

SIDS and Kids Queensland  
Summer 2007 Edition

# enigma



# contents

---

Enigma   SIDS and Kids Queensland	SIDS and Kids Queensland Profile	01
SIDS and Kids Queensland publishes Enigma twice a year in support of individuals and families who have lost a baby or child regardless of the cause.	State Manager Introduction	02
	Education & Support Services Update	03
<b>Our Mission Statement</b>	QATSIAG Project 2007	06
SIDS and Kids Queensland exists to develop and deliver high quality, publically accountable services and programs which meet the needs of all individuals and families in Queensland who are affected by the Sudden and Unexpected Death of a Child, 20 weeks gestation to six years, regardless of the cause, and to provide relevant education and support services to the community.	Safe Sleeping Conference	07
	Durable Biographies	08
	Coping with Christmas	10
	Christmas Dreams	11
	A Letter from Above	12
	Garden of Memories Renovation	13
<b>SIDS and Kids Queensland   Management Committee</b>	Contact E-Newsletter	13
<b>President</b> Michael Ward	Membership	13
<b>Vice President</b> Michele Freemantle (Inaugural Life Member)	Support Groups	14
<b>Treasurer</b> Mark Jones	Stork News	14
<b>Secretary</b> Louisa Mann	Precious Memories	15
<b>Members</b> Professor Paul Colditz	Donations in Loving Memory	39
	Birthdates & Anniversaries	40
	Alison Sparks	
	Dr Peter Gray	
	Caz Osborne	
	Trish Wilson	
	Fundraising and Marketing News	44
<b>SIDS and Kids Queensland   Contact Details</b>	Prints from the Heart	45
SIDS and Kids Queensland	Sids Adventure Treks	46
68 Creek Road   Mt Gravatt QLD 4122	Red Nose Day	48
PO Box 241, Mt Gravatt QLD 4122	ITI to the Rescue	49
Telephone 07 3849 7122	Café Nova	49
Facsimile 07 3849 7121	Legends of League Lend a Hand	49
1800 24 hr Child Death Support Line 1800 628 648	Effortless Support	50
Email queensland@sidsandkids.org	\$20,000 Raised	50
Web www.sidsandkids.org	The Big Gig	50
	Ship Ahoy.....!	51
	Driving Support	51
	Creative Memories	52
	Thank You Deloitte	52
	ANZ Community Fun Run	53
	Events Calendar	53
	What a Store!	53
	Gift Ideas	54
	Art Union Raffle	55
	SIDS and Kids Queensland	
	Membership Information	56
	Entertainment Books	58

---

# State Manager's Introduction

---



Yvonne Amos  
State Manager

Dear Families and Friends,

Welcome to the Summer Edition of SIDS and Kids Queensland Enigma.

As the Christmas Season and New Year draws closer it is a time in which all in the community begins to reflect upon the year that has passed. We at SIDS and Kids Queensland reflect on the families we have met and supported throughout the past twelve months and the valued bereavement services we have provided to all in the community seeking support.

Christmas and New Year can be a difficult time for many families who have experienced the death of a baby or child and our thoughts are with you each and every day throughout this time.

For families needing support over the coming months we have a number of support groups and activities including our Coping with Christmas Workshop and our annual Memorial Service. Our 24 hour Child Death Support line is also available to offer support and can be reached on 1800 628 648.

Our Memorial Garden has also undergone some renovations and will reopen to all families during December 2007. We sincerely hope you will be able to drop by and spend some time in the garden during 2008.

Our Education and Support Services team, which includes Lee McCowan, Madeleine Grimes, Dot Ewing and Karla Kelly, have all worked hard on a range of projects during 2007.

Some of the year's milestones include:

- establishment of a new support group based in Zillmere.
- introduction of a Creative Memories Scrapbooking Group.
- Safe Sleeping Conference aimed at health care workers and carers.
- Partnership with TNS Consulting to develop a questionnaire designed to review our infant safe sleeping education campaign throughout Queensland.
- Planning of our 2007 Queensland Aboriginal and Torres Strait Islander Advisory Group two day workshops in September.
- collaboration with Queensland Health on an indigenous infant safe sleeping education package.
- introduction of an electronic bereavement support newsletter

I would like to take this opportunity to thank our Education and Support Services team for their hard work and commitment to providing a high level of service to our families. The broad range of activities throughout 2007 is testament to their efforts.

I would also like to make special mention of Dot Ewing who has decided to retire at the end of 2007. Dot Ewing has been a vital member of the SIDS and Kids Queensland team for over 12 years and her dedication, commitment and enthusiasm has not waned during this time. Dot will be sorely missed by our Management Committee and her fellow team members and we all wish Dot well in her retirement and future endeavours.

Karla Kelly, Education and Support Services Officer is also taking a break from SIDS and Kids Queensland. Karla is taking 12 months maternity leave at the end of December. All the team wish her well and look forward to her return.

In conclusion, I would also like to thank our Management Committee for their support during 2007 and also to our Life Members who built the foundations on which SIDS and Kids Queensland continues to operate today.

Finally I would like to wish all our families a happy and safe Christmas and New Year.

**Yvonne Amos**

State Manager

# Education & Support Services Update

---



Lee McCowan  
**Education and Support  
Services Manager**

Once again the end of the year is approaching and to follow in others footsteps I must say "I don't know where it has gone!" The staff here have been on the go continually providing much needed bereavement support to over 200 families across Queensland as well as education on safe sleeping to agencies and the general public.

One major accomplishment this year was our first Safe Sleeping Conference held in September. We had approximately 100 delegates and three wonderful speakers who provided much needed education to those who attended. (See separate article for details)

Another was the launch of our new Indigenous resources which I have previously mentioned. These were developed jointly by SIDS and Kids Queensland, our QATSIAG (Queensland Aboriginal and Torres Strait Island Advisory Group) team and Queensland Health. (See separate article for details)

The end of this year brings many changes for the staff at SIDS and Kids. Dot Ewing will be retiring in December; she has been with SIDS and Kids Queensland since 1995. Dot has had a major role in the development and provision of our safe sleeping messages. She has worked tirelessly to ensure the messages are delivered, helping save babies lives. Dot has also been a wonderful support to many of the bereaved families who visit and telephone our centre. These are big shoes to fill. We have begun our search to find a new educator. Dot will be sorely missed by many. We wish her a well deserved rest in her retirement, although I am sure she will find much to do to occupy herself, Dot is not one to sit still for long.

Karla will be going on 12 months Maternity Leave from December. Karla has been involved with the SIDS and Kids Queensland since 1993. She has been a great support to the whole team in taking on an administrative role, often managing to do in a short time, what it would take most of us many hours to achieve. Karla, too, has been involved in providing safe sleeping education to agencies and the community, as well as support to bereaved families. We wish her well during these 12 months and look forward to her return in one year's time.

I, too, will be taking 6 – 12 months leave. In fact I will already be on leave at the time of this Enigma being sent

out. I leave in October. During my time of leave Madeleine Grimes will take on the role of Acting Education and Support Services Manager. Madeleine has many years of experience in management and that combined with her counselling skills and experience will be a wonderful asset. Many of you will already know Madeleine as she has been a part of the team for over a year now.

We will also have a new counsellor on board working three days a week. Alison Sparks who has 20 years experience in providing counselling to families particularly in the area of grief and also child counselling. We are excited to have her join the team also.

Many of you will know Lena, either in person or by phone. Lena has been the main administrative worker in the office for many years now; previously she worked in the Education and Support Services team. Lena has recently changed roles and has now become our Trek Co-ordinator. We wish her well in this new and exciting role.

We have a new bookkeeper in the office, Ruth Smith. Although many of you will not have direct contact with Ruth, she is an essential part of our team and helps to make the office run smoothly. We welcome her to the team.

Our Marketing and Fundraising staff Heather Kolar and Lucy Watson continue to support our team by their hard work and wonderful fundraising efforts. Without this we would not be here.

I hope you find this edition of Enigma to be inspiring and supportive. I wish you well for the Christmas season and 2008. I hope during the festive season you find peace and care. Be kind to yourselves. I look forward to returning later in 2008.

# Education & Support Services Update

---



Madeleine Grimes  
Acting Education and  
Support Services Manager

Well, here we are, another year almost over! It has been a wonderfully enriching 12 months for me, both personally and professionally, here at SIDS and Kids Queensland and I have learnt much about myself and others. This is what life is about – encountering change, learning from experiences, making choices to keep or discard ways of operating in the world. Easier said than done, however.

You may be familiar with the verse ‘Some People’?

## **Some People**

*Some people come into our lives and quickly go.*

*Some people move our souls to dance,*

*they awaken us to new understanding*

*with the passing whisper of their wisdom.*

*Some people make the sky more beautiful to gaze upon,*

*they stay in our lives for awhile,*

*leave footprints in our hearts,*

*and we are never ever the same.*

This simple verse encapsulates how much I am indebted to my colleagues in the Education and Support Services Team for their wisdom, good humour and friendship. In the space of a year they have all made me feel extremely welcome. It seems, sadly, that nothing stays the same, does it? I do not have to say this to you, our parents, however.

I did not think last November that in the space of one year I would be saying a permanent ‘Farewell and Happy Retirement’ to one long serving staff member; ‘Have a restful leave period’ to another; ‘Happy maternity leave’ to another; and ‘Welcome and I hope you will be happy working here’ to yet another!! Was it something I said, I wonder? Ha!

Seriously, I am truly sad to say ‘Farewell’ to Dot Ewing who has become very much the heart and soul of the Education and Support Services we provide to the community. I am sure there is not one of you who will forget the hugs, laughter and empathy Dot has shared with each and every one of you. I know I won’t. Dot

has taught me much this year, most importantly, that above all else, regardless of how busy we are, we are never too busy to listen, to share a cup of tea, a tear or a laugh. She has taught me the true meaning of the old adage: What you give out, you get back in return. Dot will never be replaced – how might this ever be possible? Her spirit and love will remain engrained in every particle of this organization forever. Words cannot express our gratitude for all she has done for this organization. I wish Dot a wonderful retirement. Dear Dot, I hope that you will keep in touch, perhaps pop in for a green tea and a biscuit from time to time. There will always be a chair with your name on it here.

Lee McCowan has taken leave for six to twelve months, at this stage, and I wish Lee the best of everything during her break. While Lee is away, I will be working in her role in an acting capacity and will try to do my best to make sure that I maintain the level of professionalism synonymous with Lee. Lee has been such a wonderful mentor and I have learned much from her wealth of experience in the area of Trauma Counselling, particularly. Not only that, her friendship and common sense has helped to keep us all on an ‘even keel’ throughout the year. Thank you, Lee. We look forward to your return.

Karla, too, is taking leave to deliver and look after her third child. We look forward to hearing the news as to whether ‘the bump’ is a boy or a girl and welcoming him or her into the fold. I will miss Karla’s efficiency, humour and compassion as in the last few weeks she has really become ‘my right hand woman’. The office is going to be very quiet without your wonderful laugh and I look forward to your return. I wish you a blissful birthing experience and many years of joy with the new edition to the Kelly Gang.

I welcome Alison Sparks, retired SIDS and Kids Queensland Board Member, locum counsellor and supervisor who, in Lee’s absence will, provide bereavement support to our families and professional supervision to the staff. Alison has a wealth of experience in grief and loss counselling, particularly in working with bereaved children and families, and I am looking forward to the sharing of new ideas and methods and working together as a team. Even though Alison will only be here for a relatively short time, I am sure that she will leave an indelible impression on the organisation.

At time of writing I cannot welcome the person who will become our new Education and Support Services Officer, but I will do my best to ensure that whomever this may be will feel part of a team synonymous with the level of service extended by Dot in that role.

Thanks must be extended to the other wonderful people who help SIDS and Kids Queensland deliver bereavement support to families Queensland wide.

# Education & Support Services Update

Firstly, to our 24 Hour Child Death Support Line Counsellors, eleven truly extraordinary men and women who volunteer their professional services to us so that we can continue to maintain our free phone counselling service. Without you, this would not be possible.

Similarly, thanks to our Peer Supporters, who tirelessly and generously give of their own time to assist us in helping newly bereaved parents to discover ways of working through the grief and confusion from their experience. Sometimes just speaking with other parents, those who can really empathize with the broad range of feelings, and hearing that one is not 'going crazy', is the best help any parent can receive. Sincere gratitude to (in first name alphabetical order): David, Jan, Janet, Lesley, Lisa, Merv, Narelle and Von for your generosity of spirit, wisdom and camaraderie throughout the past year. Your support is invaluable. God bless you all.

A huge thank you, too, to Jenny Burke and Francis Borg who have assisted with client counselling and bereavement support group facilitation. It is really appreciated.

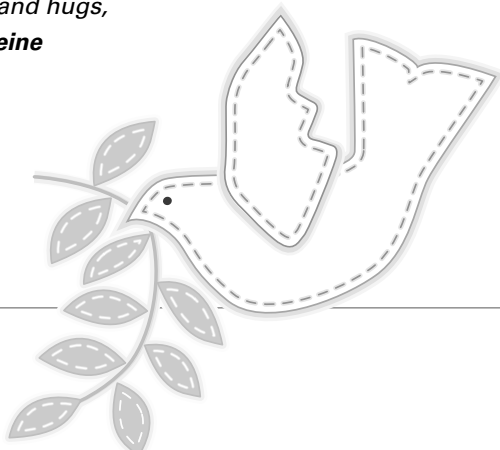
Last, but not least, thank you to the wonderful men and women who attend our groups or counselling services and who invite us into their world, sharing their struggles at a time when 'vulnerable' does not adequately describe how they are feeling. It is a truly privileged position to be in.

I wish you all a very peaceful holiday season. Be gentle with yourselves, let go of the 'shoulds' and the 'oughts' and give yourself the permission to just 'be'. Because Christmas is really about love, it inevitably encompasses grief. They are inextricably linked, even if we prefer to believe they are not. For us, the pain we feel at a time of loss is truly a measure of the love we know. The depth of our grief is a reflection of our love.

I wonder how many men and women around Australia will be 'coping' with Christmas this year. Trying to be brave, trying to do what we are "supposed to do" on Christmas Day - "be happy". Perhaps we can all begin to acknowledge that Christmas is not just a day of happiness; but a day that can contain all emotions because the central one is love and where love is present any emotion is welcome.

*Peace and hugs,*

**Madeleine**



Alison Sparks  
Education and Support  
Services Officer

I have recently rediscovered something that was important to me and that I had simply stopped doing when other events in my life took over. I had almost forgotten I love to paint. I am not suggesting for one minute that I have discovered the great artist in me, but more that I have rediscovered my passion for taking in the details of the world around me and wanting to do something creative with them again.

When I reflected on this, it got me thinking about what happens when we experience a significant loss in our lives. It is a time when everyday things or much loved past-times lose their meaning because the death of someone precious has changed that somehow. Where once we could feel pleasure, we are now left empty and with a sense of unbearable longing which nothing seems to fill easily. Grief can take us all to a place where the question we want to ask is "WHY"? and in order to answer that question we may need to travel a road of self discovery.

Throughout my working life as a bereavement counsellor, I have been privileged to journey with many children and adults. What seems to be important is to trust yourself at this time or as someone once wrote in a card to me to "trust your heart". It will become the source of the courage you need to take that next step forward and ultimately to know what that next step is going to be. I think that is why some of us may choose to paint pictures again while others may build incredible tin can boats, as was one of our inspiring stories in the last edition of this magazine.

The coming months of the Christmas Season are always difficult for families who are grieving and especially for those who are newly bereaved. While there is only one way to approach this Season, perhaps you can take a moment to reflect on something small in your life that you have always done and taken pleasure from. Children have an enviable ability of being able to take a break from their grief for a while to do just this. They seem able to go and play and immerse themselves in something if only for a short time. Their grief is never forgotten but temporarily put aside while they benefit from another activity and a break in the intensity of their feelings.

I look forward to working with you while Lee is away on leave and leave you with "Little Ted". I hope he may inspire you to rediscover something about yourself this Christmas.



# Education & Support Services Update



**Dot Ewing**  
Senior Education and Support Services Officer

Well I am finally retiring!!!!!! It is a very exciting yet sad time for myself. I would like to thank the Management Committee of SIDS and Kids Queensland for all their support over the years, the current and previous staff that I have worked with, your dedication to the cause is amazing and you have made working at SIDS and Kids Queensland a pleasure. To all the families I have met during my time here I thank you for letting me into your lives and I will miss you all. To my very special ladies at QATSIAG you inspire me every time we meet; you all hold a place in my heart.

I have made so many life long friends along the way to each and everyone of you 'thank you' and I wish you all the very best. I will be doing a lot of interstate travelling to my grandson, Josh, who lives in Melbourne. When not interstate, I will be joining Karla and her new baby for coffee and lunch dates, so we will be forever together, just like our time at SIDS and Kids Queensland. Once again thank you to SIDS and Kids Queensland for having me for the last 12 years it has been a sad, yet rewarding job and I will never forget my time here. Have a Merry Christmas and a safe and Happy New Year!!!!!!



**Karla Kelly**  
Education and Support Services Officer

During my time with SIDS and Kids Queensland I have had many roles and the chance to meet and get to know a lot of beautiful people throughout the organisation. Thank you to all the staff, you guys rock, and Management Committee Members who have supported me throughout the year, good luck to the new staff at SIDS and Kids Queensland.

Dotti is retiring, I can't believe it or don't want to believe it; she has been a total asset to SIDS and Kids Queensland and will be missed by all. During her time she has brought great warmth and empathy to the organisation whether it was with a caring voice on the phone or with a big cuddle when you were feeling down. She has been an integral part of the Safe Sleeping Campaign and QATSIAG and has made life long friends along the way. I am sure there will be lots of tears on her last day. Love you Dotti.

At the end of December I will be going on Maternity Leave for 12 months to have my third child. I wish all the staff, clients and Management Committee a Merry Christmas and a safe and prosperous New Year.

## QATSIAG Project 2007

### NEW COLLABORATION TO HELP SAVE BABIES' LIVES

In our last newsletter you would have read that SIDS and Kids Queensland and the Child Health & Safety Branch of Queensland Health embarked on a new project to develop Safe Sleeping tools for use in Indigenous Communities.

