

Forever Angels



Hello Everyone,

Happy New Year to each of you and your families. I hope the holidays went well and that you were able to come gently through them. May 2010 offer you peace, comfort and good health.

January, 2010 has been tragic for the Haitian people. One of our twin Moms (+4 and whom is Haitian) is collecting women's underwear and sanitary products for shipment to Haiti. If you would like to donate to her project, please drop me a line with your contact information and I will forward it along to Slymadel and she will contact you and fill you in on all the details. Every little bit helps. Being as generous as you can is perfect. Our thoughts and prayers are with the Haitians at this terrible time.

Please remember to let us know if you change your EM address. In addition we welcome your thoughts, stories, poems, pictures or you can write just because you want to. When we share our pain, it lessens it. When we share our joy, it doubles.

I have a favour to ask of you. I have a very dear friend of over 37 years whom is fighting the battle of her life with ovarian cancer. She falls into a small percentage of those whom have this wicked disease and who does not respond particularly well to chemo. It is as if the cancer ignores the treatments. She is a fine woman, a dear woman with a generous spirit, great sense of humour and as I told her, her greatest "sin" is her double-cupping her Tim Horton's. My friend is a triplet and while she and her co-multiples entered the world on the same day, they will not leave it on the same day. We, as parents, friends, grandparents, neighbours, supporters of multiple-birth families and researchers provide much and varied support for the beginning of the life cycle with our multiple-birth babies, the end of the life cycle carries its own unique challenges. Challenges not only for their families and friends, but also for their surviving co-multiples.

If you could offer your thoughts and prayers for this very special woman, I would be very grateful. In addition, please learn the signs and symptoms of ovarian cancer in case you need them for yourself, a loved one or a friend. The symptoms are not the same for each woman and the disease can present itself in several non-specific variations. A woman may be diagnosed with another issue before ovarian cancer is pin-pointed. Some of the symptoms may include general fatigue, depression and malaise, blood clots for no apparent reason, stomach pain, water retention and bloating making it difficult to breath, sores on soft tissue such as genitals and lips, lower back pain, frequent urges to urinate and/or many more. Doing a search of the internet for ovarian cancer symptoms offers several Sites, including the Mayo Clinic, regarding this incurable disease.

Please look after your health, inform yourself and be prepared to need to be proactive as necessary. Catching ovarian cancer early enough is an important key to managing it.

*Thinking of you,
Lynda*

Letter to LSN.....

I miss our son, Nicholas. I will miss him every second, minute, hour, day, week, month, year and for ever. I miss Nicholas when I take a walk, pet the dog, bake his favourite cookies and see his beautiful face. I will not get over this grief, but I will get through it. I miss not doing his laundry, I miss the peanut butter knife left on the counter, oh to be able to pick up his glass and plate in his room after he was studying. I miss the air he breathed. I love the support from family and friends and knowing how much they love and miss him too.

Ray, Mother to Nicholas Robert Ring, May 9, 1986-July 5, 2008, twin to Graeme and brother to Andrew, Eric and Alex. Nicholas died from complications from surgery.

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*Letter to the Editor.....*

Re #09-12, 127th Issue of Forever Angels.....

Congratulations on the milestone Lynda!!

Kind regards

Lynne Schulz, Mom to Megan, deceased twin to Rhys, big sister to Eric and Owen  
Author and Founder of National Twin Loss Support, Australia, [www.nationaltwinloss.org.au](http://www.nationaltwinloss.org.au)

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### **After Glow**

*I'd like the memory of me  
to be a happy one.  
I'd like to leave an after glow  
of smiles when life is done,  
I'd like to leave an echo  
whispering softly down the ways,  
Of happy times and laughing  
times and bright and  
summer days.  
I'd like the tears of those who  
grieve, to dry before the sun,  
Of happy memories that I leave  
When life is done.*

*~from the Internet*

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*Writings Explored.....*

A submission regarding the LSN complete a sentence exercise.....

I ran to catch the bus...and could not believe how winded I was by the time that bus stopped to let me on. As I climbed on the bus I could see everyone looking at me and I am sure passing judgment, snickering to themselves and wondering how I could let myself go so bad that I could not run that short distance. I wanted to scream, you don't know what I have been through, you don't know what my life has been like, you don't know the pain that I have seen and felt; but instead...I found my seat, catching my breath and thought about how proud of myself I was to have attempted to run for the bus, how proud I was of myself for leaving the comfort of my house and just how proud of myself I was that when I woke up that morning, that my first thoughts were of how it was a new and better day, and were not about the pain that I had been feeling for months now.

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*When someone you love becomes a memory, the memory becomes a treasure. ~from the Internet*

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*Good men must die, but death cannot kill their names."*  
~Proverb

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*On the Internet.....*

[www.compassionatefriends.org](http://www.compassionatefriends.org) Supporting families after the loss of a child. Detailed Site with resources for parents, grandparents and siblings.

[www.healingheart.net](http://www.healingheart.net) Healing Hearts for Bereaved Parents is a self-help non-profit organization of bereaved parents dedicated to supporting and serving other bereaved parents and their families whose child(ren) have died no matter what the age, cause or circumstance of the death(s) by providing understanding, friendship and most of all hope.

[www.copefoundation.org](http://www.copefoundation.org) Dedicated to helping parents and families living with the loss of a child.