

3rd Annual IRIS

“Balloon Release” and “Potluck”

You, your family and friends are invited to the 3rd Annual IRIS Balloon Release and Potluck.

Sunday October 2, 2005

Kinder Park

(Corner of 17th Street & 24th Ave. in NW Faribault)

Potluck at 12:30 pm

Balloon Release 2:00 pm

Remembrance Cake to follow balloon release

If you are joining us for the Potluck please bring a dish to pass. IRIS will provide the beverages, plates, silverware, and napkins.

The Balloon Release has become a very special event for IRIS parents. You are asked to bring your own balloons, as many as you would like to release.

You are encouraged to place tags on your balloons stating that it was released in memory of your child, location of release and a way for anyone who finds it to contact you.

Balloons from last year's release were found as far away as Bad Ax Michigan, 526 miles away. For more information on this and other balloons that have been found please visit the IRIS website at www.irisremembers.com

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Suggestion for the Balloon Release

IRIS parents would like to make the following suggestions to help you with the balloon release.

If you would like to have your balloon found Consider:

1. Blowing up your own balloons with a small tank that you get from Wal-Mart or Target. (They will do about 30 balloons).
2. Do not blow the balloons up to full capacity. Filling them about $\frac{3}{4}$ of the way has the best results. This is because they do not go up as high thus preventing them from freezing and then shattering.
3. If you have balloons blown up in a store do not have the coating put on the inside.
4. Put a short string on the balloon. This will help to prevent tangling with other balloons before the release and helps prevent the balloon from getting caught in trees, power lines etc.
5. You may want to consider putting 2 very short ribbons on the balloon. Consider making the ribbon biodegradable.
6. Attach a lightweight tag to the string. Regular paper, covered with clear contact paper, that has a hole punched in it works great. If you make your own tag be sure to include your child's name, a message, where the balloon was released from, and a way for the person who finds the balloon to contact you. If you

do not want them to contact you directly, feel free to use the IRIS address and/or e-mail. Any mail that you receive will be forwarded to you. IRIS will provide tags and contact paper at the release.

If you would like your balloon to be seen for a long distance consider:

1. Having brightly colored balloons. (Pastel colored balloons are hard to see.)
2. Use large balloons and blown up to capacity.
3. Rather than placing a ribbon or sting on the balloons, consider tying the balloon with a long piece of brightly colored crepe paper.
4. Release more than one balloon.

Other Suggestions Include:

1. Consider putting wildflower seeds or birdseed inside of the balloon. (Stores will not want to do this because of the time it takes and the mess) If the balloon pops instead of being found, the seeds will be scattered a great distance.
2. Consider writing a note to your child and placing it inside of the balloon. Make sure it's very small.
3. Place all of your balloons in a large garbage bag to prevent tangling.
4. Keep your balloons in the bag until you are ready to release them.
5. Kiss the balloon before you release it.
6. Say a prayer or take a moment of silence as the balloons are released.
7. When the balloons are in the car, be sure to crack the windows several inches. The heat inside of the car will make the balloons expand and pop.
8. Balloons can be released in all weather conditions including rain.
9. Bring your camera and/or video camera. Balloon Release pictures make wonderful keepsakes.

Remembering the Children

By Holly Graham for her sister

As the strings slip through my hand,
I think of the beauty you brought to this land.
I watch as the balloons float away,
Just like when you left me that day.
They float into a beautiful cloud,
I hear you laughing, loud and proud.
A balloon sent up to the heavens above,
Carrying a note from me with love.
The life you lived celebrated this day,
That is what the balloons are meant to say.
Receive the balloons with gentle care,
They symbolize the love that is still there.
Balloons, we release you to float away,
Make sure you get to our children this special day.
We release you into the sky,
We watch you float, we watch you fly,
Children so dear,
Catch these balloons on this bittersweet day,
Read the notes and then go and play.
Keep us in your hearts,
You may be gone but we shall not part.
So float in the heavens and play in the clouds,
We are releasing balloons from our hearts,
Because we are so proud.