The Annual Report for the Queensland Commission for Children and Young People and Child Guardian (2005-2006) stated that "Aboriginal and Torres Strait Islander infants died suddenly and unexpectedly at 7 times the rate of non-Indigenous infants" (p.178).

Through this collaboration a part-time Indigenous worker (Marion Dahlstrom) was employed for three months. During this time Marion developed Safe Sleeping tools to be used in Indigenous communities across Queensland. Marion worked closely, and in collaboration with, the SIDS and Kids Queensland QATSIAG Committee (Queensland Aboriginal Torres Strait Island Advisory Group), SIDS and Kids and Queensland Health. Tools developed include: Pamphlet, Poster, Flip Chart and Power Point presentation. These tools are based on the successful resources which have been used Australia wide, across all communities, and which have led to the drop in SIDS rate by 85 per cent.

The Indigenous resources were launched on September 5th, at our Safe sleeping Conference, We were privileged to have with us on the day, Karen Struthers MP and Parliamentary Secretary to the Minister for Health. Ms Struthers officially launched the resources. Others involved in the launch included: Corelle Davies, Senior Director Child Health & Safety Unit Queensland Health; Yvonne Amos, State Manager SIDS and Kids Queensland; Marion Dahlstrom, Project worker; and Shantell Smith, the artist who worked on the project.

Needless to say, we are very excited about this project. If you would like further information on this project, or the resources, please contact SIDS and Kids Queensland or The Child Health and Safety Branch of Queensland Health.



L-R: Hon. Karen Struthers M.P.; Shantell Smith and Marion Dahlstrom



# Education & Support Services Update

## Safe Sleeping Conference

SIDS and Kids Queensland held a one day conference for professionals. This conference addressed the very important messages about safe sleeping for infants. Although the cause of SIDS is still unknown, research has shown some basic safe sleeping steps that can be taken to reduce the risk of SIDS, SUDI and sleeping accidents.

Providing safe sleeping education to professionals and the community remains one of the three priorities for SIDS and Kids. (The other two being research and bereavement support). SIDS and Kids Queensland employ one educator to cover all of Queensland. As you can imagine, this is an enormous task for one person and hence the idea of holding a conference to deliver our educative message emerged.

We were lucky to engage support from three noted and fabulous speakers:

Dorothy Ford who has been involved in the development the 'Reduce the Risk of SIDS' Program from its inception in 1990. At the request of the Victorian Child Death Review Committee, Dorothy chaired a Child Death Group Analysis of high risk SIDS in infants under the supervision of Child Protection Victoria.

Associate Professor Jeanine Young Nursing Director – Research, Royal Children's Hospital in Brisbane. She is a Registered Nurse, Midwife and neonatal nurse and completed her doctorate in infant care practices and their relationship with risk factors for Sudden Infant Death Syndrome. Jeanine is currently leading a research program to investigate Queensland's relatively high infant mortality rate, with a particular focus on developing evidence-based strategies and educational tools to assist health professionals in delivering Safe Sleeping messages to parents with young infants.

Rebecca Shipstone Senior Analyst with the Commission for Children and Young People and Child Guardian's Child Death Review Team. Since 1 August 2004, the Commission has included maintaining a register of all deaths of children under 18 years registered in Queensland; reviewing the causes and patterns of all child deaths and reporting on child deaths annually; conducting and publishing research in relation to child deaths, and making recommendations for improvements to laws, policies, procedures and practices to help reduce the likelihood of child deaths occurring.

There were 100 conference delegates. Feedback was extremely positive. Funding permitting we hope to be able to have more conferences in the future.



**safe sleeping conference**  
 SIDS and Kids Queensland presents a one day conference for professionals

**Queensland's Infant Mortality Rate - Up-to-date research from the International SIDS Conference-Japan 2006 - Evidence-based strategies to assist professionals in delivering the 'Safe Sleeping' messages**

date: Wednesday, 5 September 2007  
 place: Marriott Hotel, Grand Ballroom, 515 Queen Street, Brisbane, Queensland  
 time: Commencing at 8.30am and concluding at 5.00pm.  
 Registration is \$180 including GST.  
 Early Bird and Student rates available.  
 Seat cover for further information.

**Speakers will include**

**KEY SPEAKER**  
**DOROTHY FORD**  
 Dorothy Ford has been involved in the development of the health programs to reduce the risk of SIDS from its inception in 1990. Dorothy worked at SIDS and Kids for 14 years and during this time coordinated and managed the development of the program at state and national levels. She has maintained a continuing interest in SIDS research since leaving SIDS and Kids in 2004. As the representative of the Victorian Child Death Review Committee, Dorothy chaired a Child Death Group Analysis of high risk SIDS in infants under the supervision of Child Protection Victoria. The report of the analysis, 'Infant SIDS - community responsibility', was published by the Office of Child Safety Commissioner, Department of Human Services, Victoria in November 2006. In June 2006, she attended the 11th International SIDS Conference in Yokohama, Japan where she presented a paper on high risk SIDS.

**JEANINE YOUNG**  
 Associate Professor, Jeanine Young is the Nursing Director - Research, Royal Children's Hospital in Brisbane. She is a Registered Nurse, Midwife and Neonatal Nurse who completed her PhD in infant care practices and the relationship and Dr Peter Sly. On return to Australia in 1999, Jeanine continued her research interests in infant care practices and her responsibility for high risk SIDS in infants under the supervision of Child Protection Victoria. The report of the analysis, 'Infant SIDS - community responsibility', was published by the Office of Child Safety Commissioner, Department of Human Services, Victoria in November 2006. In June 2006, she attended the 11th International SIDS Conference in Yokohama, Japan where she presented a paper on high risk SIDS.

**REBECCA SHIPSTONE**  
 Rebecca Shipstone is a Senior Analyst with the Commission for Children and Young People and Child Guardian's Child Death Review Team. The Commission for Children and Young People and Child Guardian's Child Death Review Team is an independent statutory body which has responsibility for monitoring and reviewing child deaths and making recommendations for improvements to laws, policies, procedures and practices to help reduce the likelihood of child deaths occurring. Since 1 August 2004, the Commission's focus has included maintaining a register of all deaths of children under 18 years registered in Queensland; reviewing the causes and patterns of all child deaths and reporting on child deaths annually; conducting and publishing research in relation to child deaths, and making recommendations for improvements to laws, policies, procedures and practices to help reduce the likelihood of child deaths occurring. Rebecca has worked within the Commission's Child Death Review Team since its inception in 2004 and is the lead researcher for all cases of Sudden Unexplained Deaths in Infancy (SUDI), including deaths from Sudden Infant Death Syndrome (SIDS) and unexplained causes. Rebecca is also responsible for reviewing child deaths from fatal assault and neglect and is currently undertaking a detailed study in this area.

(Top to Bottom)  
 Dr. Jeanine Young prepares for the conference.  
 SIDS and Kid's Queensland's Lee McCowan  
 with speaker Rebecca Shipstone.  
 Guest speaker Dorothy Ford.  
 Guests at the 2007 Safe Sleeping Conference.

# Durable Biographies

## THE ROLE OF PHOTOGRAPHS IN PROCESSING GRIEF AMONG BEREAVED PARENTS.

---

The death of any loved one is considered a painful loss to an individual's sense of self. "However, with the death of a child, the loss is thought to be intensified because of the unique relationship between parent and child" (Woodgate, 2006, p.75). The death of a child reverses the sequence of life events for parents and is seen as unnatural and untimely. Parents not only deal with missing the child's presence, but also loss of values and assumptions they once had about the way the world should be (Alexander, 2001; Janoff-Bulman, 1992; Woodgate, 2006).

Basic to the concept of 'grief' is an understanding of its dynamic, fluctuating and intensely idiosyncratic nature. There is no single 'right way' to grieve (Neimeyer, Keesee & Fortner, 2000). Photographs help to create a "...durable biography ... enabling them to integrate the memory ... into their ongoing lives" (Walter, 1996, p.7, cited in Riches & Dawson, 1998 p.122). Events that may have been deemed trivial at the time take on new importance – the past becomes reinterpreted in light of the child's death (Alexander, 2001; Bennett & Bennett, 2000; Johnson, 1999; Klass, 1996; Klass, Silverman & Nickman, 1996; Riches & Dawson, 1998; Woodgate, 2006). The photographs can take on a significant role in parental grieving, helping transform obsession with the single event of the death into a broader acknowledgment of the meaning of his or her life. Hopes and dreams, along with facets of the child's personality are somehow encapsulated in the stories associated with the photograph (Alexander, 2001). Bonds are continued (Stroebe & Schut, 1999) and relationships renegotiated (Klass, 1988, 1996). Healthy grieving involves an ability to shift between facing the pain of the loss and also taking time off from grieving to repair damaged social relationships (Alexander, 2001; Stroebe & Schut, 1999). Photographs may go some way toward restoration of the parental self and assist in the development of a shift between loss oriented coping and restoration-oriented coping (Stroebe & Schut, 1999). Parents find more emotionally satisfying ways of integrating their child's memory into their everyday lives and a living relationship is maintained with the child and post bereavement construction of the self as parent is created (Alexander, 2000; Bennett & Bennett, 2000; Riches & Dawson, 1998).

In my work as a bereavement support counsellor at SIDS and Kids Queensland for parents and families who have experienced child death, parents describe deep feelings about the importance of their photo memories providing unquestionable and durable proof of their baby's existence. In perinatal death, when birth and death are combined, the scenario is particularly devastating for the bereaved families (Alexander, 2001). Life, so short, has been extinguished with few or no visual remembrances. Alexander, 2001, in her study about the use of photographs in perinatal bereavement highlighted that photograph scans taken throughout the pregnancy help to prove the reality of the pregnancy. One mother in one of our support groups confirms this as she explained: "These scans prove that I was pregnant and that I did lose a child". Mothers, particularly, share an intense fear of others forgetting their baby and, in some ways, the scans depict a tangible proof in ways words cannot adequately describe. They can be searched for meaning, furthering the process of coming to terms with the fact of the loss and the reality of the child's life (Neimeyer, et al., 2000).

I would like to share with you here part of a case experience. It is based on a first session consultation and is entirely anecdotal and not intended to be inferred as a 'standard experience' through which all grieving families make sense of their loss. Last month I had the invitation into the meaning making for a young mother and her sister-in-law about the SIDS related death of a six-month old boy. Tragically, the boy had died while his parents and he had been having an overnight stay with family. The last time his parents saw him alive was at 2am when they checked on him before going to bed themselves. They awoke later that morning to discover he had died in his sleep. His mother recounted how sad she was that she had not had the chance to say a proper 'Goodbye' and her sister-in-law had been blaming herself because the death had occurred at her house. It was interesting to note that the women had brought with them to the session an album containing pictures of 'Luke' (pseudonym) at various stages in his brief six month lifespan. The album had been one of two created by the mother's sister-in-law and she related how cathartic it had been for her to put the albums together. She said: "In a way, it has helped me to focus on the living moments – the time when 'Luke' was smiling, eating his first rusk. I can look at these photos and see how happy he was at times when flashes of the dead baby, who looked nothing like 'Luke', come into my head. I cried and cried while doing this and, at times, I felt like stopping, but something inside me forced me to continue. It was almost like 'Luke' was willing me to do this!"

The two women spent the session talking about 'Luke', reminiscing about the pregnancy and what that had been like; the birthing; first milestones; the feeling of 'empty arms' so common to parents; whom 'Luke' most looked like; thoughts about what he might have achieved with his "long legs and big feet" – would he be an athlete like his father; and so on. 'Luke's' mother cried as she spoke about each photograph but there was a sense that it was very important to her that I understand the very essence of 'Luke'. By the end of the session I had indeed been privy to an intensely private and precious narrative she was creating around her son and his impact on her view of herself as mother. The stories she told were not all 'glossy' or 'happy' stories. Photographs containing a happy smile on a tear stained baby face afforded the opportunity for her to recount the times when she had been frustrated with 'Luke's' not wanting to go to sleep. Others were associated with the sound of his laughter in times of play. So, it was not simply a fantasy narrative she was creating, it was one of reality – times associated with the negative and the positive – it was, however, a tangible and 'durable biography' of her sense of being a 'good enough' mother to 'Luke'.

Both women made mention of the relief they felt in being able to talk about 'Luke', to show photographs of him to a stranger, and know that they would not be thought, as his mother put it, "a nut case". Families who have experienced the death of a child want to talk about their child, to hear his or her name on the lips of others. They want to be asked how they are coping; to have someone wish them 'Happy Mother's Day' or 'Happy Father's Day'; to remember their child's birthday. To do so helps to replenish their spirit and their identity as a parent, particularly when the child

---

has been the only child they have been able to conceive (Alexander, 2001).

In a similar way to Alexander's study, I have found that other comments relate the importance of the photographs to recapturing physically a moment in time: "When I look at [baby's] photo I can be her mum again. I can remember what it was like to feel her in my arms again". One father recalled how glad he was to have photographs to look at: "Looking at the photos make me feel comforted, somehow. It helps to see how he looks so much like my other kids. I don't have to worry about forgetting what he looks like". Memory may be vulnerable to the passing of time, but the experience of parenthood, as evidenced by the photographs, may be relived time and time again. Not only is there proof of parenthood but also an 'anchoring' about the presence of the absent child in their life story (Alexander, 2001). In sharing photographs with others, parents can build and rehearse a story of their life, death and possibilities of what might have been. In time, a shift may occur from thoughts about the distressing circumstances of the child's death to celebrations of the life that has been lived (Riches & Dawson, 1998).

Sharing the story can evoke feelings of distress over unwanted sympathy, to feelings of denying their child if the story is not shared – this presents a dual problem for parents (Riches & Dawson, 1998). In our support groups, parents learn from other parents to feel comfortable in using present tense when referring to the number of children they have had: "I have two children [or whatever number] and one died". It is important to include the child's name in discussion (with permission) and to talk with them about characteristics common to all their children, or unique to the child. Questions about whom the child most looks like, and so on, are so very important. In having the permission to speak freely in the group, without fear of being deemed 'crazy', societal customs which teach that expressing such an experience is 'pathological' are erased (Alexander, 2001; Riches & Dawson, 1998; Stroebe & Schut, 1999). Walter (1996) argued that parents who are helped to 'hold on' to their deceased child may move beyond a preoccupation with death to a more comfortable and enduring memory of his or her life. Riches & Dawson (1998, p.139) have gone so far as to say that:

...by providing a physical stimulus for conversations about 'Where would they be now' and 'What they would think of this or that,' photographs may also represent a vehicle for projecting a shared past into their parents' ongoing future and therefore help ease the movement from personal preoccupation with loss to public restoration of damaged social identity.

Photographs, therefore, provide a tangible connection to the child who died but who lives on in the memories of the entire family. Bonds continue, parental identity is maintained and lost hopes and dreams are integrated into an ongoing narrative for the future.

*Madeleine Grimes BA. Grad.Dip.T., MCouns.*

---

## References

- Alexander, K.V. (2001). *The one thing you can never take away: Perinatal bereavement photographs*. [Internet resource] [Http://www.nursingcentre.com](http://www.nursingcentre.com). Retrieved 20th May, 2007.
- Bennett, G., & Bennett, K.M. (2000). The presence of the dead: an empirical study. *Mortality*, 5, (2), 139-157.
- Janoff-Bulman, R. (1992). *Shattered assumptions: Towards a new psychology of trauma*. New York: Free Press.
- Johnson, R. (1999). The use of photographs in mourning and bereavement and the anthology of art. *Anthology and Medicine*, 6, (2), 231-241.
- Klass, D. (1988). *Parental grief: Resolution and solace*. New York: Springer.
- Klass, D. (1996). The deceased child in the psychic and social worlds of bereaved parents during the resolution of grief. In D. Klass, R. Silverman, & S. Nickman (Eds.), *Continuing bonds: New understandings of grief*. Washington DC: Taylor & Francis.
- Neimeyer, R., Keesee, N., & Fortner, B. (2000). Loss and meaning construction: Propositions and procedures. In R. Malkinson, S. Rubin, & E. Witztum (Eds.), (pp.199-215). *Traumatic and non-traumatic bereavement*. Madison, CT: Psychosocial Press.
- Riches, G., & Dawson, P. (1998). Lost children, living memories: The role of photographs in processes of grief and adjustment among bereaved parents. *Death Studies*, 22, 121-140.
- Stroebe, M., & Schut, H. (1999). The dual process of coping with bereavement: Rationale and description. *Death Studies*, 23, 197-224.
- Walter, T. (1996). A new model of grief: Bereavement and biography. *Mortality*, 1, 7-25.
- Woodgate, R.L. (2006). Living in a world without closure: Reality for parents who experienced the death of a child. *Journal of Palliative Care*, 22, (2), 75-82.
- [This article was published in the Queensland Counsellors' Association Journal, Contact June 2007]

# Coping with Christmas

---

## Are you grieving?

It is not easy to miss Christmas or try to ignore it. No matter where we go, what TV station we watch or radio station we listen to and even in our own letterbox, we are bombarded by the commercialism of Christmas, the holiday season and the expectation that we will be happy and celebrate.

And for some there is also the expectation of family and friends. Planning the Christmas parties and gifts. Children dreaming of presents from Santa. And all those songs about a new born baby!

So what if we wanted to skip Christmas this year? Or what if we wanted to remember Christmas in a different way from the past. What if we wanted to spend Christmas alone, or run away? What would people think?

Unfortunately we spend our time thinking about what others would expect and how they would react rather than thinking about what we want and what is best for our own family.

For many people the holiday season is not a happy season. It is amazing when you realise how many people endure it, wishing it would go away. What is supposed to be a time for family becomes a time of dread because one special family member is not there to celebrate.

If you are worrying about the coming season, you are not alone. So what can you do to help yourself and your family "Cope with Christmas?"

Here are a few ideas that have helped others in the past. One of these may suit you, or you may be inspired to create your own ideas.

