  
Charles Gfrerer  
Colleen & Robert Wigham
- In memory of Jesse Jerome Halbert  
Dayna Halbert
- In memory of Chyanne Rose Kuschel  
Faribault Rental Equipment
- In loving memory of Samuel Ethan Priebe  
Mommy and Daddy  
Michele and John Priebe
- In loving memory of Noah Ethan Priebe  
Mommy & Daddy  
Michele and John Priebe
- In memory of Tristan Micallen Sticha  
Eric Sticha and Cory Sticha
- In memory of Dylan Willis Nordhausen  
Linda Pansier
- In memory of Sara Murray  
Grandma Tonita Amundson
- In memory of Joseph Markmen  
Grandma Tonita Amundson
- In memory of Noah Joseph Miller  
Julie & Larry Kriesel
- In memory of Michael Norman Braun  
Mommy & Daddy  
Jennifer & Gary Braun  
Peach United Methodist Church  
Morristown MN  
Susan & Larimer Miner  
Anonymous Donation

## Memorials

- In memory of Charles Stursa  
Julie & Larry Kriesel  
Diane & Malcolm McKorkell

## My Memories of You

By Dale Willett

My memories are precious,  
My memories of you.  
I treasure them dearly;  
I keep them hidden from view.

In the vault of my mind,  
With no lock and no key,  
It cannot be opened  
By anyone but me.

I take them out  
From time to time  
To polish and clean them,  
Keep them fresh in my mind.  
To keep you here near me,  
And to never forget  
How valuable they are  
To me, and yet

I still feel so poor,  
So alone and deprived  
Because you're no longer among us,  
You're no longer alive.

So I cry to myself,  
As I lay down to sleep,  
And I still cling to you  
Through the memories I keep.

"Grief is the  
price we pay

## IRIS Balloon Release

What happens when a balloon is released? A scientific survey carried out in 1989 revealed that on release a balloon will float up to a height of approximately 5 miles and then it becomes brittle and shatters into miniscule pieces falling back to earth at a rate of approximately one piece every 5 square miles.

An estimated 90 – 95% of released balloons rise to an altitude of 5 miles where the temperature and pressure is such that they burst into small fragments. The remaining 5 – 10% that do not reach a high enough altitude may remain inflated and can float many miles

before descending back to the land or sea semi-inflated. (Website [www.necrobones.com](http://www.necrobones.com))

Armed with this information you may be surprised to know that 106 balloons were released by 51 people on October 3, 2004 at Kinder Park in north west Faribault. Of those released, two balloons have been reported "found".

The first balloon was found in Wautoma Wisconsin within 4 hours of the balloon release. Wautoma is 198 miles east of Faribault as the crow flies and was found by Tara. She and her in-laws cut the tag off of the balloon and the balloon quickly disappeared into the sky. The second balloon was found approximately 16 hours after release in Palms Michigan, 526 miles from Faribault! The balloon flew over lake Michigan and Saginaw bay before landing approximately 15 miles from Lake Huron in a soybean field. Rebecca found the balloon. If you would like more information about this balloon please visit the IRIS website [www.irisremembers.com](http://www.irisremembers.com) and click on balloon release. You will find pictures of the release and a link to the Huron Daily Tribune that ran a story about the balloon that was found by one of their employees.

Other Balloons have been released from the Faribault area and found. The Fridstrom family released balloons this fall in memory of their daughter Anna. One was found in the Mark Twain Forest, by Bunker Missouri. The balloon traveled 493 miles. Anna's balloon story can also be found on the IRIS website. If you have had a balloon found please let us know. If you have suggestions on releasing balloons, or would like to know what many of the balloons that have been found have in common please contact the office.

## Thank You for your Kind Donation

- 12 pairs of newborn socks - Christine & Scott Allen
- Lace, fabric & other sewing items from Maria Hruska
- Mop Yarn from the Jones Company

## IRIS Calendar of Events

### November:

- 10<sup>th</sup> . . . . . Midday Support Group Meeting  
IRIS office 11 AM – 1 PM
- 16<sup>th</sup> – 23<sup>rd</sup> Pampered Chef Fundraiser ~ Visit the IRIS office, website, or join us at the mall on the 19<sup>th</sup> – 21<sup>st</sup>
- 19<sup>th</sup> – 21<sup>st</sup> Craft Show & Pampered Chef Fundraiser at the Faribault West Mall
- 20<sup>th</sup> . . . . . Scrapbooking ~ 722 Ravine St in NE Faribault
- 20<sup>th</sup> . . . . . Pampered Chief Open House  
IRIS office 6 – 7 PM
- 23<sup>rd</sup> . . . . . Evening Support Group Meeting  
IRIS office 7 – 8:30 PM