October

Pregnancy and Infant Loss Awareness Month

In 1988, the Congress, by Senate Joint Resolution 314, designated the month of October 1988 as "Pregnancy and Infant Loss Awareness Month" and authorized and requested the President to issue a proclamation in observance of this month. This proclamation in part reads " I, Ronald Reagan, President of the United States of America, do hereby proclaim the month of October 1988 as Pregnancy and Infant Loss Awareness Month. I call upon the people of the United States to observe this month with appropriate programs, ceremonies, and activities. In Witness Whereof, I have hereunto set my hand this twenty-fifth day of October, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

Ronald Reagan

[Filed with the Office of the Federal Register, 11:13 a.m., October 26, 1988]

IRIS, in conjunction with prenatal bereavement groups across the country would like to encourage you to take part in a remembrance program. IRIS will be hosting its annual balloon release and potluck on October 2, 2005. Consider joining us.

4th Annual IRIS Children's Memorial Golf Tournament

The IRIS Children's Memorial Golf Tournament was held on July 19, 2005 at the Hidden Creek Golf Club in Owatonna MN. This years Tournament had 14 teams in attendance and raised \$4,638 for IRIS.

Special Thanks to this years Chairpersons: Dr. Brian and Mollie Gfrerer and to the Golf Committee: Scott Peterson, Kelly Velandar, Diana Sundwall, Chris Petricka, Jessie and Jim Donahue, Jackie Schoenbauer, Kathy Hanek, and Margaret Walker. We would also like to thank all of the volunteers who spent countless hours preparing for the tournament and working the day of it: Jennifer Braun, Stacy Chmelik, , Natalie and Leif Crooks, Marcie and Brad Olson, Susan Peterson, Kelly Petricka, Jina Ringhofer, Jason Schoenbauer, and Lori Strouth. Fundraiser's such, as our golf tournament could not be run with out the dedication of the committee members and of the volunteers that work the event. We would also like to say a special Thank You to Jennifer Dorn of the Embroidery House in Owatonna for again helping us with the wonderful embroidered polo shirts.

Thank You to Our Sponsors

Hole in One

(Donated a minimum of \$200)

State Bank of Faribault

Owatonna Clinic - Mayo Health System

Help-U-Sell Real Estate & Ringhofer Construction of Owatonna

Tee Sponsors

(Donated a minimum of \$100)

1st United Bank – Faribault

Bruzek Funeral Home –New Prague

Donahue's Greenhouse – Faribault

Lois Cleary - Faribault

Elks – Faribault

Faribault Rental Equipment

Parker-Kohl Funeral Home – Faribault

Tower Liquor – Faribault

United Prairie Bank – Owatonna

Wells Fargo – Faribault

Wendy's – Owatonna

Cart Sponsors

(Donated a minimum of \$100)

McGregor Chiropractic – Owatonna
Century 21 Vision Real Estate – Owatonna

Deck Sponsor

(Donated a minimum of \$200)

Faribault Ace Hardware
Hors D'oeuvres in Memory of
Kilian Richard Donahue

Dinner Sponsor

(Donated a minimum of \$75)

Elks – Faribault

Children's Memorial Tee

Tyler William Anderson
Michael Norman Braun
Preston Hugh Crooks
Kilian Richard Donahue
Nikolas Michael Fischer
Bennett Charles Gfrerer
Sayer Clarence Gfrerer
Baby Beaner Gfrerer
Weston Bradley Germundson
Hannah H'evon Halla
Chyanne Rose Kuschel
Zachary Allen
Cody Jon Nelson
Zander James Nowak
Jarrod Allen Olsen
Jacob Donald Peterson
Zachary Andrew Schmidt
Paige Emily Schoenbauer
Sabrina Marie Strouth
Ethan Jay Swanger
Derek Joseph Sundwall

Silent Auction And Door Prize Items

Please patronize and tell the following individuals and business thank you for donating to the IRIS Memorial Golf Tournament.