1. Allow yourself to grieve at your own pace and remember that grief is a full time job. It will sap all your emotional and physical energy.
2. Do not feel obligated to do anything. You do not have to attend the street party or the family gathering.
3. Talk to others in similar situations, in person, on the phone, or even on the internet.
4. Find someone you can talk to and ask them to let others know that you are not "doing Christmas" this year.
5. Tell others what you need, remember they are human and cannot read your mind.
6. Add something new to your usual traditions, for example, take time out to talk about your child and remember them.
7. Change your routine. Spend Christmas in a different way or with different people.
8. Run away – go on a holiday somewhere where they do not celebrate Christmas, or somewhere where the mere fact of being in a new environment will create a change.
9. Celebrate Christmas on a different day.
10. Buy a gift for a child of similar sex and age and give it to a charity or place it under the trees in the shopping centre that collect for charities.
11. It is okay to spoil your other children and do not let others criticize you if you choose to do this.
12. Attend a memorial service, many are held this time of year.

13. Remember you are not alone. Many others around the world are grieving at this time. Whilst others may support you, remember to look out for others who are grieving, too. You may be just the Christmas gift that each other needs.
14. Volunteer to service Christmas lunch for a charity or nursing home.
15. Find a way to include your child.
  - Visit the grave site or a special place and spend time with your child.
  - Buy your child a present and keep it in their memory box or special place.
  - Let off balloons, light a candle or buy flowers for your child.
  - Write your child a Christmas letter telling them how much you love and miss them. You can keep the letter in your journal or release a balloon.
  - Buy your child a special Christmas ornament and hang it on the tree.
  - Include your child's name or a symbol to represent your child on Christmas cards or gifts.
  - Ask people to write their memories of your child and send them to you, then sometime through the day or evening take time to read through all the thoughts that have been written.

## Do you know someone who is grieving?

If you do, do not wait for them to ask you, instead go to them and ask them what they want to do. How would you like to spend the holiday season?

- Support their decision.
- Do not push them to do anything they do not want.
- Remember that they may not know what they want and may be confused.
- They may change their mind.
- Offer to help with Christmas shopping or cooking if wanted.
- Remember their child. Include their name on a card or small gift.
- Help them plan how they will spend the time.
- Do not be offended if they do not want your help, the offer will be important to them even if they want to be alone at this time.
- Be open to changing your traditions, this is the best support for someone else.
- Take time out of your celebration to remember the people who are no longer with you. Do not let the day go by with their name unmentioned. Create a special tribute for them and continue with the other traditions you have had.

# Christmas Dreams

---

I'm dreaming  
of a child-filled Christmas  
Of children gathered around  
Mary and Joseph and shepherds  
gathered around  
the Baby Jesus;

Of children's eager excitement  
unwrapping presents  
chosen in love by Mum and Dad.

Of children's awe  
sitting on the knee of a bearded Father Christmas  
dreaming of that special gift;

Of children's joy  
a dream fulfilled  
a gift they love;

Of children's voices  
carolling sweetly 'Joy to the World'.  
but these dreams are only dreams,  
Christmas dreams.

The reality of Christmas draws near –  
a lengthy sleep-in,  
only dreamed of by tired parents  
No early morning shrieks of delight  
or toys and papers stream across the room  
A flurry of Christmas dreams come true.

Instead, a quiet morning,  
a gift exchanged in quiet understanding  
lunch alone.  
Or, exchanging pain for pain,  
lunch with the relatives  
exchanging excitement over the latest baby  
the latest toy, the latest pram.  
Wordless questioning  
'Will there be a baby at your home next year?'"  
Hopeful Grandparents to be,  
wondering and dreaming  
and children,  
everybody's children everywhere  
but our own.

The silence of the sleepy Christmas afternoon  
greeting our return home  
a childless home  
an infertile home.  
No children's eager excitement  
no children's joy or awe,  
no children's carolling voices  
echo in the halls decked with holly  
Only emptiness  
a desperate longing  
and a grief for the death  
of a million Christmas dreams.

By Deidre Bowie

*Source: Published in ACCESS National Newsletter,  
Vol 8,(30), Spring/summer 2001.*

# A Letter from Above

---

Dear Mum and Dad,

I know this is a rough time for you. So I will be as gentle as I can be.

First of all, thank you for so many tears, particularly those shared with another that you love. They are a gift to me, a precious tribute to your investment in me.

As you do your mourning, do it at your pace only. Don't let anybody suggest that you do your grief work on their timetable. Do whatever it takes to face directly the reality of what has happened, even though you may need to pause frequently and yearn for my return. Do this with courage and my blessings. Know that sometimes inertia is the only movement possible.

Give your best to keeping a balance between remembering me and renewing your commitments to life. It's okay with me if you go through minutes, hours and even days not thinking about me. I know that you'll never forget. Loosening me and grabbing hold of a new meaning is a delicate art. I'm not sure if one comes before the other or not, maybe it's a combination.

Be with people who accept you as you are. Mention my name out loud, and if they don't make a hasty retreat, they're probably excellent candidates for friendship.

If, by a remote possibility, you think that there is anything that you could have done for me and didn't, I forgive you, as my Lord does. Resentment does not abide here, only love.

You know how people sometimes ask you how many children you have? Well, I'm still yours and you are still my parents. Always acknowledge that with tenderness, unless to do so would fall on insensitive ears or would be painful to you. I know how you feel inside. To be included as your child honours me.

Read, even though your tears anoint the page. There is an immense library here and I have a card. In Henri Nowens "Out of Solitude", he writes, "The friend who can be silent with us in a moment of despair and confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not healing, and face with us the reality of our powerlessness, that is a friend who cares."

Mum and Dad, I don't know where you are spiritually now, but rest assured that our God is not gone. The still small voice you hear in your heart is His voice. The warmth that sometimes enfolds you is Him. The tears that tremble just beneath your heartbeat is Him. He is in you, as I am.

I want you both to know that I am okay. I have sent you messages to ease your pain, they come in the form of

flowers that bloom out of season, birds singing, voices and visions and sometimes through your friends and even strangers who volunteer as angels. Stay open but don't expect the overly dramatic. You will get what you need and it may be simply an internal peace. You are not crazy, you have been comforted.

Please seek out people bereaved longer than you. They are tellers of truth, and if they have done their work, are an inspiration and a beacon of hope whose pain lessened dramatically. And one more wisdom before I close; there are still funny happenings in our world. It delights me to no end when I hear your spontaneous, uncontrolled laughter. That, too, will come in due time.

Today, I light a candle for you. Joined with your candle, let their light shine above the darkness.

Affectionately,

Your child.

PS I'll see you later!

Author Unknown

Source: <http://www.parentsgriefpoems.com/id87.htm>  
3/8/07



# Garden of Memories Renovation

---

As a result of the damaging effects of the drought and water restrictions to our plants, we have been renovating the garden, decking and surrounds; installing a water tank and new irrigation; and replanting drought tolerant plants.

Part of this renovation process has involved the removal and housing of your precious plaques and ornaments commemorating your child or children. Due to the drought, subsequent hardening of the soil and damage to the plaques, it is no longer an option to place the plaques into the soil. Please be assured that every care has been taken in the removal of the plaques. Should you choose to have your plaque returned, please contact the office and we will arrange for it to be sent to you.

We are currently investigating some new options for memorabilia to commemorate your child, something more durable and more 'weather friendly'. It will take some time before this will be ready. We sincerely hope that into the future the garden will bring peace and pleasure to our families when they choose to visit.

All children who have had plaques in the garden will automatically be transferred over to the new commemoration. If you have not had your child's name in The Garden of Memories please contact Madeleine at the office on 3849 7122 for the registration form to be sent out.



# Contact

---

## SIDS AND KIDS QUEENSLAND E-NEWSLETTER

Just a reminder to all families that we have a bereavement support electronic newsletter, Contact, which we send out every month to those who indicate they would like to be on the emailing list. It began, initially, to reach families across Queensland who could not, due to the tyranny of distance, attend our bereavement support meetings here in Brisbane.

If you would like to receive this e-newsletter, it is as simple as sending an email to Madeleine at mgrimes@sidsandkids.org or phoning the office on (07) 3849 7122 to be added to the emailing list. You can request your name be taken off the list at any stage in the future should you no longer wish to receive it.

We welcome your poems, reflections, news, information regarding what is happening in your local community, interesting or helpful website addresses and so on. All you need to do is send the information into Madeleine.

*We look forward to hearing from you.*

*The Education and Support Services Team.*

# Membership

---

Become a Member of SIDS and Kids Queensland. This is your chance to support SIDS and Kids Queensland and stay informed on all aspects of our Education and Support Services and Event and fundraising programs.

**Individuals \$16.50, Family/Group \$22.00**

***You will receive:***

Annual Report, Newsletters & Lapel Pin

Please refer to membership form at the back of Enigma. For further information contact Lena on (07) 3849 7122.

# News & Dates.

## support groups

SIDS and Kids Queensland Support Groups:

### SUPPORT GROUPS 2008 (January – July)

At premises: 68 Creek Road, Mt Gravatt

#### COFFEE MORNING – Friday

10am – 12 noon  
January 25th  
February 29th  
March 28th  
May 30th  
June 27th Red Nose Day – No group

#### EARLY GRIEF GROUP – Tuesday

**7pm – 8:30pm**  
For parents in the first 18 months following the death of their child  
February 13th  
April 16th  
June 11th

#### MEN'S SUPPORT GROUP – Saturday

**9:30am – 11am**  
February 16th  
April 19th  
June 14th

#### GRANDPARENTS GROUP – Saturday

**10:30am – 12 noon**  
March 15th  
July 19th

#### CREATIVE MEMORIES WORKSHOP – Friday

**10am – 12 noon**  
February 8th  
March 7th  
April 11th  
May 9th  
June 6th

#### SUBSEQUENT PREGNANCY GROUP – Saturday

**10am – 12 noon**  
For parents who are considering having another child, are currently pregnant or whose new baby is up to 3 months of age.  
March 8th

#### EVENING SUPPORT GROUP – Wednesday

**7pm – 8:30pm**  
March 19th  
May 14th

At 2/75 Dunsford Street, ZILLMERE

#### NORTHSIDE GROUP – Tuesday

**10am – 12 noon**  
February 19th  
March 18th  
April 22nd  
May 20th  
June 17th

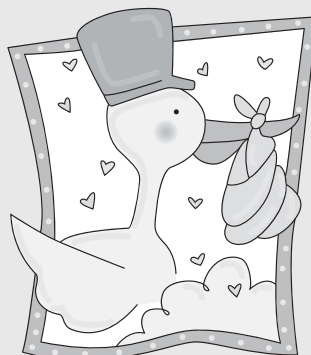
At 'Directions', 48 Thuringowa Drive, KIRWAN

#### TOWNSVILLE SUPPORT GROUP – Friday

**10:30am – 12noon**  
February 8th  
April 11th  
June 6th

**It would be very much appreciated if you are intending to join us for our meetings that you RSVP (for catering and administration purposes). Thank you.**

For further information, or if you are interested in attending, please contact Madeleine on **1800 628 648** or **3849 7122**.



## stork news

### Congratulations to all the families who have recently received 'A visit from the Stork'

To Dale & Danielle, a baby girl, Allira, 31st August 2007, 7lb 5 oz, a baby sister for Teliah and our previous Braydon.

To Brad & Jenny Whittaker, a baby girl, Hady Reid, 5 September 2007, 3.65 kg, a baby sister for Skye, Tyla & Kobe our Angel.

To Michelle Hamment, a baby boy, Haydyn, 9lb 12oz, 11th September 2007.

To Brett & Lisa Russell, a baby girl, Ava Miliee, 25th September 2007, 6 ½ lbs, a baby sister for Sylas and our cherished Ethan.

To Brad & Monica Mann, a baby boy, Xavier, 16 October 2007, 3.21kg, a baby brother for Maxwell, our Angel in Heaven.



# precious . memories

The Mention of My Child's Name

The Mention of my child's name

May bring tears to my eyes,

But it never fails to bring

Music to my ears.

If you are really my friend,

Let me hear the beautiful music of his name.

It soothes my broken heart

And sings to my soul.

Author Unknown

The following pages are dedications to the  
precious babies and children who have died.



# Hayley Alana Darbey

19th May 2007 – 1st June 2007

## **To our precious baby girl Hayley,**

Tomorrow will be the 1st of October, exactly four months since Mummy and Daddy's life changed forever. We miss you so very much baby girl and we never wanted to say goodbye to you. You were so brave and we are so proud of you. We knew how hard you tried to stay with us and how much you fought everyday. Thankyou Hayley, for giving Mummy and Daddy the happiest 13 days of our lives. You will always be our precious baby girl and you will always be loved so much. I still talk to you everyday as I know you are always with us and when we have more babies they will always know about their special big sister in Heaven.

It is so hard to keep going each day without you. There have been so many bad days lately. I just cry so much. They are tears of overwhelming love for you and at the same time, overwhelming sadness because I can't kiss and cuddle you. I often wish for just one more kiss and one more cuddle, to see your beautiful face and look into your eyes, to hold your hand or just to smell your precious scent, but then I realise that I still wouldn't want to give you back.

I am so sorry for everything that you went through. You are our little miracle and we never doubted that. You survived 13 precious days and defied all the odds. I knew from the very first moment that I felt you kick in my tummy how strong you were. You have given Mummy and Daddy so many precious memories and so many beautiful photos for us to look at everyday.

Some people don't understand our grief for you. How can they not understand that part of our life was taken from us that day and it will never be the same again? I wish that people would stop saying insensitive things and realise that we need to grieve for you and celebrate your beautiful life.

You will always be our precious baby girl Hayley and we will love and cherish every moment that we had with you for the rest of our lives. We miss you Hayley.

**Love always, Mummy and Daddy xxxx  
Kylie and Jason Darbey**



It has been four months since we lost our beautiful daughter. Sometimes it feels like yesterday and then at other times it feels so long ago. I would never for one second change our decision to have Hayley, even knowing what we know now. She was worth every second of this pain and I know she was meant to come into this world. In those precious 13 days, we felt more love and happiness than we had ever experienced before. She was our baby girl!

I have found some things that are helping me get through each day. I have started doing scrapbooking which I love and I have been able to create some beautiful pages for Hayley. I have never done it before now, but I have started going to the Creative Memories mornings at SIDS and Kids and I have found it so helpful. It is so therapeutic and makes you feel happy for a few hours and it has been great for me when I really need her.

While I have found this new love the overwhelming moments in everyday just seem to be getting bigger. There have definitely been more bad days than good lately and I just have so much built up animosity to some people. Some days you really feel so alone. You want to be around people and talk to them, but at the same time it isn't worth the risk of them saying something insensitive and hurtful so it is best to just be by yourself. Who gives them the right to say "It's for the best" or "It happened for a reason" How do they f@#%\*#@ know? I wish they would just keep their comments to themselves and stay away from me.

The most important thing for Jason and I at the moment is that we treasure our precious moments that we had with our little girl Hayley and that we remember our love for each other. I am really longing for a little Brother or Sister for Hayley. I would desperately love either, but I guess at the back of my mind I am a little scared of having to pack away all the beautiful clothes we had bought for Hayley if we have a boy. All I do know is it will be so good to have something to look forward to again and Hayley will always be included in our family life.

Through this journey we have met some truly beautiful people, sadly some who know this grief first hand. Why did our babies have to be taken from us so soon? It really isn't fair and life can be very cruel.

This journey will never be over, it has only just begun... Every day that goes on will be spent with memories and love for our precious baby girl Hayley Alana Darbey. She is missed so very much.

**We love you baby girl...**

**Kylie Darbey**

## **Hayley**

**H**ope is what we never lost

**A**ngel sent from Heaven above

**Y**oung and Innocent

**L**oved so much

**E**arth for which you were too beautiful

**Y**earning for just 1 more kiss and 1 more cuddle

*By Kylie Darbey*

# William Ashton Heyward Tye

23/09/04 - 16/05/05



## My darling boy,

2 years..... 2 years since I last held you. I just can't believe it has been that long. The pain is just as raw as the first moment I knew you were gone, yet so much has changed. Your little brother is here. He is so beautiful, an angel sent from you, to help heal your mummy's heart. His name is Harrison William Heyward Tye. He has your name to carry with him forever. He will know you even though he has never seen you, he will carry you in his heart, as do Maddy and I. He reminds me of you, yet he is so different; sometimes I see a look or a smile and it takes me right back to you and I am so grateful for that. It's like you are watching me through his eyes and guiding him throughout his life. I know you are watching over him, you would have been the best big brother in the world and still are. Mummy's heart is hurting, I don't know how to fix it.....I guess it's just time, and enjoying what I have. I love you my baby boy, I will love you forever, and no amount of time will change that.

**Love Mummy xxxxxxxxoooooooo**



Your New Brother Harry

## To Will,

I wonder what you are up to now. We miss you Willy. Harry is being a good boy and he has blue eyes like you. He has only had one Christmas like you. I love you Will.

**Love Maddy**



Maddy and Will

My precious little grandson William Ashton Heyward Tye was a beautiful little boy. At 7 ½ months was already so inquisitive and serious. He could already give amazing cuddles and he would snuggle into my neck like no other child had ever done. He was no trouble, so involved was he with watching others and exploring the world around him. He had 8 teeth and was on the verge of walking, so he looked and seemed older than his 7 months. I thought he had been here before the way he studied things.

I remember vividly where we were when he first smiled at me and later his penetrating looks – like he couldn't wait to grow and learn. The memories are too few and all the more precious because of that. I had 3 daughters and a Grandson was new territory and quite a bit daunting at first, but oh I fell in love with him – an inexplicable joy at the prospect of watching him grow up. But he didn't get to take that first step.

Life can seem so unfair and losing a child is the hardest thing that can be thrown at you. Watching my daughter suffer and not being able to ease the suffering is doubly heartbreaking and up there as well. Nothing will change any of that – nothing. You can't get over it or accept it – you just have to learn to live with it. My daughter Shelley, through all her suffering and pain, has tried to do that.

I have learnt so much from her and admire her ability to cope in ways that no one should have to. I am grateful SIDS and Kids is there for her, offering counselling, support meetings and the special Memorial. These days give us a way to formally remember and grieve the loss of our precious little boy – that his life was important and worth celebrating. Parents find they are not alone in their struggle to have their child's life recognised.