### December:

- Baby Blankets and caps from Sally Schnakenburg, Gayle Reineke, and Anna Kincade
- Handmade thank you cards- Michele & John Priebe
- Cases of paper from Mollie & Brian Gfrerer
- 5 rolls of stamps from Margaret and JD Walker
- Angel Teddy bears from Holly's Haven in Kenyon
- Packet collation, card punching, sorting and all kinds of folding and stapling from the Minnesota State Academy For the Blind Students and Staff.
- Assistance with the new candle stands for the Holiday Service of from Brad Luiken and Luiken's Heating and Air-conditioning of Faribault
- Designing and building the new candle stands of the Holiday Service of Remembrance ~ Grandpa Dwight Hildebrandt
- To Brandi Petricka thank you for crawling through the IRIS office window, typing endless request and reports, entering every donation received since 1998 into the computer for the new government requirements (there were thousands of them) and all the hours spent helping IRIS in anyway she can.
- To Margaret Walker who has spent countless hour inventorying and calculating every little item that we have in the IRIS office, hospitals, funeral homes, etc. and for writing thank you notes, collating bereavement packets, general office work, newsletter help and cleaning.
- To Kathy Hanek for all of her time she has spent in the office doing everything from putting together clothing sets to folding newsletters.
- Kelly Petricka for using her 20 hours of volunteer time required for college to help in the office.
- Kelly Velander ~ running Pampered Chef fundraiser
- Barb Cowan for sewing the IRIS clothing and for donating all of her craft items for the craft sale fundraiser at the mall.
- Natalie Crooks for running the Scrapbooking days.
- Michelle Dimayuga, Kuresha Dolal, & Abdirahman Ali, for agreeing to translate IRIS items.
- The Fridstrom family for all of their office help, and balloon research.
- Everyone who continues to provide old cell phones for the Phones for Funds program.

- 1<sup>st</sup> . . . . . Program & Flower Information cut-off date for the 11<sup>th</sup> Holiday Service
- 5<sup>th</sup> . . . . . Holiday Service of Remembrance "Remembering With Love" 2 PM – Chapel of the Good Shepherd, 1000 Shumway Ave in NE Faribault
- 8<sup>th</sup> . . . . . Midday Support Group Meeting  
IRIS office 11 AM – 1 PM
- 12<sup>th</sup> . . . . . Worldwide Candle Lighting in memory of all children that have died at 7pm in your time zone
- 28<sup>th</sup> . . . . . Evening Support Group Meeting ~ IRIS office 7 – 8:30 PM

### January 2005:

- 12<sup>th</sup> . . . . . Midday Support Group Meeting

IRIS office 11 AM – 1 PM

15<sup>th</sup> . . . . . Scrapbooking held IRIS Office 10 AM – 4 PM

25<sup>th</sup> . . . . . Evening Support Group Meeting

IRIS office 7 – 8:30 PM

February:

9<sup>th</sup> . . . . . Midday Support Group Meeting

IRIS office 11 AM – 1 PM

13<sup>th</sup> . . . . . IRIS Bash Fundraiser Weekend

19<sup>th</sup> . . . . . Scrapbooking held at IRIS Office 10 AM – 4 PM

22<sup>nd</sup> . . . . . Evening Support Group Meeting

IRIS office 7 – 8:30 PM

March:

9<sup>th</sup> . . . . . Midday Support Group Meeting

IRIS office 11 AM – 1 PM

19<sup>th</sup> . . . . . Scrapbooking held at IRIS Office 10 AM – 4 PM

22<sup>nd</sup> . . . . . Evening Support Group Meeting

IRIS office 7 – 8:30 PM

**Taking Your Name Off of Mailing and Phone Lists:**

- Direct Marketing Association  
Mail Preference Service  
P.O. Box 9008  
Farmingdale, NY 11735-9008
- Direct Marketing Association  
Phone Preference Service  
P.O. Box 9014  
Farmingdale, NY 11735-9014
- Direct Marketing Website: [www.dmaconsumers.org](http://www.dmaconsumers.org)
- DMA Phone Number: 212-768-727

- Someone to fix 2 chairs in the office
- Baby lotion (sample size)
- Baby Bath Soap (sample sizes)
- Baby Comb sets
- Onesies – White, in preemie – newborn sizes
- Baby yarn or sport weight yarn in pastel colors
- Baby Afghans
- Folders with pockets and center tabs
- Books for the IRIS Lending Library
- Stamps
- Volunteers
- Items for the IRIS Silent Auction to be held in February. (Quilts, Afghans, needlework, woodcrafts, gift certificates, Meat, etc.)
- DSL Internet service
- Stuffed Bears – Small
- Bottled Water

**IRIS Wish List**

- Translators for IRIS materials into Russian and other languages
- 35MM film – 400 or 800 speed

**One caring heart can make all the difference!**