AmericanInn & Suites, Northfield
Angie & Dan Newbauer – LeCenter Beauti Control / Stacy Chmelik – Morristown
Christina and Rose Larson /
Tastefully Simple - Lakeville
Cisc's Hung Well Siding – Kilkenny
Community Bank – Owatonna
Creating a Ruckus – Faribault
Diana Sundwall – Faribault
Donahue's Greenhouse – Faribault
Faribault Aquatic Center
Faribault Harley Davidson
Firehouse Liquor – Owatonna
Fireplace Connection – Owatonna
Golf Balls / Al and Jan Kampen –
Waseca
Happy Chef – Owatonna
Harry Brown's Auto Dealership –

Faribault
Jason and Jackie Schoenbauer –
Jordan
Jim and Joe's Clothing – Faribault
John and Lois Rickaby – Jordan
Kelly Velander – Faribault
Kettering Realty – Faribault
Lou Anderson – Faribault
Lucy Fuectmann – Webster
Margaret and JD Walker –Faribault
Mary Ellen Koss - Faribault
MaryKay / Annette Janousek –
Owatonna
Medford Outlet Center – Medford
Montgomery Golf Club
Napa Auto – Owatonna
Nelson's County Market –Faribault
Petricka Trucking – Kenyon
Quality TV & Appliance – Faribault
Railway Liquors – Montgomery
Remember When Scrapbooking –
Medford
Sherwin Williams – Faribault
Southside Liquor – Faribault
Stennes Studios – New Prague
Target – Dundas
Tastefully Simple / Kris Shuda –
Faribault
Theresa Flintrop – Faribault
Thomas and Libby Schmit – Veseli
Timberlodge Steakhouse – Meford
Tom Sticha – Faribault
Up North Candle Co. – Hollandale
Wendy's / Susan Peterson –
Owatonna & Albert Lea
Wenger Corporation – Owatonna
West Concord Enterprises –
West Concord
Wottreng Family Dental -Owatonna

Thank You for Your Kind Donation

- Judy Conroy ~ Baby Blankets
- Ricki Danielson ~ Baby Blankets and Caps
- Carlton College ~ case of parchment and card stock paper
- Yvonne Jacobson ~ 2 books in memory of her son Brian Jacobson - Footsteps through the Valley and After the Death of a Child. For volunteering in the office.
- Anne and Pat Doyle ~ pack of film, envelopes, and a case of water
- Anna Kincade ~ Baby blankets and bonnets
- Gayle Reineke – Baby blankets and caps
- Joy Clemmensen ~ Baby blankets
- Jessie Donahue ~ Volunteering in the office
- Joni and Tom Trotter for volunteering their service and running the IRIS internet site
- Margaret Walker ~ Volunteering in the office and writing hundreds of thank you notes
- To the parents who have been attending the evening support group meetings & have been bringing treats
- To the Fridstom family ~ volunteering in the office
- To the Thomas and Libby Schmit family for their donation of a sew machine and Tiny Serger. Both given in memory of Thomas's mother.
- Stacy Chmelik who works at Wal-mart, for volunteering in the office and locating 40 shepherds hooks at Wal-marts in our area
- Lisa Mueller ~ picking up Shepherds hooks for the Holiday Service
- Dan Bowe ~ picking up Shepherds hooks that will be used at the Holiday Service
- Memorial Golf Tournament Volunteers
- Balloon Release Volunteers
- Michelle Dimayuga ~ Spanish Interpreting
- To everyone who has been donating Milk Moola from Kwik Trip milk. IRIS receives 5¢ for each one.
- To everyone who has been bringing in cells phone. Midwest Wireless turns the old phones into a cash donation to IRIS
- Dee and Jay Harrington with assistance from Holly's Haven ~ 250 winged teddy bears

Scrapbooking

Your invited to the IRIS Scrapbooking meetings! Scrapbooking is a wonderful way to remember your precious child. There is something special about getting together with other IRIS mom's and putting pictures of our children that have died into books. It helps to have others who want to see the pictures, who will ask questions about your child, and who are willing to make suggestions about how to decorate the page. It's nice to be able to look at the pictures, cry, and talk to others who share the same feelings. IRIS has received donations of scrapbooks, decorative papers, etc. Consider Joining Us, we have everything you need and there is no charge.