I have learnt a lot through SIDS and Kids and about ways to reduce the risks of SIDS. I tell new mothers/grandmothers about the precautions you can take. My friend's daughter bought a monitor, which has saved her baby twice. Thanks to modern technology, I look at Will's handsome little face everyday on my mobile phone – I don't want to forget the beautiful mark he left on the world and in my heart.

So I go on like Shelley does and I am slowly learning to live without him.



**Love Nunu**

The weekend before Will passed away he and his family stayed with us, we had our little chances here and there to bond more with him. I remember him listening to me play guitar for him and letting him climb over it as I had let my daughter do when she was about the same age.

He was a normal baby/toddler and SIDS still makes no sense to me. I answered the phone that sad morning, I think I was the first person (apart from her husband and her daughter) Shelley spoke to. Shelley was after Kate her oldest sister and my partner of 9 years at the time. I remember trying to convey some of the news to her before I put her on the phone and I can still hear her wail. She was 7 months pregnant with our second child and the immediate times after, I believe, affected Kate more than Shelley in a way. Shelley went into some sort of shock and was holding up really well early on, still obviously deeply sad and torn but Kate being pregnant took it so badly.

Days and days of constant crying and complete sadness. It took Kate a long while to shake the thoughts. We think the stress led to Kate discovering she had Graves Disease, our paranoia of SIDS with our newly born child was heightened and there were many sleepless nights. I guess in this little write up I am trying to convey to people who have not known SIDS in their family that the effects spread far and wide on all levels and also to those who have experienced SIDS especially the extended families that it's OK to feel and act the way you do. That it is a normal process that only time can ease.

**Love Uncle Scotty**



This is the final photo ever taken of my boy. I love you Will.  
Love Mummy

*NOTE: SIDS and Kids do not recommend or endorse any products. There is no current research to indicate that monitors will actually prevent babies dying from SIDS.*



# Joe Alford-Leeder

15/12/06

# Reuben Hunter Gentry

10 March 2007 – 12 March 2007



## **Our Angel Joe,**

It's a year since you were born Joe, 15/12/06. That day you felt your Dad and I stroke your head when it crowned but you never felt our kisses. You were gone by the time they placed you on my tummy to cut your cord. Our perfect baby boy, except you didn't know that you had to breathe, did you beautiful?

Daddy and I spent the night with you, we cuddled and kissed you. It was so special and so sad, we couldn't believe how perfect and beautiful you were and yet you were gone. Our world torn apart.

Daddy and I had always planned to get married this year and you were meant to be there, the centre of our world. The day was going to be our Wedding and your Naming Ceremony, a real family celebration. After a lot of heartache we decided to get married still and instead of the Naming Ceremony for you we released butterflies in your memory. One landed on Daddy's shirt, it stayed there with us for ages. It was like it wanted to be there for the ceremony, as if you were there with us.



Everyday our garden is filled with butterflies and each one brings us thoughts of you Joe, our beautiful baby boy. There is not a day that goes by that we don't think about you and miss you.

We will love you forever Joe, you will always be Our Angel.

**With all our love,**

**Mummy and Daddy**

XXXXXXXXXXXXXXXXXX



On 6th March I walked into Redcliffe hospital with pain in my right side. I was just over 26 weeks pregnant with my first child, a boy we had called Reuben. He was much longed for.

For much of my adult life I felt the presence of a boy around me, awaiting his opportunity to come into being. And here he was.

The midwife commented on the amount of fluid I had in my upper torso. Something was unusual. I had felt rather uncomfortable for a couple of weeks but thought that was just pregnancy. I was scanned to see what was causing the pain in my kidney. Reuben was scanned first and he was gurgling. It looked like a smile, and I found it exciting to get a peek at him.

Then my kidney was scanned. Little was said but the radiologist maintained a positive attitude so I wasn't worried. Next the kidney specialist came and saw me. In a moment my world changed irreversibly. "You have a mass on your kidney, probably cancer" he said. Meanwhile a nurse who had taken my blood pressure told him something and he looked concerned and told me my kidney was the least of my problems as my blood pressure was through the roof.

Everything got busy around me – drips were placed in me and I was taken to the Mater where they could cater for a premature delivery. By this time my partner Jamie had turned up, just as baffled as I was, but thankfully taking it in his stride. I had severe pre-eclampsia, a term I couldn't pronounce, let alone understand. A regime began that would continue for days. I was asked if I could see spots in front of my eyes, did I have a headache and my blood pressure was taken.

Reuben was delivered by caesarean at the Mater Hospital on 10th March. The night before I lay on my narrow bed, swollen from drips and drugs and I cried and cried. I cried for my innocent baby who wasn't ready to come. Jamie lay on a sofa next to me and slept. I imagined I was holding his hand.

The moment the surgeon held me up my son the tears came again. He looked so shocked. His mouth was wrinkled up. He was so small. Jamie said he looked the wrong colour. The memory of his birth will always make me cry, as the writing of it does now.

I was taken to intensive care to be monitored. Our son was in neonatal intensive care nursery and doing remarkably well, in fact taken off his respirator after 24 hours. Jamie glowed with pride.

Neither of us worried about Reuben, however Jamie told me Reuben needed his Mum. Despite the fact I was too sick to

leave intensive care, I didn't want to see him. Emotionally there was no room. I could only deal with one thing at a time and I was worried about the possibility of cancer. I couldn't see how I could be a mum when I didn't know if I was going to live.

I had a photo of Reuben at the end of my bed. He looked beautiful in his beanie. I loved him dearly. There would be time for him later I thought. I began my journey of scans and a lung

X-ray. I was bleeding from my lungs and it was wondered whether I had a tumour on my lungs, but no, the right one had partly collapsed from pre-eclampsia and my blood pressure was still up.

The second night in Intensive Care I couldn't sleep. I was on a multitude of drugs, and as a result had blurred vision. I also had other kinds of visions when I closed my eyes. I saw canyons and rainforests, women in childbirth, mothers and babies. It was as if I was travelling through a primitive past. Everything was earthy and damp and strangely comforting. Now all I could think about was Reuben.

For Reuben's sake I exercised my legs in bed all night, determined to walk out of intensive care the next morning. I needed to be with him and I was sick of the beeps of the monitors and deathly stillness of the ward. My visions of nature and motherhood seemed to be challenging me to make a choice. I wanted life and to be with my son.

Next morning I walked for the first time in a week. With the help of a walker and two nurses I had my first shower. I felt joy and freedom and laughed with the nurses. The water felt incredible. I was on a chair waiting to be taken back to the mothers' ward when the call came... "Reuben had taken a turn for the worst and I must come to him now"

This was the first time I had seen him since his birth two days earlier. I feel myself breathing faster as I type this, I want to stop now and get a tea, do anything rather than tell this part of the story....but here it is...

He looked so tiny. I held his beautiful hand as the medical team worked on him. His fingers were long and slender like his fathers. So were his feet. He was labouring. There was a sense of urgency all around him. Alarms were going off everywhere in the unit. The environment was overwhelming and I saw the reality of how life is for a preemie baby. One moment at a time is all you have. I told him to keep fighting.

Jamie arrived and once again was distressed at his colour. Reuben looked pale and you could see his veins so clearly. I was surprised at his face. He looked like a wise old man.

I felt a surge of life being with him and he was all that mattered. We were however getting in the way, and my body was not coping with my sudden activity. We went to wait in another room and on the way out were told that he had a massive brain bleed. There was no choice but to turn off the machines. It was surreal. I couldn't believe it was happening.

Reuben was still alive when he was put in my arms. Jamie stayed by my side. We three were left alone and I held him for the first and last time. Finally I understood what it was to be a mother; the intense love that is like nothing else. The feeling was beautiful. I told Reuben that he was so special and no matter what other children I have he is my first born, my little boy and I love him.

Reuben was trying to see me. He opened his brown eyes and looked for me. He seemed content, almost blissful. He had wrapped his fingers around my finger and then all his life left him. I passed him to Jamie, and wished I had sooner so he could have held his live baby. Jamie told Reuben how to play poker. He had longed to teach his child a game he loved so much. It broke my heart to hear him teach his dead baby.

When I got out of hospital I felt some of what it might feel like after a tsunami....dazed from losses but collecting bits and pieces of what's left and trying to make some sort of life out of it.

On April 29th I had my right kidney removed. It was cancer but slow growing and not likely to spread, and now gone. There is not just a physical aspect to cancer; however I feel that the emotional and spiritual causes are very much in the process of healing. If not for my pregnancy I may never have discovered it in time. This was Reuben's greatest gift to me.

When I threw Reuben's ashes in the sea they formed a semi circle and a few metres away a baby turtle appeared. Turtles symbolise long life and motherhood, and to me this was a sign that Reuben was being looked after and that I was also going to be fine.

I turned 40 this week and it's been six months since Reuben's birth and death. I have a new life inside me and we've called him Hunter.

Reuben's death bought many changes for Jamie and I, and we've become so much closer.

Life is good; I'm back at work and enjoying yoga, scrabble games, poker, movies, walks by the ocean, wonderful friendships and planning a move to Sandgate.

Although we look forward joyfully to Hunter's arrival exactly a year after Reuben's birth, my beautiful son will always be in my heart.



# Keegan Rhys Hardy

28/11/02- 09/02/03



## Do Babies Grow Up in Heaven?

Author Unknown

Will I know my baby when we meet again?  
Will he have grown up, and not be the infant that died in my arms?  
Will I recognise him, be able to find him among so many others?  
Or will he be a stranger to me, not knowing who I am,  
Or me knowing him?

Do babies grow up in Heaven?  
He never got his first tooth, or said his first words.  
No first shoes, no Santa, no first birthday cake.  
Will my son still be a baby when we meet again?

Do babies grow up in Heaven?  
Who sings him precious lullabies?  
Who holds him close and kisses him everyday?  
Who tells him constantly that they love him?

Do babies grow up in Heaven?  
When we next meet, will he know me?  
Will he want to know me?  
Will he be my son who died at three months, or a man, fully grown?  
Will I have the joy of being a mother to my son for all eternity?

Do babies grow up in Heaven?  
Will I be able to hold him, love him, sing lullabies to him?  
Will I be able to hold his tiny hand, or will it be a man's hand?  
Will I ever have the joy that only holding my son can bring?  
I need to know! In Heaven, is my baby still a baby?

## Just Ten Short Weeks With love from Mummy

For just ten weeks  
I had you to myself.  
And that time passed so fast and now life has changed so much.  
In those then weeks –  
I came to know you.....  
And to love you.  
You came to know who I was and smile  
Oh, what plans I had for you and Bayden!  
Just those ten weeks –  
When I lost you,  
I lost a lifetime of hopes, dreams and plans  
A chunk of my future disappeared that day, never to be the same.  
Just those ten weeks –  
Everyone fell in love with you  
Your cheeky grin and bright blue eyes, you were the noisy twin, the one that needed attention!  
Just those ten weeks –  
Life changed like I'd never expect, never wish on anyone.  
You left too quickly, and now it's almost been five years, my life has changed and the path is now different to what it should have been.  
Thank you for those ten weeks, I love you more each day, I'm a better person for having had you in my life. I just wish you could have stayed.

## I'm Not Like You

For my precious boy Keegan Rhys

I am a mother, though not like you.  
You cradled your babies in your arms,  
At times mine were empty, but I hold him in my heart.  
You brush his hair for kindy,  
And pack his lunch each day.  
A lock of his hair is tucked neatly in a book.  
You stop at the park on the way home to play with all of your children.  
One of mine can't make it today.....  
  
You look forward to dreams and plans.  
I hold on to memories.  
I am a mother,  
Though not like you.

You should be about to start school with your brother  
Pack your bag and wear your new shoes  
But instead on day one it will just be Bayden  
That I will walk in the gate and kiss at the door  
These milestones for some are just a part of life  
For us they are a struggle and a heartache  
We shouldn't be facing another Christmas without you  
We should be watching your delight at what Santa brings  
You've helped me learn not to take these things for granted  
And to cherish every moment  
As it can change in an instant  
The milestones no matter how big or small  
Are something I cherish with your brothers and sisters  
Thank you for helping me to stop and smell the roses and  
appreciate the time.....

**All my love Mummy**

**Whisper of An Angel**

The whisper of an angel  
Can open Heaven's gate,  
A glimpse of faith and courage  
A love strong enough to wait.

Whisper you are safe  
Whisper softly, angel love,  
My heart is aching so  
Needing comfort from above.

Tell me you are with me  
Whisper gently in my ear,  
"You will always be my mummy"  
in the quiet I will hear.

My heart still aches to hold you  
I close my eyes and see,  
Your beautiful face now  
And who you were to be.

Through dreams we once held close  
In the distance now, so far  
Still you're more than just our child  
You're an angel in the stars.

**ALIS VOLAT PROPRIS**

**"He flies with his own wings"**

**I'm sorry**

I want to tell you that I'm sorry that you don't understand  
why I still mourn

I need to tell you that I'm sorry you don't talk of  
my baby boy that was born

I'm sorry that you now think  
my life just goes on the same

I need to tell you that I'm sorry you don't understand  
that I still need to grieve

I'm sorry that you think  
the other children will fill the void

I'm sorry that you don't understand  
that will never be the case

I'm sorry that our relationship is different now to then  
I need you to understand I'm not the same person I was back  
then

I want to tell you that I'm sorry you don't know  
how to deal with me day to day

I need you to know how sorry I am that you think my grief  
is something to get attention

I want to tell you that I'm sorry that you think  
I make myself sad and weepy by choice

I'm sorry if you think my grieving  
just goes on and on

I'm sorry that you think I have a  
support group that is so strong that I don't need you any longer

I need you all each and every day  
there are so many ways in which I need support  
just being there is the most important, and understanding that  
this just goes on and on.....

# Troy Paul Adams

6th January 2006 – 24th June 2006



Our Darling Troy, it has now been nearly 18 months since we last saw your beautiful smile. We have had all our "1sts" and are now into our "2nds". We still find it hard to comprehend we will never see you again. Mummy did "shave for a cure" for the Qld Cancer Council, and I raised quite a bit of money to help all the other sick children with cancer. I am still trying to find something to get involved with through the Children's Hospital, Children's Cancer Council or something like these. I want your life to have had some sort of meaning and to leave a legacy for you in some way.

Our hope of giving you a baby brother or sister is a very slim chance unfortunately. On Saturday 3rd November we will be returning to the Royal Brisbane Children's Hospital for the Annual Memorial Service. We will be doing a new memorial page for you.

This would have been your 2nd Christmas, Troy, we miss you so much!! I will be buying 2 little presents for the Xmas Tree for 2 little boys who are the same age you would be. On Sunday 6th January 2008, it would have been your 2nd Birthday; oh so many hopes and dreams have disappeared. We will be sending you 6 blue and 3 red balloons for your Birthday our love. I look at your big brother, Jacob, and how he is with babies and toddlers your age, and I know he would have loved to have you to grow up with!! He is an EXCELLENT big brother Troy!! He misses you a lot too mate.

I still have days where I want to punch something, smash something, scream and shout and cry!! Life is just too unfair as we all know!! How can a "God" give a child life and then take it away from its' family after such a short time?? We miss your smiling face, your little noises and especially those raspberries you were so GREAT at blowing to everyone (even the nurses!!). We received a card from the Paediatric Intensive Care Unit on

your 1st Anniversary that meant so much to us that people other than our family remembered your "special day". We had very quiet day for your 1st Anniversary Troy, I think I was still in shock after a year that we will never see you again. I had a "psychic" reading and was told we would have another baby next year (2008), but I'm taking that with a pinch of salt!!

All your little "mates" are walking around now Troy, it breaks my heart when I see them. As I think of what you would be doing by now, you'd be just like your brother and into EVERYTHING!! HAHA

Like every parent we wish we could turn back time. I wish I had taken you to the doctor earlier in the year, maybe you could of beaten this cancer. But as always they are only "maybes and what ifs"; as so many other parents have uttered these words.

We still kiss your photos next to our beds goodnight and give you a big kiss "Puddles". If we ever have another baby we will have to think of a nickname for them as for me there will only ever be 1 "Puddles" or "Pud Pud" or "Tig Tig", and they are your nicknames only Troy.

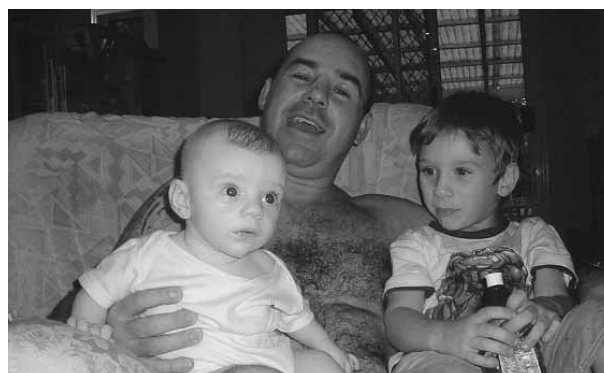
Anyway Troy, we miss you oh so much my little Pud Pud. There is not a day goes by that we don't think of you our beautiful baby boy. I wish oh so much that we weren't members of "The Club", if only we had you with us, Troy.

So my Heavenly baby boy, we wish you a very Happy 2nd Christmas for this year. We hope you have made lots of Angel friends up there Troy. We'd also like to wish you a very Happy 2nd Birthday for the 6th January 2008 Troy. Jacob has been picking out toys for you, although I have to gently remind him that there is no way you would be able to play with them.

Sending you all our love up to Heaven (if there is such a place??) to you Troy. We miss you more than words can say "Pud Pud".

All our love and kisses to you our beautiful boy

**Mummy, Daddy, Jacob and "Summy" Cat**  
**XXXXXX OOOOO**



---

## THE COMPASSIONATE FRIENDS

I can tell by that look, friend, that you need to talk,  
So come take my hand and let's go for a walk.  
See, I'm not like the others; I won't shy away,  
Because I want to hear what you've got say.

Your child has died, and you need to be heard,  
But they don't want to hear a single word.  
They tell you your child's "with God," so be strong.  
They say all the "right" things that somehow sound wrong.

They're just hurting for you and trying to say  
They'd give anything to help take your pain away.  
But they're struggling with feelings they can't understand,  
So forgive them for not offering a hand.

I'll walk in your shoes for more than a mile.  
I'll wait while you cry and be glad if you smile.  
I won't criticize you or judge you or scorn,  
I'll just stay and listen 'til your night turns to morn.

Yes, the journey is hard and unbearably long,  
And I know that you think that you're not quite that strong.  
So take my hand 'cause I've got time to spare,  
And I know how it hurts, friend, for I have been there.

See, I owe a debt you can help me repay  
For not long ago, I was helped the same way.  
And I stumbled and fell thru a world so unreal,  
So believe me when I say that I know how you feel.

I don't look for praise or financial gain  
And I'm sure not the kind who gets joy out of pain.  
I'm just a strong shoulder who will be there 'till the end.

(From TLC website)  
Steven L Channing  
Winnipeg, Manitoba, Canada  
The Compassionate Friends

## Let Me Grieve

You ask me if I'm ok  
The answer is always yes  
I'm screaming at the top of my lungs  
No one can hear me  
Let me grieve

"I lost my son", I yell  
No one understands  
They say tomorrow is a new day  
Everything will be ok then  
Let me grieve

Nearly 18 months have now past  
Everything has changed  
My world has been ripped apart  
Nothing will ever be the same  
Let me grieve



*Sent in by Joanna  
In Memory of Phillip  
(From TLC Website)*

## Poem About Suffering a Loss

Unless you've lost a child.....then  
Don't ask if we are over it yet. We'll never be over it.  
A part of us died with our child.  
Don't tell us they are in a better place.  
They are not here with us where they belong.  
Don't say at least they are not suffering.  
We haven't come to terms with why they suffered at all.  
Don't tell us at least we have other children.  
Which of your children would you have sacrificed?  
Don't ask us if we feel better.  
Bereavement isn't a condition that clears up.  
Don't force your beliefs on us.  
Not all of us have the same faith.

# Troy Paul Adams

6th January 2006 – 24th June 2006

---

Don't tell us at least we had our child for so many years.  
What year would you choose for your child to die?  
Don't tell us God never gives us more than we can bear.  
Right now we don't feel we can handle anything else.  
Don't avoid us. We don't have a contagious disease, just unbearable pain.  
Don't tell us you know how we feel, unless you have lost a child.  
No other loss can compare to losing a child. It's not the natural order of things.  
Don't take our anger personally.  
We don't know who we are angry at or why and lash out at those closest to us.  
Don't whisper behind us when we enter a room.  
We are in pain, but not deaf.  
Don't stop calling us after the initial loss.  
Our grief does not stop there and we need to know others are thinking of us.  
Don't be offended when we don't return calls right away.  
We take each moment as it comes and some are worse than others.  
Don't tell us to get on with our lives.  
We each grieve differently and in our own time frame.  
Grief can not be governed by any clock or calendar.  
Do say you are sorry. We're sorry, too, and you saying  
That you share our sorrow is far better than saying any of those  
Tired clichés you don't really mean anyway. Just say you're sorry.  
Do put your arms around us and hold us.  
We need your strength to get us through each day.  
Do say you remember our child, if you do.



Memories are all we have left and we cherish them.  
Do let us talk about our child.  
Our child lived and still lives on in our hearts, forever.  
Do mention our child's name. It will not make us sad or hurt our feelings.  
Do let us cry. Crying is an important part of the grief process.

Cry with us if you want to.  
Do remember us on special dates.  
Our child's birth date, death date and holidays are a very lonely and difficult time for us without our child.  
Do send us cards on those dates saying you remember our child.  
We do.  
Do show our family that you care.  
Sometimes we forget to do that in our own pain.  
Do be thankful for children.  
Nothing hurts us worse than seeing other people in pain.

*Shared by Trish  
In Memory of Charlotte  
(From TLC Website)*

Our Darling Troy  
Our Eyes ache to see you,  
Our Arms long to hold you  
Our hearts yearn longingly for your gentle smile  
We wish we could run up to Heaven and bring you home, safe  
and sound where you truly belong.

*All our love for eternity, Troy.  
Mummy, Daddy, Jacob and "Summy" Cat*



# Tommy Hides

4/12/05 – 4/12/07



## Dearest Tommy

Happy 4th Birthday and Happy 2nd Heaven Birthday!!!! I miss you my sweet boy.

I actually have butterflies in my stomach as I type this. It is not going to be easy typing this Birthday greeting, but here it goes..... I love and miss you so much and time has passed so quickly, though it seems like a lifetime ago that I held you and you told me you loved me. I sure am thankful that you told me and you could say, 'I love you mummy.' I cherish that so much! I think about it often. It gives me strength. I look forward to the day you will tell me again.

Sunday 21 October 2007



I decided to visit your gravesite today so that I could reflect on the past 2 years since you left us. I never imagined that my beautiful, amazing, healthy little boy would leave us so suddenly and unexpectedly, and without warning. Maybe God spared us from some unknown heartache and that is why you died the way you did; I find this so frustrating and I dwell on this often. These thoughts go around and around in my mind. I guess only the Lord knows why he allowed you to die, and on your birthday! I am so happy I got to know such a special and precious boy for 2 years though. But the circumstances surrounding your death just make no earthly sense at all! I also wonder how much sadness one can bare, and of course, birthdays are so difficult now. Maybe it won't always be like this, but for now we have not really been able to celebrate birthdays since your death. Your brother's 2nd birthday was particularly hard. Sometimes the pain of losing you on your birthday is just too much as the scar is too deep. How many people lose their child on their birthday? It is hard to celebrate. I cannot explain why we feel this way. We just do. I am thankful we made it through Jay's birthday. I pray that birthdays will get easier.



I am glad that you are safe and spared from the pain in this life. I am also angry that you are not here. Each day I seem to battle with these two different thoughts. Sometimes it almost drives me crazy and then I stop and think, 'Tommy's safe with Jesus. Rest in Jesus.' A dear lady told me this on the day of your funeral and I repeat this over and over in my mind almost every day. I know that you would be proud of your Mum and Dad because everyday is a struggle but we are hanging in there – barely.

It is so hard to believe that after the 4th December, our life

# Tommy Hides

4/12/05 – 4/12/07

without you will be longer than the time we had with you. I feel ill when I think of this. In fact, I still try to take a day at a time. I cannot even think about the 4th. It seems too daunting. Usually I just take moment by moment. It is hard to think about days like this. It is amazing just how many emotions I can feel in any one day. I am so glad that there is no time in heaven and you do not have to feel this way. I long for heaven now as a part of me is there waiting.....You! All of this pain will be over! I believe that when I get there, you will not even remember any time apart. I am thankful for that.

Everyday I stop to talk to you and stare at your photos. I love to tell you 'good morning' and 'good night'. Even your dear brother Jaiden speaks to you and about you. My necklace with your beautiful face is so precious and Jay grabs it each evening as I kiss him good night and says, 'good night Tommy.' He even says, 'Tommy's alright now, Tommy's in heaven.' The hardest thing about that is knowing that you will not grow up together and that really hurts; how can we avoid wondering what we 'could' or 'should' have? It is painful to think about what we have lost. Our world as we knew and loved has been shattered. We now have to create a new existence; one without you physically here. I will do my best to ensure that you won't be forgotten, even if people do not mention your name. I guess the people who have lost loved ones understand what I am talking about. It is difficult to face the world and people who do not want to mention a very important part of your life. I do not want to become resentful but I would be lying if I did not say that it sucks! The very one who consumes so much of your thoughts in the day, is not mentioned by the people around you. It helps to read others' stories. In fact, I was very comforted today by the message board on the Dr Phil website that focused on people who had faced the death of a child. The stories and journeys of others gave me hope as I could at least identify with other people's pain.

I read a statistic last week in the 'Time' magazine that in 2006, 9.7 million children died. It seems so unfair that so many families have to suffer and live with this grief. I have come to the realization that this life is simply hard. I almost ignored other's pain and suffering before as my life was so comfortable and virtually pain free. What a delusion!!! It is certainly not comfortable in a lot of ways now. I am stretched in so many ways that it is difficult to think about life any other way. When I look at photos prior to your death, I barely recognize myself. I am striving to understand what it is to feel joy again. I mean the real joy that comes from Christ, not the joy that this world has to offer. That is all superficial now. Not that there was anything really wrong with that as I knew no different. I have to search for joy now, the joy that gives me strength. I take more time too, to be grateful for what I have. Even though I am angry with God at times, and I feel disappointed by my circumstances, I can thank Him that He does know what is best for me and He does know what He is doing, even when I question things. He is not necessarily fair, but He is just. I am trying to grasp these truths. It would be unrealistic though for me to fully grasp this right now. In fact, sometimes I just want to be mad. I am thankful that God loves me anyway. Thank you God for being patient with me and allowing me to question You and Your ways.

As I reflect on the past 2 years, I must acknowledge the strength of your Daddy. How difficult it has been for him to continue as a stay home daddy, having lost his best friend. Jaiden is such an awesome little boy and such a reminder of you. Jaiden and Daddy are such good mates. Sometimes the reminder is

a blessing, and sometimes it is so difficult. He does say now though, because Jay has passed 2 years of age, the reminders are not so great. I give thanks that your Daddy has not given up. I am thankful that he wants to attend counselling and continues to keep our family together. This is not without its challenges of course, but I am so thankful to Malcolm and Maree for their amazing counsel and support. I don't know where we would be without weekly counselling and the encouragement we receive every week to keep going. We are reminded too that our feelings are valid. This Godly counsel is a gift and something I will not take for granted. We are learning so much about God's grace and ways to cope with our grief and loss. Thank God for beautiful family too. We thank them for their love and patience with us. We draw strength from their encouragement and their hope in God.

While I was at your gravesite today, I asked God for a sign. It did not come while I was at the gardens, but rather on the way home. I heard a beautiful song from Plumb from her new album. I looked at the video clip on You Tube when I got home. It had images of a little boy, about 4 years old and his baby sister. I thought about you and Jaiden and cried the entire way through the song. I tried to imagine God singing it to me. It is called 'In my Arms.'

Your baby blues  
So full of wonder  
Your curly cues  
Your contagious smile  
And as I watch

You start to grow up  
All I can do is hold you tight

Knowing clouds will raise up  
Storms will race in  
But you will be safe in my arms  
Rains will pour down  
Waves will crash all around  
But you will be safe in my arms

Storybooks full of fairy tales  
Kings and queens and the bluest skies  
My heart is torn just knowing  
You'll someday see the truth from lies

Knowing clouds will raise up  
Storms will race in  
But you will be safe in my arms  
Rains will pour down  
Waves will crash all around  
But you will be safe in my arms  
Castles they might crumble  
Dreams may not come true



But you are never alone  
Because I will always  
Always love you

Knowing clouds will raise up  
Storms will race in  
But you will be safe in my arms  
Rains will pour down  
Waves will crash all around  
But you will be safe in my arms  
I love you Thomas James Hides.  
Happy Birthday my little treasure. I will see you soon!

**Love, Mummy**

**Absent Birthday....**

Happy Birthday to you my dear son  
It's hard to think that you would be 4.  
What kinds of things would you find fun?  
Would it be books, movies and toys galore?

My heart breaks as I'm left thinking  
That we would be great friends  
We'd be talking, playing and reading  
With your brother too till the day ends

There's something that nags me constantly  
and that is why you never woke up that day  
2 years after you had graced us lovingly  
You're gone forever, empty, absent birthday

We all miss you so much Tommy  
Word's cannot articulate the pain  
But we keep up the brave face buddy  
Though we'll never see you here again

This life keeps on moving everyday  
It's always going to be without you  
We'll celebrate your birthday anyway  
Daddy, Mummy and your brother too

Now your 4th birthday approaches us fast  
We should be feeling happy, surely not fear  
Now I count the minutes down to the last  
You'd be gone longer than you were here

But with that, I guess there's more to come  
So I'll try to keep positive and not so blue  
You're gone forever, but not forgotten son  
Absent Birthday boy, we'll always love you

**Daddy**



# Tommy Hides

4/12/05 – 4/12/07

## Tommy

My little darling,  
Sweet heart I miss you  
More than words can express.  
Nearly two years on and the pain is still there.  
Sometimes the silence of your absence is deafening.  
Especially when I am sitting down with your little  
Brother Jaiden playing with all the toys,  
I feel so very sad that you're not here sharing all the  
Wonderful toys with him and being the best of play mates.

The pain I see in my son's and daughter-in-law's eyes  
It's so almost unbearable and I pray to God that they will be  
alright  
And that they will keep the faith, that the Lord will grant them  
the strength,  
To endure to the very end knowing that they will see and hold  
their son again.

Praise God that he has made a way for us by believing in the  
Lord Jesus Christ, we too  
Will have our home in Heaven.  
Tommy, just as you used to take us by the hand, and sit us down  
to show us your toys.  
I'm looking forward to the day, where I'm sure you'll show us  
All of the wonderful things that Jesus has given to you in  
Heaven.

"God shall wipe away all tears from their eyes and there shall be  
no more death, neither  
Sorrow nor crying neither shall there be any more pain for the  
former things are passed away." Rev 21:4

***Until we see you again little precious***

***We love you***

***Nana and Papa (Bonnici)***



## Thomas James Hides

It's your 4th birthday and it's 2 years since you were taken from  
us. What a painful journey it has been. I didn't think it was  
possible to survive such unbelievable pain and grief. Somehow  
we are still here but we have changed. There is not a day that  
we don't remember you. You were a precious boy who brought  
so much sunshine and joy into all of our lives. You have left a  
permanent void in this world and in our hearts. Your little brother  
is now 2 and he reminds us so much of you. God was gracious  
to give us this precious little boy. He is a great source of comfort  
to his Mummy and Daddy and he gives them the strength to  
face each day without you.

How I wish I could turn back the clock and see you again, to hear  
your laughter and see your smile. I close my eyes and try to  
imagine now what you would be like.

***Happy 4th birthday Tommy,***

***We will always love you and miss you  
from Bebe (Grandma) and Papa.***

## Dear Tommy,

Nearly 4 years have past since you came into my life. A couple  
of days before you were born I visited your Mummy in hospital  
waiting anxiously for your arrival. You came into our lives with  
great haste and you went to Heaven so abruptly. Now nearly  
2 years on since you went to take your place with Jesus, I can  
only imagine what you would be doing now if you were still on  
Earth with us.

I'm sure certain things would not have changed. I'm sure you  
would still put your small hand in mine say "Libbie....play...  
toys?": Now I can only imagine you would be stringing many  
more words together and giving me instructions on how to play  
with the toys. You would take me to your "office" (aka, the  
walk in robe) in your bedroom (in the middle of summer) and  
I would try to convince you it was cooler in the lounge room  
where Mummy and Daddy were. No fear!!!!.....this was where  
we were going to play with your toys.

I can only imagine.....By now you would be showing your little  
brother, Jai, how to do EVERYTHING – the right way. You would  
be proud that your brother loves to colour in, just like you did.

My favourite memory I have of you is the week before you left  
us. I came over to your house to look after and play with you  
and Jai. It was the first time Mummy and Daddy would have  
been apart from their precious boys since Jai had been born.  
You were such a good boy that day, helping me look after your  
little baby brother. While Jai slept, you and I read books until  
you fell asleep on my lap. Later that night.....there you were,  
the centre of attention, sitting in your highchair, laughing and  
chatting away with all the adults at the dinner table, joining in just  
as it was meant to be. When we laughed, you laughed as if you  
understood every comment that was made.

I miss you terribly and there will always be a special place in my  
heart for you. I am comforted with the knowledge you are with  
Jesus in Heaven, but I want you to know you are still missed by  
all those you touched with your unconditional love.

***Hugs and Kisses, Libbie***

# Maddison Suzanne Erwin

25/11/2004



Well baby girl it's nearly your Birthday again. Not a baby anymore this year you are 3. It's hard to believe that it was that long ago since I held you close to me. I miss you every day.

The past year has been very busy, very exciting and very scary. Your little baby brother is on his way and will be with us about a week after your Birthday. We can't wait to meet him. Everything is going along great, he is so busy kicking, punching, and rolling around. He also makes my belly into some very weird shapes. The first 13 weeks I was a nervous wreck, worried that he too would leave us before we got to say hello. Some mornings I woke up thinking I just didn't feel pregnant anymore, then I would get up and have to run to the toilet. Having my head stuck in the toilet bowl each morning was quite reassuring that things were going along the way they were meant to be. I set myself little milestones to achieve, the first was 7 weeks, which was the time I had the second miscarriage and then 10 weeks, which was the first miscarriage. After that I have been taking it week by week. Felt bubba kick at 15 weeks, which was very reassuring. Knowing he is moving around. I still have the odd moment when I get overwhelmed with the feeling that.....something will go wrong but then he will give me a huge kick as if to say I'm not going anywhere! But guess what I've even had times when I have been really enjoying being pregnant, which is something I never thought would be possible again.

The next few weeks are going to be a challenge as we get closer to the same time as when you were born, especially since the timing is very close to your birthday, but the doctor is going to be monitoring your little brother very closely which is very comforting.

Happy Birthday, our big three year old. We love you and miss you with all our hearts. Watch over your baby brother and keep him safe. We will let him know that he has a big angel sister to watch over him.

***Lots of love Mummy, Daddy and your Baby Brother.***

***xoxox***



# Mason Kerr

21/2/06



## Mason's Story

Our Darling angel son MASON would have been 20 months, at the time of me writing his story for you. Mason was born sleeping on 21/2/06, at 40 weeks. He died from Placental Abruption and knots in his umbilical cord. How do you start something like this? For me it's still a bad dream, and I am going to wake up tomorrow and the next day and the next.....to see Mason toddling around with his family, who love and miss him so much. But for us Mason is a beautiful memory, with his photos around the house and his baby smell on his suit and knitted hat he wore in hospital. He is cherished in our hearts forever.