September 17th

October 15th

November 12th

No Scrapbooking in December – Sorry

All Scrapbooking is held at the IRIS office

From 9 am – 4 pm

Bring a bag lunch or order out
IRIS will provide beverages

Remove Your Name from Mailing and Calling Lists

Having your name removed from mailing and phone lists may help decrease the amount of baby-related mail and calls that you may be receiving. Make sure that you write a letter to both of these addresses including all variations that you receive mail in (Mr., Mrs., Miss, Ms., full name, nickname, child's name, etc.), your address, and phone number.

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

You can contact DMA by Phone: (212) 768-7277 or their website: www.dmaconsumers.org

Requesting a “Certificate of Birth Resulting in Stillbirth” from the State of Minnesota

1. The “Certificate of Birth Resulting in Stillbirth” is only available through the state offices. You **Can Not** file for this certificate at your local county offices.
2. Only the parents listed on the record of birth may request the certificate. This would be the mother and father, if he is listed.
3. To request the paperwork needed to file for the “Certificate of Birth Resulting in Stillbirth” go online to the Minnesota Department of Health(MDH) website: www.health.state.mn.us and download both forms listed below:
 - A. Minnesota Application to File a Record and Request a Certificate For a Birth Resulting in Stillbirth
 - B. Minnesota Birth Record Application – Certified Birth Certificate

Forms are also available by contacting:

Minnesota Department of Health
Attention: Office of the State Registrar
P.O. Box 9441
Minneapolis, MN 55440-9441
(612) 676-5120
E-mail: OSR7@health.state.mn.us

OR

Infants Remembered In Silence, Inc. (IRIS)
101 Third Street NW
Faribault, MN 55021-5143

(507) 334-4748

E-mail: iris@LL.net

Website: www.irisremembers.com

4. If your child died over one year ago, you will need to have him/her added to a stillbirth database. This is done by completing; the “MN Application to File A Record and Request a Certificate for a Birth Resulting in Stillbirth” form.
 - A. Your signature on this form must be Notarized. This can be done in the IRIS office at no charge (after 9/2005) or by any Notary Public – fees may apply.
 - B. You must include a copy of a Fetal Death Report. This is available at your local registrar’s office, through your funeral home and/or through the hospital that you delivered in.

There is a \$9.00 fee for the Fetal Death Report

OR

An Authenticated Medical Record This is a Medical Record showing:

- a. Date of the delivery
 - b. Location of Delivery (must be in MN)
 - c. Child’s gestational age (must be at least 20 gestational weeks at delivery)
 - d. Have your medical record authenticated by asking your doctor or midwife to write a letter on business letterhead stating that the info is correct.
5. Submit all forms and documents along with \$40 fee to:
Minnesota Department of Health
Atten: Office of the State Registrar
P.O. Box 9441
Minneapolis, MN 55440-9441

Now that you have your child added to the database you can request a “Certificate for a Birth Resulting in Stillbirth” through the Minnesota Department of Health.

6. Complete the “Minnesota Birth Record Application – Certified Birth Certificate form.
7. Have your signature notarized.
8. Submit along with the \$16.00 fee to:
Minnesota Department of Health
Atten: Office of the State Registrar
P.O. Box 9441
Minneapolis, MN 55440-9441
9. If you choose to request the forms electronically be sure to follow all requirements and have your credit card on hand.