## Some people only dream of angels..... I held one in my arms.

You are still in shock, full of disbelief that is it not happening to you. My fourth baby wasn't meant to die, at 40 weeks, on his due date after an almost trouble free pregnancy. The pregnancy ran smoothly apart from some protein in my urine and mild oedema in my hands and feet, my Obstetrician wasn't concerned. Mason was due on the Monday 20th of February, 2006. On Sunday 19th I woke up early with mild regular contractions, they lasted for a few hours and then stopped. If only they didn't stop the outcome could have been different. There are a lot of "what ifs" when something like this happens, and you cannot stop thinking about them. Mason was quite active all day Sunday and all night. I stayed up until midnight, watching TV because I couldn't sleep. Once in bed when I finally got comfortable, Mason did this big movement like a roll. It was a bit uncomfortable for me but I thought it could have been his head moving down after the earlier contractions. Little did I know that this was the time he died. My baby boy was gone. On Monday 20th I got the boys

to school, did the grocery shopping and rested for the rest of the day sometimes thinking Mason was quiet. After trying to wake Mason up, my stomach would move. Tuesday 21st I stayed at home just pottering around doing last minute housework. At 11am I decided to put my feet up, thinking again I hadn't felt Mason kick. I lay on the lounge for about one hour trying to wake him up. Poking my tummy, drinking cold water and talking to him, but still nothing.

My neighbour who's a midwife was home, so I asked her for some advice. Ann drove me up to the hospital, just to get me checked out. Even Ann didn't think at this stage the worst could happen to me. In the birthing suite, the midwife asked some questions and proceeded to listen for a heartbeat with a Doppler. The midwife made an excuse that some of the Doppler's are old, so she went and got two newer ones. Still no heartbeat, at this stage I knew and Ann could not look me in the face. Holding my hand she reassured me everything was ok. The midwife took me down to the Foetal Medicine Unit where the doctor was waiting for me. My heart was racing we were all looking up at the screen, trying to see a heartbeat. But there was no heartbeat or baby moving, the doctor turned to me and said the words that no Mother wants to hear "YOUR BABY HAS PASSED AWAY". Looking at my beautiful baby on the screen, crying my eyes out, the shock had hit me.

Back up in the delivery suite, Ann rang my husband Bob at work, with those words still vivid in my memory "Bob you need to come up to the hospital, Mason has died." Within 20 minutes Bob was there, when our eyes met we were both distraught with grief. I was numb with shock, lying on the bed looking at people when they spoke to me but not taking anything in. Within half an hour we were making decisions that weren't planned. My first instinct was to have a caesarean. I was just wanted to see our angel boy. But theatre was busy that day with planned and emergency caesareans (I understand now why our case wasn't an emergency). All these emotions came literally flooding in. We were angry, distraught, crying, disbelieving and many more all at the same time. The Obstetrician came and spoke to us, he was very sympathetic towards us and the situation. After speaking to us we understood why it was better to induce me and give me an epidural. For sometime Bob and I sat there staring out of the window, just frozen, thinking this isn't happening. Ann went home for us to get my bag, not thinking straight, from being in shock. I had told Ann to take out the camera and baby clothes, the nurses didn't really explain to us what to expect and what happens for a stillbirth.

All of a sudden I thought of the boys at school, they were told that I was in hospital having their baby brother. Bob made phone calls to family and friends. The induction started, with the epidural. My best friend Amanda was with us all through the night. I don't know what I would have done without her. By 11pm the pethidine given to me before the epidural, was still making me sick and I was vomiting. All through the night I was angry, hearing the other women carrying on that their labours were painful. I would have given anything to be in their shoes and to hear that first cry, of my baby. Mason will be born in silence, with us crying! With the epidural I had no idea I was fully dilated, the midwives had left us alone for a while.

Just before midnight Mason was born after I had just been sick.

Nothing was ready, Bob ran to get the nurses. The midwife cleaned Mason up, Bob and Amanda were the first to see him, and I just couldn't look because this meant it was for real. They told me he was beautiful. The nurse gave him to me, and I just cried, I have not cried so much in my life. Because we didn't have a camera the midwives were really good, they took digital photos of Mason and printed them out for us, and did gold leaf hand and foot prints on a special card. I will never forget the first time I saw my sleeping angel.

Bob went home and told the boys in the morning, their excitement turned to sadness in a blink of an eye. We cherished the two days we had with Mason in my room with family and friends. The time I cherished the most was with Mason alone in my room. Smelling his baby smell, touching and holding his tiny fingers and toes.

The funeral was beautiful with his balloons and butterflies, we had him cremated and he is at home with us, in his own little place. He is with us everyday, a part of our family, a son, a



brother and that's the perfect way to be. The first Anniversary and Birthday have come and gone, the days are easier to cope with as time goes on but the pain of losing a child will never go away. It saddens me as time goes on that family and friends stop talking about you, Mason, because we never do. On March 16th, this year Mason sent us another angel boy to love, because he could see from Heaven how much I longed for him to return. This little angel's name is Taylor, when Taylor looks up at your photos he smiles at me and that is when I know Mason is always by my side. Having another baby makes it a little bit easier, but the pain never goes away. I just wanted to say that I would not be the person I am today, if it wasn't for the love and support I have received at SIDS and Kids Queensland and the beautiful bunch of Mums and Dads at the Coffee Morning. These times I cherish in my heart because I feel I belong there, we are all there for the same reason, we are a bunch of special Mums and Dads.

**WE MISS YOU OUR BEAUTIFUL ANGEL. LOVE MUMMY, DADDY, LACHLAN, BROCK, SAMUEL, TAYLOR.**



If tears could build a stairway,  
And memories a lane,  
I'd walk right up to Heaven;  
And bring you home again.

#### **I'm There**

Dear Mummy,  
I want you to know that I'm ok.  
I never really went away.  
I'll always be there in your heart,  
Like I've been from the start.  
I'll always be your baby boy,  
I'll always be your bundle of joy.  
Though you can't see me please know I'm there  
And our love we'll always share.

**From Mason**

# Joseph Michael Organ

# Ethan William Russell

22/01/02 – 10/02/02

I see the countless Christmas trees around the world below  
with tiny lights like heavenly stars reflecting in the sea.  
The sight is so spectacular, please wipe away that tear,  
for I am spending Christmas with Jesus this year.  
I hear the many Christmas songs that people hold so dear.  
But the sounds of music cannot compare with the Christmas  
Choir up here  
I have no words to tell you, the joy their voices bring.  
For it's beyond description to hear the angles sing  
I know how much you miss me  
I see the pain in your heart.  
But, I am not so far away; we really are not far apart.  
So be happy for me, you know I hold you dear  
and be glad that I am spending Christmas with the ANGELS this  
year  
I send you each a special gift from my heavenly home above  
I send you each a memory of my undying love.

After all, LOVE is the gift more precious than gold.  
It was always more important to the stories Jesus told.  
Please love and keep each other close  
for I count the blessings of love that each of you hold.  
So have a Merry Christmas and wipe away that tear,  
Remember I am spending Christmas with the ANGELS this  
year.  
All the loved ones that have passed on are up here too.  
And we all have special times that will never end and that include  
all of you.  
Do not be afraid or have sorrow you should be at ease  
As life hereafter is simple now, so please be happy at Christmas  
for me please.  
To all of you who loved me for the time I had on earth  
This is my message to you with all my worth.

MY THIRD CHRISTMAS IN HEAVEN

**From Nana and Popp ORGAN and all the family.  
Love you heaps and always will.  
XXXXXXXXXXXXXXXXXX**

**Ethan William Russell**  
**22/01/02 – 10/02/02**

Precious son of Brett and Lisa  
Eternal twin brother of Syllas  
Angel big brother of Ava

Our dreams continue...  
because of you little man.  
You inspire us beyond belief.

Happy 6th Birthday sweet angel,  
There's a candle on the cake,  
Just for you.

# Ella Louise Longmire

23 January 2003 – 13 July 2004



My beautiful girl how I miss you so. I can't believe it is just over 3 years since that terrible day when you were taken away from us. It only seems like yesterday I was holding you in my arms, breathing in your beautiful scent, feeling your smiling face touching mine, feeling the absolute heart filling love I feel for you. You filled our lives with so much joy and happiness, a sense of completeness that has been wiped away.

After your older brother Sean went to heaven, you were so longed for, so loved and we couldn't believe we had such a beautiful girl. I remember when you were 12 months old breathing a sigh of relief and thinking "Thank God you are 1 and we don't have to worry about AIDS". The next 5 months were the most fantastic and you were just the most happy, delightful little girl. You had a smile for anyone and your whole face used to just light up. My heart fills with such love and pride when I think of you. There is not a day that goes by without you being in my thoughts, there is always something in my day that reminds me of you and there is always a yearning that you are here with us.

I have been over that terrible day a trillion times and wish things could have been different, wonder why it happened, why at only 17 ½ months you were taken from us. You were off colour that day, but nothing significant or to be alarmed about, just a bit lethargic, but with times when you were bright and racing around and seemed okay. When you went to bed you were tired and I remember thinking if you weren't better the next day I would take you to our GP. I have tortured myself so many

times and still do really, why didn't I take you to get checked, we have beaten ourselves up thinking that while we slept you were probably dying and there wasn't a god damned thing we could do. That is the worst thing, thinking of you lying in your cot dying and not being able to stop it. I went to check you in the middle of the night like I always did and when I opened your door I just had a sense that something was wrong. I couldn't believe what I was seeing, I couldn't believe that this had happened to our beautiful girl. My whole being just felt like it was being swallowed up into the floor. The rest of the night is crystal clear but I often don't want to think about it in detail (for the first 6 months after you died that is all I did, relive that awful night), because the reality is still too painful. Over time I have in some way accepted that you have gone, but there is still a part of me that hangs on, doesn't want to let you go completely, for no matter what there is always and forever a part in my heart that is solely yours.

You would be 4 ½ now, but in our memory you are always nearly 18 months old. I wonder what you would be like now, I see your friends and think how different you would be, how much older. It is so unfair, you should be here with us getting ready for prep next year, playing with your brother and sister, racing around the house like you always used to. I feel so different now and know I have changed forever. Life as I knew it, before you, will never be the same. How can it, when a part of me, a child so precious, has been ripped from my being. There are no carefree days anymore, not a day when I don't live with the fear that your brother and sister are going to be taken away too. Your sister is so much like you in looks and nature and yet she is quite different. She is 7 months old now and every time I check her, my heart holds still while I open that door and make a silent wish that I hope she hasn't been taken too, even writing this I hope I don't jinx things.

I have learned to live with the way things are and accepted that life is different now and that is just the way it is. There is happiness in my life again, but it is not that true innocent happiness I once knew, more a guarded happiness. I have the most wonderful, loving, supportive husband who has travelled the awful depths with me and together we are managing to get back up that mountain. I am thankful that I have four beautiful children and my two youngest bring me immense joy and love and help in healing the pain from not having my two eldest children here with us. It is just one day at a time, one step at a time and you just have to keep on stepping.

***We love you forever Ella and you will always be in our hearts and soul.***

***Love Mummy and Daddy***



# Sean & Ella Longmire

---

## **Sean and Ella Longmire**

It starts as a mystery  
Then the anticipation and joy  
What, if, when and how will it be  
Then the arrival and the overwhelming  
Feeling of elation, joy, happiness and  
Most of all love.

The little bundle absorbs our lives  
Then without warning it's taken away  
From us, our little Sean, here so  
Short a time but gave so much  
And left a chasm in our hearts  
The dark clouds gather and shroud  
Our hearts

Then the journey restarts, but this time  
The mystery is replaced with a touch  
Of fear, apprehension but still joy and  
Love for the future.

The sun is rising again and the  
Dark clouds clearing  
Then the moment Ella is born, all  
The fear and worries are taken away by  
The first noise, movement and cuddle.

The storm clouds are still around the  
Heart as the first months go by, the fear  
Of loss, but the sun keeps rising.  
The warmth enters our hearts, the love,  
Joy and happiness abound, the sky  
Is clearing, life is alive again.  
You bring everything into our lives and  
We grow with you.

Then without warning the sun stops  
Shining, we find the life has gone,  
We try to help you, with everything we  
Have, but we cannot stop the darkness.  
We hold you for hours trying to bring  
The brightness back, but the  
Darkness is all consuming, and after  
When everyone has gone and  
There is just us  
It's the silence which strikes our  
Hearts the most.  
The dark clouds are all consuming.  
All that keeps us going is our bright

Memories of our little girl Ella,  
The always happy nature, big smile,  
Her joy for life, her unconditional love,  
Which never wavered for us and most  
Of all the laughter and fun she brought  
To our lives, not a quiet moment  
And now the silence, we want it all back  
With all our hearts.

Then again the sun is rising and rising  
And along comes your brother and sister  
And the sun is high in the sky  
Again, they bring so much joy, love  
And laughter to our lives and hearts.  
But always there are clouds around  
Our hearts for Sean and Ella  
And the fear is in them for Evan and Neve.  
In there is the eternal ache for you both,  
For you to be back with us and  
For that Sean look and that Ella big bright smile  
And happy nature to shine in our lives again.

## ***We love you***

***Love Daddy, Mummy, Evan and Neve XXXXXX***



**Sean David Longmire: 15 May 2001 – 15 June 2001**

**Ella Louise Longmire: 23 January 2003 – 13 July 2004**

# Braydon Reece Oliphant

24.01.01 -19.02.02



## **To my little Boo-Boo Braydon**

It has now been 5 years missing you as ever. You now have two little sisters, Teliah she is 2, and Allira who is only just a baby.

Teliah reminds me everyday what I have missed out on with you and that hurts all the time. I have tried to tell Teliah about you. When she looks at your pictures and asks who is that, I tell her that it's your brother and he looks after you from the sky and now, when we go outside, she points to the stars and says that's Braydon up there. You were taken away from me so fast but I still to this day have all the memories for that year and 26 days.

## **LOVE YOU ALWAYS AND FOREVER**

***Mummy, Dale, Nanna, Popa, Aunty Stacey, Uncle Kyle and your two little sisters Teliah and Allira plus all your family and friends.***

***XXXX***

***Missing you always***



# Gage Mana Christensen

28/8/05

## To my darling baby Gage,

I am sitting here, looking out up at the trees, wishing you were here with me! My heart aches so much for you, you're my precious baby boy, not a day goes by that I don't think about you. My heart holds so many tears that will forever fall for you and with every tear drop that falls I will feel the pain more and more. I will feel that you are here with your hands on your Mummy's face catching every tear drop that falls just for you. I think about time going by and I can't stop time and hold it still so I can't feel like you are moving away from me. I see so many Mums with their bubs and I wish that it was you and me, but that can't be. I can only hold you in my heart, but no matter where and I love you so much my little bright star.

So when I sit on my bed the wind rustling the leaves I know it's you my baby Gage saying "Hello Mummy, I am here with you, and when I go to sleep I know you stay with me and softly kiss me on my head and say I love you Mummy, good night and I will see you tomorrow, I will never leave you my Mummy, I will always be with you". Your brothers say hello and they love you so very much.

You are our baby Gage and you are loved and we think about you every day, keep your baby wings up and out and ruffle them and softly wrap them around my shoulders. As I will always need your hugs from my beautiful little baby boy!

***I love you so much my baby Gage! I think about you every day, I love you my sweetheart.***

***Your Mummy XXXXXXXXXXXXXXXXXXXXXXX***



***With lots of love***

***Ricky (Boundy), Robert, Stevie, Deon, Teagan, Michael and Families.***

***XXXXXXXXXXXXXXXXXXXXXXXXXXXX***

Your second Birthday was yesterday, and still I find it so hard not to be able to hold you, I want you here to hold you, to watch you grow! But most of all, to have you here to love. Your big brothers, Robert and Ricky talk about you often, Rob says "Gagie can come along to the park with us, hey Mum"? And at times Rob would say "Gagie is always with us hey Mum, he comes down from Heaven to say hi and then he goes back up to Heaven, hey Mum"? That is right baby, he does. Ricky says "Gagie loves us hey Mum"? Yes, my darling he does!

For your Birthday my baby we had a one minute of silence and let go eleven balloons (blue and purple) go at 5:40 pm, for the time of your birth. So no matter where you are, and I believe in my heart that you are always with us, and we will always be reaching up the Heavens for you. We will never forget you, not for a moment, you are my precious baby boy and I love you my darling.