Description developed by IRIS
with assistance from Rice County Registrars Office and the Minnesota Department of Health.
August 2005

***Feel free to contact the IRIS office
for assistance.***

Memorials



In Memory of our precious children ~ Beaner Gfrerer and
Bennett Charles and
Sayer Clarence Gfrerer

We Love You, Mommy and Daddy
(Mollie and Brian Gfrerer)



In Loving Memory of Baby Ready
The Ready Family



In Memory of Chyanne Rose Kuschel
Mom and Dad (Geri & Bill)
Faribault Rental Equipment



In Loving Memory of our precious
Grandson Cody Jon Nelson
Grandma and Grandpa Nelson



In Memory of Derek Joseph Sundwall
Remembering your special birthday
I Love you Mom



In Loving Memory of our precious little
Ethan Jay Swanger
Love Mommy and Daddy
(Jessica and Jason Swanger)



In Memory of our sweet little Hannah H'evon Halla
Mommy (Sandra Halla)
Century 21 of Owatonna



In Memory of Jacob Donald Peterson
Mommy and Daddy
(Susan and Scott Petterson)



In Memory of Jarrod Allen Olsen
We Love You ~ Mom and Dad
(Marcie and Brad Olsen)



In Memory of our beloved Kilian Richard Donahue
We love Mommy & Daddy
(Jessie and Jim Donahue)
Dr. Dave and Mary McIntyre
Grandma - Lois Donahue Cleary
Faribault Ace Hardware



In Loving Memory of Michael Norman Braun
Remembering his 1st Anniversary
Love Mommy and Daddy
(Jennifer and Gary Braun)



In Loving Memory of our precious baby Fishy ~ Nikolas Michael Fischer
Mommy and Daddy
(Debbie and Steve)
Brad Cell

Brian Olsen



In Memory of our beautiful little Angel, Paige Emily Schoenbauer
We love you, Mommy and Daddy
(Jackie & Jason Schoenbauer)



In Memory of our most precious son, Preston Hugh Crooks
We love you, Mommy & Daddy
(Leif and Natalie Crooks)



In Memory of Tyler William Anderson
Danny Brown
Paula and Mike Peroutka



In Loving Memory of Sabrina Marie Strouth, our precious little sweet heart.
Mommy and Daddy
(Lori and Troy Strouth)
Schmidtke Construction



In Loving Memory of Weston Bradley Germundson, our precious son.
We love you, Mommy and Daddy
(Shelly and Brad Germundson)



In Loving Memory of our precious little Zachary Allen, we love you.
Mommy and Daddy



In Memory of our priceless little Zachary Andrew Schmidt, we love and miss you.
Mommy and Daddy
(Libby and Thomas Schmidt)



In Memory of our precious Zander James Nowak, we love you
Mommy and Daddy
(Lesley and Tavis)



In Memory of our sweet little Baby Doyle
We will never forget you
Mommy and Daddy
(Anne & Pat Doyle)

Memorials



In Memory of our precious great nephew
Max Ryan Carse
Warren and Elizabeth Barsness



In Loving Memory of my Great Granddaughter Amyah Mae Lambkins
Love Great Grandma

(Evie Wetzel)

Other Special Memorials



In memory of Jim Alberts
Julie and Larry Kriesel
Mick and Diane McCorkell



In memory of George R. Krampity
Elde and Judy Kretlow



In memory of Sandi Stursa
Julie and Larry Kriesel



In memory of my beloved mother, Aldora Anderson, and all of the precious IRIS baby's that I worked with on OB at the Owatonna Hospital before my retirement. I will remember them all... forever.
L'Myra Ehoogland - RN

Thank You For Your Personal Contribution

- Warren and Elizabeth Barsness ~ for Sculpture materials In memory of Max Ryan Carse
- Margaret and JD Walker
- Dr's Sarah and David Beckmann

Thank You For Your Corporate Donation

- Cumulus Broadcasting, Inc. (Power 96, KDHL, KRFO - AM & FM) ~ \$80 from Dunk the DJ at the Rice County Fair
- Gemini Incorporated of Cannon Falls, employee request by Karen Ohmann ~ \$250
- Owatonna Hospital ~ \$250
- United Way of Waseca ~ Allocated 2004 ~ \$2,000
- United Way of Northfield - Donor Designations ~ \$253
- United Way of Dodge County ~ \$3,000 ~ ½ year donation
- Kettering Properties ~ \$800 & \$350
- Wal-Mart Foundation (Faribault) ~ \$750
- M-O-M Cares (Malt-0-Meal Employee Foundation) ~ \$1,000