***With all my love your Mummy XXXX***

***With lots of love Gagie***

***Mummy, Ricky, Robert, Stevie, Teagan, Deon, Michael and families.***

# Donations. In loving memory.

---

**In Loving Memory of Seth Mackay**

Claudia Mackay

**In Loving Memory of Thomas (Tommy) James Hides**

Phillip & Shirley Hides (Great Grandparents)

**In Loving Memory of Alexander Coggins**

Steve & Rachelle Coggins

**In Loving Memory of Archie Andrew SCIFLEET**

Gaynor Smith

**In Loving Memory of Nicolas Peter Lee**

Carmel McSweeney

**In Loving Memory of Adam Sparksman**

Allora Rotary Club

**In Loving Memory of Renee Pilgrim**

Merle Pilgrim

**In Loving Memory of Greta Isobel Blaikie**

Uncle Bill, Aunty Pam Oliver, William and James (New York)

**In Loving Memory of Paige Hannah Body**

Robert & Kym Body

Michelle dos Santos

**In Loving Memory of Kade Adrian Lovell Fragiacom**

D & G Lovell

MMF Group Pty Ltd

**In Loving Memory of Robert Michael Mason**

Tom & Evelyn Mason

**In Loving Memory of Joshua James Mason-Pill**

Tom & Evelyn Mason

**In Loving Memory of Keegan Rhys Hardy**

Tom & Margaret McDonnell

Michael & Fiona Hardy

# Birthdates & Anniversaries.

## birthdates

### January

3 <sup>rd</sup>	Kodi John-Thomas Campbell
5 <sup>th</sup>	Kyle Joseph John Shay
6 <sup>th</sup>	Troy Paul Adams
8 <sup>th</sup>	Joshua Charles Bradbury
8 <sup>th</sup>	Chelsey Ellen Rowe
10 <sup>th</sup>	Summer Rose Marriott
14 <sup>th</sup>	Blake John Caruana
14 <sup>th</sup>	Mitchell Arthur Sticher
15 <sup>th</sup>	Kobe Reign Whittaker
18 <sup>th</sup>	Nicholas Peter Lee
19 <sup>th</sup>	Jayden Phillip Bell
20 <sup>th</sup>	Anja Christie Cook
23 <sup>rd</sup>	Lauren Jodie Whitton
23 <sup>rd</sup>	Ella Louise Longmire
24 <sup>th</sup>	Braydon Reece Oliphant

### February

4 <sup>th</sup>	Renee Ashley Pilgrim
8 <sup>th</sup>	Brodie James Cowe
8 <sup>th</sup>	Chloe-Jade Gilligan
11 <sup>th</sup>	Courtney Lee Ryan
14 <sup>th</sup>	Tara Carter
18 <sup>th</sup>	Bryson Hilton Barry Shepard
19 <sup>th</sup>	Brodie Jason Kyle Cheung
19 <sup>th</sup>	Phoenix Leigh Brown
20 <sup>th</sup>	James Michael Scott Edwards
20 <sup>th</sup>	Leah Hope Golinski
21 <sup>st</sup>	Mason Kerr
23 <sup>rd</sup>	Natasha Louise Hall
23 <sup>rd</sup>	Jarrold Michael Rayner Hurren
23 <sup>rd</sup>	Katie Gardiner
25 <sup>th</sup>	Eliot Dafydd Adams
25 <sup>th</sup>	Shardai Louise McCallum
26 <sup>th</sup>	Michael Robert Parnaby
27 <sup>th</sup>	Raymond James Moyle
27 <sup>th</sup>	Tamika Maree Eggmosses

### March

1 <sup>st</sup>	Izaak John Bin Barba
3 <sup>rd</sup>	Jessica Marie Peace
6 <sup>th</sup>	Ashleigh Janet Penrose
9 <sup>th</sup>	James Andrew Donohue
10 <sup>th</sup>	Adam Blake Sparksman
11 <sup>th</sup>	Jaidann Gordon Lampard
12 <sup>th</sup>	Brendan Terry Garland
14 <sup>th</sup>	Annalise May Houldsworth
17 <sup>th</sup>	Jayden Zachary Michael Kline
21 <sup>st</sup>	Rachel Stephanie Kemp
23 <sup>rd</sup>	Brodie Luke Douglas
24 <sup>th</sup>	Dylan Ray Kevin Murphy
25 <sup>th</sup>	Bethanie Kym Crowhurst
26 <sup>th</sup>	Sophie Maree Refalo

28 <sup>th</sup>	Coltyn Michael Driscoll
30 <sup>th</sup>	David William Allan Koplick
31 <sup>st</sup>	Melanie Jane Bauman

### April

6 <sup>th</sup>	Paige Elizabeth Kate Sneddon
9 <sup>th</sup>	Emerson Leece
12 <sup>th</sup>	Dean Michael Phillips
18 <sup>th</sup>	Dylan James Kearns-Whiting
18 <sup>th</sup>	Damien James Lyel Hallewell
24 <sup>th</sup>	Lauren Anne Diefenbach
24 <sup>th</sup>	Elizabeth Ruth Thomson
27 <sup>th</sup>	Tayla Jade Cotgrove
28 <sup>th</sup>	Teanne Bishop McDonald
29 <sup>th</sup>	Scott Robert Young West

### May

1 <sup>st</sup>	Hayden Marc Riddell
3 <sup>rd</sup>	Nathan Scott Reid "Nay Nay"
4 <sup>th</sup>	Luke Allan James Salway
9 <sup>th</sup>	Tarnia Deborah Louise Morrell
11 <sup>th</sup>	Hamish Isaiah O'Sullivan
11 <sup>th</sup>	Clay John Grant
13 <sup>th</sup>	Sara Emily Schneeberg
14 <sup>th</sup>	Todd Matthew Freemantle
15 <sup>th</sup>	Alana Maree Talbot
15 <sup>th</sup>	Sean David Longmire
16 <sup>th</sup>	Joshua Damian Leigh Haines
19 <sup>th</sup>	Matisse Aiyanna Chrzczonowicz
19 <sup>th</sup>	Hayley Alana Darbey
21 <sup>st</sup>	Savannah Lee Barr
22 <sup>nd</sup>	Madison Talanya Lyell
27 <sup>th</sup>	Jack Anthony Ingram Purton

### June

2 <sup>nd</sup>	Joshua Graehlert
5 <sup>th</sup>	Imogen Grace Freemantle
6 <sup>th</sup>	Eloise Jane Chipman
10 <sup>th</sup>	Chloe Maree Irvine
10 <sup>th</sup>	William David Foster
12 <sup>th</sup>	Nicholas Shane Stehbins
13 <sup>th</sup>	Jonathon Ray Spencer
15 <sup>th</sup>	Jeromee Ross Sippel
17 <sup>th</sup>	Tahlia Jane Cassidy
18 <sup>th</sup>	Dylan Tyrone Cochrane
20 <sup>th</sup>	Callen Patrick John Novotny
20 <sup>th</sup>	Madison Paige Taylor
21 <sup>st</sup>	Molly-Mae Grace Cooper
24 <sup>th</sup>	Nathan Carl Schmidt
24 <sup>th</sup>	Nicholas Wayne Curtis
26 <sup>th</sup>	Jak Anthony Butler Raleigh

## July

1<sup>st</sup> David Robert Kirkwood  
1<sup>st</sup> Adam James Chatten Hewitt  
3<sup>rd</sup> Tasmin Christie Miller  
6<sup>th</sup> Tyrone Gordon Pomeroy  
7<sup>th</sup> Kyle Thomas Weir  
12<sup>th</sup> Alyssa Kaye Bradford  
12<sup>th</sup> Xavier Leece  
14<sup>th</sup> Ryan Selwyn Klibbe  
15<sup>th</sup> Jessica Jordan Whitford  
16<sup>th</sup> Little Mervyn  
18<sup>th</sup> Jeremy Glen Dempsey  
18<sup>th</sup> Evie Grace Ewart  
19<sup>th</sup> Ruby Ellen Kowplos  
20<sup>th</sup> Leighton-Rhys McCoy-Duggan  
23<sup>rd</sup> Steven Ross Jagger  
26<sup>th</sup> Nicholas Karydis  
26<sup>th</sup> Britney May Brown  
29<sup>th</sup> Dillian Ryan Walker  
30<sup>th</sup> Erin Madeline McMaster

## August

3<sup>rd</sup> Amber Louise Whitelock  
10<sup>th</sup> Marco Kairi Cameron Fujii  
11<sup>th</sup> Mitchyl Jaye Harris  
11<sup>th</sup> Isabella Michelle Tredrea  
17<sup>th</sup> Harry Thomas Strickland  
23<sup>rd</sup> Michael John Barrett  
26<sup>th</sup> Jasmine Robyn Atterwell  
26<sup>th</sup> Alexander John Coggins  
28<sup>th</sup> Darcy Vincent Schroder  
28<sup>th</sup> Gage Mana Christensen

## September

3<sup>rd</sup> Mitchell James Edwards  
4<sup>th</sup> Shiahn Burke  
5<sup>th</sup> Annazina Cassimatis  
7<sup>th</sup> Peter Adam Clarke  
7<sup>th</sup> Kurt Michael Stewart  
8<sup>th</sup> Belinda Jo-Anne Muller  
9<sup>th</sup> Jack Richard Jones  
23<sup>rd</sup> Andrew Scott Gaughan  
23<sup>rd</sup> William Ashton Heyward Tye  
24<sup>th</sup> Dominic Patrick Lyons  
24<sup>th</sup> Grace Catherine Brook-McVey  
25<sup>th</sup> Zayne Mervyn Kelly Hile  
27<sup>th</sup> Oliver Joseph Jones

## October

3<sup>rd</sup> Callum Luke Ronnfeldt  
8<sup>th</sup> Tristan Llewellyn Thom  
12<sup>th</sup> Jacinta Gail Melita Orcher  
12<sup>th</sup> Dylan James Landers  
15<sup>th</sup> Zachary Thomas Cassidy  
19<sup>th</sup> Rhiannon Mary Puttee  
20<sup>th</sup> Michael Robert Scott Bishop  
20<sup>th</sup> Dylan Rex Harvey  
21<sup>st</sup> Lauren Kate Dreicer  
22<sup>nd</sup> Sophia Celeste Langford  
29<sup>th</sup> Nikita Kaya Pollard

## November

1<sup>st</sup> Michael Thomas Fitzgerald  
3<sup>rd</sup> Madison Grace Wood  
4<sup>th</sup> Joshua Joseph Robert Shay  
7<sup>th</sup> Jessica Sarah Wuttke  
8<sup>th</sup> Bethany Kae Bowden  
8<sup>th</sup> Caitlin Emma Ryan  
15<sup>th</sup> Elliot Foster Brown  
16<sup>th</sup> Charli Elise Turnbull  
21<sup>st</sup> Aymie-Leigh Jade Eveans  
23<sup>rd</sup> Ashley Rose Patricia Thomas  
25<sup>th</sup> Maddison Suzanne Erwin  
27<sup>th</sup> Brianna Monique Gibson  
28<sup>th</sup> Keegan Rhys Hardy

## December

1<sup>st</sup> Kacee Michelle Price  
2<sup>nd</sup> Jessica Joy Jones  
2<sup>nd</sup> Joseph Michael Organ  
3<sup>rd</sup> Charli - Zeta Hayes  
4<sup>th</sup> Blake Greame Murphy  
4<sup>th</sup> Thomas James Hides  
4<sup>th</sup> Brock and Dejay Bowden  
6<sup>th</sup> Jacob Daniel Taylor Humphries  
7<sup>th</sup> Luke John Lassman  
15<sup>th</sup> Joe Alford-Leeder  
24<sup>th</sup> Dominic John Jackson  
29<sup>th</sup> Jessica Leigh Megson  
29<sup>th</sup> Callum Thomas Danger Eastham-Prest

# Birthdates & Anniversaries.

## anniversaries

### January

10 <sup>th</sup>	Summer Rose Marriott
12 <sup>th</sup>	Raymond James Moyle
14 <sup>th</sup>	Elliot Foster Brown
19 <sup>th</sup>	Jayden Phillip Bell
26 <sup>th</sup>	Annazina Cassimatis
28 <sup>th</sup>	Callum Luke Ronfeldt
31 <sup>st</sup>	Harry Thomas Strickland

### February

9 <sup>th</sup>	Keegan Rhys Hardy
10 <sup>th</sup>	James Michael Scott Edwards
12 <sup>th</sup>	Courtney Lee Ryan
12 <sup>th</sup>	Kyle Joseph John Shay
13 <sup>th</sup>	Callum Thomas Danger Eastham-Prest
18 <sup>th</sup>	Dillian Ryan Walker
19 <sup>th</sup>	Braydon Reece Oliphant
19 <sup>th</sup>	Mitchell Arthur Sticher
21 <sup>st</sup>	Mason Kerr
24 <sup>th</sup>	Bethany Kae Bowden
29 <sup>th</sup>	Sophia Celeste Langford

### March

3 <sup>rd</sup>	Charli Elise Turnbull
7 <sup>th</sup>	Darcy Vincent Schroder
9 <sup>th</sup>	Eliot Dafydd Adams
12 <sup>th</sup>	Madison Grace Wood
14 <sup>th</sup>	Joshua Charles Bradbury
14 <sup>th</sup>	Jack Richard Jones
15 <sup>th</sup>	Jasmine Robyn Atterwell
16 <sup>th</sup>	Kurt Michael Stewart
17 <sup>th</sup>	Dominic John Jackson
22 <sup>nd</sup>	Brodie Jason Kyle Cheung
22 <sup>nd</sup>	Jarrold Michael Rayner Hurren
25 <sup>th</sup>	Shardai Louise McCallum
27 <sup>th</sup>	Kobe Reign Whittaker
28 <sup>th</sup>	Tara Carter
29 <sup>th</sup>	Bryson Hilton Barry Shepard
31 <sup>st</sup>	Natasha Louise Hall
31 <sup>st</sup>	Nicholas Karydis

### April

6 <sup>th</sup>	Brianna Monique Gibson
7 <sup>th</sup>	Adam Blake Sparksman
9 <sup>th</sup>	Kodi John-Thomas Campbell
9 <sup>th</sup>	Emerson Leece
14 <sup>th</sup>	Nathan Scott Reid "Nay Nay"
18 <sup>th</sup>	Chelsey Ellen Rowe
18 <sup>th</sup>	Jessica Leigh Megson
21 <sup>st</sup>	Ashley Rose Patricia Thomas
21 <sup>st</sup>	Leah Hope Golinski
21 <sup>st</sup>	Blake John Caruana
24 <sup>th</sup>	Elizabeth Ruth Thomson
28 <sup>th</sup>	Teanne Bishop McDonald
29 <sup>th</sup>	Adam James Chatten Hewitt

### May

1 <sup>st</sup>	Zayne Mervyn Kelly Hile
1 <sup>st</sup>	Katie Gardiner
1 <sup>st</sup>	Nikita Kaya Pollard
4 <sup>th</sup>	Jessica Marie Peace
4 <sup>th</sup>	Luke Allan James Salway
4 <sup>th</sup>	Amber Louise Whitelock
10 <sup>th</sup>	Anja Christie Cook
10 <sup>th</sup>	Caitlin Emma Ryan
11 <sup>th</sup>	Clay John Grant
12 <sup>th</sup>	Dylan Ray Kevin Murphy
13 <sup>th</sup>	David Robert Kirkwood
16 <sup>th</sup>	William Ashton Heyward Tye
22 <sup>nd</sup>	Dylan James Kearns-Whiting
23 <sup>rd</sup>	Jayden Zachary Michael Kline
31 <sup>st</sup>	Britney May Brown

### June

1 <sup>st</sup>	Hayley Alana Darbey
2 <sup>nd</sup>	Lauren Jodie Whitton
2 <sup>nd</sup>	Matisse Aiyanna Chrzczonowicz
3 <sup>rd</sup>	Lauren Anne Diefenbach
5 <sup>th</sup>	Coltyn Michael Driscoll
5 <sup>th</sup>	Imogen Grace Freemantle
9 <sup>th</sup>	Joshua Joseph Robert Shay
11 <sup>th</sup>	Paige Elizabeth Kate Sneddon
11 <sup>th</sup>	Leighton-Rhys McCoy-Duggan
15 <sup>th</sup>	Sean David Longmire
16 <sup>th</sup>	Sara Emily Schneeberg
17 <sup>th</sup>	Tahlia Jane Cassidy
19 <sup>th</sup>	Tamika Maree Eggmolesse
23 <sup>rd</sup>	Madison Paige Taylor
24 <sup>th</sup>	Troy Paul Adams
25 <sup>th</sup>	Melanie Jayne Bauman
27 <sup>th</sup>	Kacee Michelle Price
29 <sup>th</sup>	Todd Matthew Freemantle
29 <sup>th</sup>	Damien James Lyel Hallewell

## July

2<sup>nd</sup> Brodie James Cowe  
5<sup>th</sup> Tayla Jade Cotgrove  
6<sup>th</sup> Shiahn Burke  
7<sup>th</sup> Annalise May Houldsworth  
7<sup>th</sup> Sophie Maree Refalo  
9<sup>th</sup> Brendan Terry Garland  
9<sup>th</sup> Eloise Jane Chipman  
11<sup>th</sup> Mitchell James Edward  
12<sup>th</sup> Xavier Leece  
13<sup>th</sup> Ella Louise Longmire  
14<sup>th</sup> Jessica Sarah Wuttke  
14<sup>th</sup> Dominic Patrick Lyons  
15<sup>th</sup> Izaak John Bin Barba  
15<sup>th</sup> Hamish Isaiah O'Sullivan  
17<sup>th</sup> Little Mervyn  
17<sup>th</sup> Pheonix Leigh Brown  
21<sup>st</sup> Rachel Stephanie Kemp  
25<sup>th</sup> Renee Ashley Pilgrim  
26<sup>th</sup> Michael Robert Scott Bishop  
27<sup>th</sup> Lauren Kate Dreicer

## August

6<sup>th</sup> Dylan Tyrone Cochrane  
6<sup>th</sup> Madison Talanya Lyell  
6<sup>th</sup> Brodie Luke Douglas  
7<sup>th</sup> Michael Thomas Fitzgerald  
8<sup>th</sup> Nicholas Shane Stehbens  
8<sup>th</sup> Michael Robert Parnaby  
9<sup>th</sup> Jaidann Gordon Lampard  
9<sup>th</sup> Jessica Jordan Whitford  
11<sup>th</sup> Ryan Selwyn Klibbe  
14<sup>th</sup> Joshua Graehlert  
15<sup>th</sup> Savannah Lee Barr  
18<sup>th</sup> Aylssa Kaye Bradford  
18<sup>th</sup> Hayden Marc Riddell  
19<sup>th</sup> Callen Patrick John Novotny  
21<sup>st</sup> Tarnia Deborah Louise Morrell  
21<sup>st</sup> Ruby Ellen Kowplos  
21<sup>st</sup> Chloe-Jade Gilligan  
23<sup>rd</sup> Michael John Barrett  
24<sup>th</sup> Erin Madeline McMaster  
26<sup>th</sup> Nathan Carl Schmidt  
26<sup>th</sup> Ashleigh Janet Penrose  
28<sup>th</sup> Nicholas Peter Lee  
28<sup>th</sup> Gage Mana Christensen

## September

4<sup>th</sup> Joshua Damian Leigh Haines  
5<sup>th</sup> Jeromee Ross Sipple  
9<sup>th</sup> Seth Jordan Mackay  
14<sup>th</sup> Bethanie Kym Crowhurst  
16<sup>th</sup> David William Allan Koplick  
18<sup>th</sup> Jak Anthony Butler Raleigh  
21<sup>st</sup> Grace Catherine Brook-McVey  
22<sup>nd</sup> Molly-Mae Grace Cooper

25<sup>th</sup> William David Foster  
30<sup>th</sup> Jonathon Ray Spencer

## October

6<sup>th</sup> Nicholas Wayne Curtis  
9<sup>th</sup> Chloe Maree Irvine  
15<sup>th</sup> Zachary Thomas Cassidy  
15<sup>th</sup> Alexander John Coggins  
16<sup>th</sup> Isabella Michelle Tredrea  
18<sup>th</sup> Tasmin Christie Miller  
22<sup>nd</sup> Tyrone Gordon Pomeroy  
25<sup>th</sup> Scott Robert Young West  
25<sup>th</sup> Steven Ross Jagger  
25<sup>th</sup> Jeremy Glen Dempsey

## November

1<sup>st</sup> James Andrew Donohue  
8<sup>th</sup> Mitchyl Jaye Harris  
8<sup>th</sup> Joseph Michael Organ  
9<sup>th</sup> Oliver Joseph Jones  
11<sup>th</sup> Belinda Jo-Anne Muller  
15<sup>th</sup> Jack Anthony Ingram Purton  
16<sup>th</sup> Dylan Rex Harvey  
20<sup>th</sup> Peter Adam Clarke  
21<sup>st</sup> Rhiannon Mary Puttee  
24<sup>th</sup> Dean Michael Phillips  
25<sup>th</sup> Maddison Suzanne Erwin  
27<sup>th</sup> Andrew Scott Gaughan

## December

2<sup>nd</sup> Marco Kairi Cameron Fujii  
3<sup>rd</sup> Charli-Zeta Hayes  
4<sup>th</sup> Blake Greame Murphy  
4<sup>th</sup> Thomas James Hides  
4<sup>th</sup> Brock and Dejay Bowden  
5<sup>th</sup> Tristan Llewellyn Thom  
7<sup>th</sup> Luke John Lassman  
8<sup>th</sup> Jessica Joy Jones  
15<sup>th</sup> Joe Alford-Leeder  
17<sup>th</sup> Aymie-Leigh Jayde Eveans  
19<sup>th</sup> Alana Maree Talbot  
24<sup>th</sup> Dylan James Landers  
24<sup>th</sup> Evie Grace Ewart  
25<sup>th</sup> Kyle Thomas Weir  
27<sup>th</sup> Jacinta Gail Melita Orcher  
30<sup>th</sup> Jacob Daniel Taylor-Humphries



# fundraising & marketing news

Dear Friends and Supporters,

As the Christmas and New Year Season fast approaches it signals the end of yet another busy year for our Fundraising and Marketing Team.