The IRIS Wish List

- Baby Lotions (Sample Size)
- Baby Yarn or Sport Weight yarn in pastel colors
- CD – R (Computer CD's)
- Scrapbooking supplies of any kind
- Bottled Water
- Stamps
- Shipping/postal Scale
- Baby blankets and cap/bonnet's
Sizes 4, 5, 6 and crib needed
- 35 MM Film (400 or 800 speed)
- Translators for IRIS literature
(Russian, Somalian)

Support Group Meetings

IRIS Support Group Meetings are held twice each month at the IRIS office (101 Third St. NW in downtown Faribault) Meetings are informal and a wonderful place to vent your frustrations, feelings, and share emotions with other parents who understand.

Midday Meetings are held on the second (2nd) Wednesday of each month from 11 am – 1 pm

Evening Meetings are held on the fourth (4th) Tuesday of each month from 7 – 8:30 pm

Meeting Dates

Midday Meetings

September 14th

October 12th

November 9th

December 14th

Evening Meetings

September 27th

October 25th

November 22nd

December 27th

This Little Light of Mine

You were a tiny little bundle,
The day you came to be.
The needle on the scale,
Could barely get to three.
First minutes turned to hours,
And things were touch-n-go,
But yet, somehow, you held on;
Just how, we'll never know.
As time went by more obstacles
Were sent to block the way.
You're tough determination
Taught lessons day by day.
Dad was scared when first he held you,

Your first smile filled Mom with joy.
 It didn't matter that you were sick;
 You were their little baby.
 Your "family" in the nursery
 All did their very best.
 But it became apparent
 The time had come to rest.
 You slipped away so peacefully,
 You're hard fought battle done;
 And all who knew and loved you
 Are those who really won.
 Fall though you're gone. Your memory
 Will stand throughout all time.
 And you'll live on within our hearts
 "This little light of mine."

In Loving Memory ~ the NICU staff

IRIS Calendar of Events

September 27th Evening Support Group Meeting 7 – 8:30
 Held at the IRIS Office ~ 101 NW Third Street, Faribault MN

October **Pregnancy and Infant Loss Awareness Month**

2nd 3rd Annual IRIS Balloon Release and Potluck picnic
 Kinder Park (the IRIS Park)
 Corner of 17th St. and 24th Ave. in NW Faribault MN
 Potluck 12:30 PM
 Balloon Release 2:00 PM
 Remembrance Cake to follow the Balloon Release

12th Midday Support Group Meeting 11 am – 1 pm
 Held at the IRIS Office ~ 101 NW Third Street, Faribault MN

15th Scrapbooking 9 – 4 PM at the IRIS Office

21st Please Join Us "Volunteer Appreciation Day and IRIS Open House"
 3 – 6 PM
 Held at the IRIS Office ~ 101 NW Third Street, Faribault MN

25th Evening Support Group Meeting 7 – 8:30
 Held at the IRIS Office ~ 101 NW Third Street, Faribault MN

November 9th Midday Support Group Meeting 11 am – 1 pm
 Held at the IRIS Office ~ 101 NW Third Street, Faribault MN

10th Memorial Bell for Engraved orders cut-off date ~ orders will be accepted
 through the holiday season

12th Scrapbooking 9 – 4 PM at the IRIS Office

16th Holiday Bell Engraving Order ~ Closing Date

22nd Evening Support Group Meeting 7 – 8:30
 Held at the IRIS Office ~ 101 NW Third Street, Faribault MN

- December** 4th Holiday Service of Remembrance ~ Remembering With Love
 2 PM
 Chapel of the Good Shepherd
 Shattuck Campus 1000 Shumway Ave., Faribault MN
- 14th Midday Support Group Meeting 11 am – 1 pm
 Held at the IRIS Office ~ 101 NW Third Street, Faribault MN
- 27th Evening Support Group Meeting 7 – 8:30
 Held at the IRIS Office ~ 101 NW Third Street, Faribault MN

You Will Never Walk Alone

By lyrics Rogers and Hammerstein

When you walk through a storm hold your head up high
 And don't be afraid of the dark.
 At the end of the storms is a golden sky
 And the sweet silver song of a lark.
 Walk on through the wind,
 Walk on through the rain,
 Though your dreams be tossed and blown.
 Walk on, walk on, with hope in your heart
 And you'll never walk alone,
 You will never walk alone!

Wish For My Baby

Author unknown

My happiness follow you,
 My precious little son,
 Wherever the hereafter may lead you...

May beauty
 Always walk with you,
 May peacefulness
 Precede you...

May smiles and laughter
 Light your way...
 May love surround you
 Every day.

In loving memory of Derek Joseph Sundwall
 October 12, 1985

An Angel Evermore

By Carolyn Griffin

You always were my angel ~
 I knew it from the start.
 A little bit of God's own lover
 Sent right into my heart.
 I didn't know you'd soon be gone

To heaven's distant shore.
He took you home ~ now you're complete ~
My angel evermore

From Diana Desk~

Dear Friends,

It's been very busy around the IRIS office as we get ready for several very special events to be held during October, Pregnancy and Infant Loss Awareness Month. We hope that you will be able to join us for some of the events such as the Balloon Release on October 2nd, Scrapbooking on October 15th and the Volunteer Appreciation Day and Open House on October 21st as well as the support group meetings. In addition please watch your local newspapers for stories on families who have experienced a loss and how IRIS has helped.

Some of you have been hearing a little buzz about October 15th being made Pregnancy and Infant Loss Day. This has been in the works for the past few years. According to one of the coordinators of this movement, the current resolution was introduced at the end of July by U.S. Congressman Tom Latham from Iowa. If the resolution passes in the Congress, October 15th would be Pregnancy and Infant Loss Remembrance Day. Please take a few moments to visit the website and contact your local Congressman by phone, mail or e-mail regarding this bill. Website: www.october15th.com/congress.htm

Many of you may be interested in taking advantage of the NEW Minnesota law that allows for a Stillbirth Certificate from the state. (Similar to a birth certificate). We at IRIS would like to thank Candy at Missing Grace and her other volunteers for working so diligently on this project. Without their hard work there would not be this opportunity. Thank You; from all of us at IRIS!

Please mark your calendars now for upcoming events including those in October and the 12 annual IRIS Holiday Service of Remembrance "Remembering With Love" that will be held on December 4th. We are currently looking for parents, family and friends who would be interested in reading a poem or scripture during this service. Please contact the IRIS office if you would be able to help with this service or in any other area.

Hi, we are Michael and Sue Kidd, in honor of our daughter's birthday, I would like to share the poem that my aunt gave to us shortly after our daughter's death. If she could talk to us, I know she would say something like this:

Happy Birthday Shelly-Belly. Mommy and Daddy love you very much!

**Michele Kidd
7-25-92 to 9-21-92**

Mommy and Daddy
Please... don't be so sad,
I miss you so very much too.
It's beautiful here where I am
But I worry a lot about both of you.
I sleep with angels watching me,
There's only love up here.
I'm never lonely or afraid
Cause God's so very near.
I walk with Jesus every day
He's very kind and sweet.
Don't worry Mommy and Daddy;
He holds my hand
When we cross the golden street.

I never cry or hurt myself
I see Grandma every day.
I play and laugh and sing a lot
And hear you when you pray.
Please Mommy and Daddy,
Don't be mad at God,
You see, he loves me too.
And even though
you're not with me
I'm really still with you.

Try to Imagine

By Aaron Espy

I try to imagine
what your grief is like,
And then you show me.
I imagine a storm,
You show me a hurricane.
I imagine a river of tears,
You show me a flood.
I imagine emptiness,
You show me endless expanse of the universe.
I tried to imagine, but I could not understand ~
Until you showed me.