Our key fundraising events and activities have included:

- Red Nose Day
- Women on Top Luncheon with Deborah Thomas
- SIDS and Kids Queensland Gala Ball with Grace Knight
- SIDS Adventure Treks
- Dingo Creek Jazz and Blues Festival
- SIDS and Kids Art Union
- Entertainment Book Sales
- Safe Sleeping singlet sales
- Pro Hart Print sales
- SRJ Corporate Golf Day
- Business Accumen two day Exhibition
- Keehn Family Golf Day
- ISIS Corporate Golf Day
- Volunteer fundraising support

Our Fundraising and Marketing Team includes Lucy Watson, Heather Kolar and Lena Birtles who all work incredibly hard to raise the funds needed to continue to provide our valuable services. I would also like to thank Ken Godfrey, our Event Director of SIDS Adventure Treks for his continued commitment to our Trek program and raising funds for SIDS and Kids Queensland.

I would also like to welcome Ruth Smith to the team at SIDS and Kids Queensland. Ruth recently took up the position of Bookkeeper in October of this year. Welcome Ruth, we all sincerely look forward to working with you.

SIDS and Kids Queensland relies solely on the support of the community, local businesses and corporate organisations and does not charge for any of the services we provide. At the end of 2007 we still remain without Government Funding.

In conclusion I would like to wish all our supporters a safe and happy Christmas and New Year and once again thank you for your support during 2007.

***Yvonne Amos***

***State Manager***

## Prints from the Hart.

Pro Hart didn't create this painting just to capture the beauty of nature, he created it in memory of his grandson Joseph Willoughby. On 16<sup>th</sup> September 1989, little Joseph Willoughby died suddenly at only seven months of age. His death was established as Sudden Infant Death Syndrome. In courtesy of SIDS and Kids, this painting was created in reflection of the child's life. This painting evokes a zest for life, with the use of vibrant colour and defined movement.

In 1990, Pro and his family approached SIDS and Kids Queensland to establish the Joseph Willoughby Foundation where they asked that signed prints of Joseph's Painting be sold to the public to raise funds to find answers into SIDS. Today the money raised from the sale of Joseph's Painting goes directly into assisting Australian families who have been affected by a SIDS death.

Pro's contribution to our organisation was and will remain immeasurable. Joseph's Painting is such a significant symbol for us – the meaning it holds and the funds that it raises to support our families is remarkable.

All our families are touched by and thankful to Pro for sharing his personal grief through the creation of Joseph's Painting. This painting has grown to be a symbol of hope for them.

This beautiful and meaningful print is now available for all to purchase.

The next time you are looking for something sacred to decorate your board room wall or your lounge room with, purchase a print by one of Australia's legendary artists.

For more information on "Joseph's Painting", please contact Lena on (07) 3849-7122 or [lenabirtles@sidsandkids.org](mailto:lenabirtles@sidsandkids.org)

### **FOR SALE**

**Unsigned, Unframed \$50**

**Signed, Unframed \$250**

**Signed and Framed \$500**



# Fundraising & Marketing News.

---

## **SIDS Adventure Treks**

### **THIESS 2WD SIDS ADVENTURE TREK (PRE 1978 VEHICLES) EMU PARK TO NOOSA 11TH TO 19TH APRIL 2008**

Your 2WD vehicle can be themed to your favourite movie or character or come along as you are. The Trek starts at Emu Park and over nine days, will travel throughout Queensland visiting schools, resorts and cattle stations along the way. Destinations will include Carnarvon Gorge, Taroom, Bunya Mountains, lots of small outback schools and will be concluding at a brand new resort in Noosa. So get your teams together and nominate now to have the time of you life raising monies for a worthwhile cause. All that is required for this Trek are four round wheels, maybe a few spares, a sense of humour and a definite predisposition for adventure!!



### **OFF ROAD MOTORCYCLE CAIRNS TO CAPE YORK ROUND TRIP 14TH TO 22ND JULY 2008**

This Trek takes you through some of Far North Queensland's most tropical and mountainous terrain, some of which few people have experienced. You will see Far North Queensland at its best, travelling along tracks that are normally closed and private roads through cattle stations and working properties. By the time you arrive back in Cairns you will have travelled approximately 2,500 kilometres over various and challenging terrain. All you require is a late model off-road motorcycle, a sense of humour and determination. The transportation of fuel, swags and other personal items along the way are all taken care of by our Trail Boss and the support team. For an escape with a difference.....come along.....you won't be disappointed.



# Fundraising & Marketing News.

---

## **4WD SIDS ADVENTURE TREK BRISBANE TO TOOWOOMBA VIA BIRDSVILLE RACES 1ST TO 11TH SEPT 2008**

The 4WD Treks are designed for everyone to have fun, meet new friends and visit some out of the way places! The team at SIDS and Kids Queensland work hard to ensure each Trek is unique and full of surprises. Just imagine 11 days with no television, no computers, and best of all no cooking!! This Trek departs Brisbane in 4WD's and heads to the true outback of Queensland. We will be visiting places including Thargomindah, Nocundra and Cameron's Corner (where the three states are joined by Bill Mitchell's Pub Store). After Cameron's Corner we will venture up the old Strzelecki desert to Innaminka on to Walkers Crossing and the Birdsville Track into Birdsville with three days of R and R. This town is proud to welcome all 'Trekking' to their yearly celebration of the famous Birdsville Races. With the dust and the flies to add to the atmosphere I'm sure a good time will be had by all. Plan your holiday now and join us on this event to have a great time in the outback with the friendly locals. All you require is a 4WD.



***For more information, log onto [www.sidsadventuretreks.com](http://www.sidsadventuretreks.com)  
or contact Ken Godfrey (Event Director) on 0412 722 677  
or Lena Birtles (Trek Co-ordinator) on 07 3849 7122***

# Fundraising & Marketing News.

## Red Nose Day

### PARTNERING FOR THE CAUSE!

SIDS and Kids Queensland's would like to thank all of our 2007 Red Nose Day National and State Retail Partners who did an impressive job of selling our Red Nose Day product in their stores. The support from the community was also overwhelming and we thank you for purchasing our Red Nose Day product or making a donation.

Our Queensland Partners in 2007 were: The Coffee Club, Freedom Fuels, Chandlers, RACQ, Toll Priority, Red Spot Car Rentals

Our National Partners in 2007 were: Best and Less, Mitre 10, The Warehouse, Crazy Clarks, Go-Lo, Perfume Connection, Harvey Norman, ABC Learning Centres, Quix, Soul Pattinson, Chemworld, Pharmacist Advice, United, AutoPro, Sleepy's and Betta Electrical.

We look forward to welcoming our partners back in 2008 as we need your support to continue to provide our vital bereavement support services and education to Queensland families free of charge.

#### National Retail Partners

**BEST & LESS**

**MITRE 10**  
All the help you need.

**THE WAREHOUSE**  
Where everyone gets it done.

**CRAZY CLARKS**

**GO-LO**  
The Perfume Connection

**Harvey Norman**

**ABC LEARNING CENTRES**

**Quix**

**Soul Pattinson Chemist**  
So every body is well.

**chemworld CHEMIST**  
your world of good health!

**Pharmacist Advice**  
We'll do what you or your doctor said!

**United**

**AutoPro**  
Auto Professionals

**Betta ELECTRICAL**  
Go one better!

#### State Partners

**Chandlers**  
The Good Molecules of the Good Life!

**freedom FUELS pres**  
saves the day

**TOLL PRIORITY**

**red spot**  
carrentals.com.au

**THE COFFEE CLUB**  
Where all meet up!

**Australia ZOO**  
Home of The Chocolate Ruster

**RACQ**  
Wouldn't be without them

**PERFUME CONNECTION**  
Your Fragrance Specialist

**Sleepy's**  
THE MATTRESS EXPERTS



The friendly Warehouse staff parade their Red Nose Day display



The Coffee Club girls move muffins aside, to sell Red Nose Day product



Ballooning around, Harvey Norman staff lift their spirits to celebrate the day

# Fundraising & Marketing News.

---

## ITI Group to the rescue!

After a year of battling computer glitches, the staff at SIDS and Kids Queensland couldn't be more thrilled when Bruce Mills of ITI Group, along with his supportive and expert team took control of the issue, donating over \$10,000 worth of computers and associated accessories to the organisation.

Bruce, together with colleague Kevin, worked tirelessly to have new equipment installed and staff have never been happier. To everyone at the ITI Group, thank you for your generous donation and continued support.



## Café Nova

The 13th of July is a sad time of the year for the Longmire Family, as it is the anniversary date of the death of their niece, Ella Longmire. Supporting Red Nose Day was a good way to commemorate Ella, whilst also supporting SIDS and Kids and the bereavement support services they provide. Café Nova owners, Vanessa and Tony Brown (Ella's aunty and uncle) said, "We make Red Nose Day fun, and use the day to remember all the happy times with Ella and the funny things she did". Decorating the busy coffee shop with red balloons and posters, the café team along with customers, went all out to raise money during the month of June, and particularly on Red Nose Day. The owners say that most customers love to buy the Red Nose Day product on display, along with yummy choc-jaffa cup cakes! Vanessa and Tony are great supporters each year, saying, "We look forward to participating next year".



## Legends of League lend a hand

June 23rd saw the second annual battle of the rugby league boys when the Gee brothers Keith, Mark, Craig and Andrew joined forces with former Broncos player Shane Webke to take on the 'Golden Oldies Masters'. Organiser Keith Gee urged businesses and individuals alike to give generously and more than \$10,000 was raised on the day. 'We definitely achieved above our target, which is great' said Gee. A phenomenal success with over 1200 people attending, a special thank you goes out to the organizers, as well as the generosity of local business and community for their support.

# Fundraising & Marketing News.

## Effortless Support

Supporting SIDS and Kids Queensland is effortless as Keith Neuendorf, Managing Director of the Neuendorf Group on the Sunshine Coast, recently discovered.

It just takes a little imagination...

The latest Neuendorf television campaign for their Warehouse Outlet, features a crazy clown, wearing a red-nose - of course!

According to Keith it was a natural decision to link the advertisement to Red Nose Day.

"We have the 'Neuendorf clown' who already wears a red nose, and it just seemed to make sense to link the ad to SIDS and Kids Queensland," he said.

"It was a lot of fun to make and the final frame shows us both wearing a red nose with the SIDS for Kids logo displayed on screen," he said.

Keith has used his profile as Outstanding Business Person of the Year (2006) to put the challenge out to other businesses to find creative ways to support worthwhile community ventures and charities such as SIDS and Kids.

### Neuendorf Interiors Warehouse Outlet

13 Fishermans Road, Maroochydore.

Open: Monday-Friday 8.30 - 4.00pm. Ph: 5443 9191



## \$20,000 raised!

From air conditioning installers to plumbers, they came from all across Brisbane to take part in the ISIS Charity Golf Day in support of SIDS and Kids Queensland.

Event organiser, Cheryl Hilton smiled as over 80 tradies and contractors eagled, birdied and putted their way to raising \$25,000 for SIDS and Kids Queensland. Peter Gower of Eatons won Longest Drive, Brett Russell from ISIS, Nearest to Pin and the four-men team from Cummings & Power took away a range of prizes on the day including best-dressed and runner up, whilst electrical contractors Astarr took away the major prize of a fishing trip.

SIDS and Kids Queensland are thrilled with this level of support and our sincere thanks go to everyone who helped achieve such a superb result.



## The Big Gig

Brisbane's most popular free family fair 'The Big Gig' established by the Kevin and Kay Seymour Charity was deemed a success by all who attended earlier this year. Attracting over 25,000 people, the two-day event saw 25 charities benefit from the weekends proceedings. SIDS and Kids Queensland were the grateful recipient of \$29,000. A further \$5.00 from every person who nominated SIDS and Kids Queensland as their charity of choice was kindly donated by Kevin and Kay Seymour. Highlights of the event included the main race: 'The Lord Mayor's Cup' as well as guest appearances from various celebrities including Australian Idol's Dean Geyer.

# Fundraising & Marketing News.

## Ship Ahoy....!

On August 16th, SIDS and Kids Queensland were invited by the Royal Australian Navy (the Navy) to spend a leisurely morning sailing on its Tall Ship, 'The Young Endeavour'. As guests of Lieutenant Donald R. Hogarth, I had the opportunity to accompany a small number of our lovely families on board this quite remarkable vessel. It was quite an experience!

The Navy operates 'The Young Endeavour Program' to train young people aged 16-23 years, for ten days at a time, in the art of sailing, team work and facing challenges. We were pleased to meet such a fantastic group of young people and were very impressed with their work as crew.

It is my understanding that this is to be an ongoing venture between SIDS and Kids Queensland and the Navy so we look forward to offering this opportunity to more of our families in the future.

On behalf of our families and SIDS and Kids Queensland, I thank Lieutenant Don for his generosity in inviting us as his guests and for his care and support throughout the morning's adventure. Sincere thanks also to the Royal Australian Navy for its support of our charity. This expedition helped to bring a little sunshine into the lives of our bereaved families for which we and they will be forever grateful.

*Madeleine Grimes BA, Grad.Dip.T., MCouns.  
Counsellor/Education and Support Services Officer*



Front row: Jayde and Andrea Curtis  
2nd row: Monica Mann, Lisa Russell, Renelle Curtis, Pennie McDowell,  
Louise Organ, Madeleine Grimes  
Back row: Brad Mann, Brett Russell, Michael Curtis, Olivia Organ, Syllas Russell

## Driving support

Discovery Car Hire, a national, online car rental company driving their support to SIDS and Kids QLD. The growing car hire company and SIDS and Kids recently established an alliance, where any car hire booked via the charity's web site will generate a donation back to the charity. Scott Walton, co owner of Discovery Car Hire says "We want to give back to the community in some way, and believe SIDS and Kids is a worthy cause". Please support this alliance by booking any of your car hire requirements via the SIDS and Kids QLD web site [www.sidsandkids.org/qld](http://www.sidsandkids.org/qld). Booking your car hire with Discovery allows you to see comparison prices for your convenience.



Red Nose Day coordinator, Lucy Watson and Scott Walton, forming the alliance

Keith Neuendorf and the Neuendorf Clown

# Fundraising & Marketing News.

## Creative Memories

Thanks to our resident Creative Memories consultant and parent, Pennie McDowell, SIDS and Kids Queensland is now over \$2500 richer. Pennie organized a scrap booking workshop on Saturday July 22nd at the Kedron Wavell Services Club. The day was a huge success from all reports, with over 100 ladies & two gentlemen. Everyone enjoyed the vocal performances of Matthew McDowell who dedicated a song in honour of Joseph Michael Organ and loved the entertainment by the Brisbane German Club who did bell ringing to favourite songs from the Sound of Music. Much sharing of new ideas, new products, personal stories, laughter and tears occurred, not to mention some wonderfully creative scrap booking!

SIDS and Kids Queensland would like to thank Pennie for her tireless efforts in supporting not only our organization, but our families, too. Thanks also to Kedron Wavell Services Club for generously donating the use of the room, free of charge. Monies raised will help further our research into Sudden and Unexpected Death in infants and assist with further provision of our education and bereavement support services.

*Madeleine Grimes BA, Grad.Dip.T., MCouns.  
Counsellor/Education and Support Services Officer*



## Thank You Deloitte!

SIDS and Kids Queensland would like to say a huge thank you to Deloitte, who generously provided the venue and catering for our annual Corporate Thank you event. It was a time of celebration, where all who supported SIDS and Kids Queensland throughout the year were acknowledged and thanked by staff and Management Committee members. Wearing a splash of red, guests mingled and enjoyed a lovely morning tea with a great view at Riverside Centre. A volunteer and parent, Von Barnes, also shared her story, of how she has been helped by our bereavement support services, and in turn continues to show support for our programs. Deloitte's support didn't finish there. The international finance firm also joined forces with street seller volunteers, and hit key spots in Brisbane to sell Red Nose Day products. The team was extremely successful with product sales, with over \$7000 raised for SIDS and Kids Queensland! Once again we would like to thank Deloitte for their initiative! We look forward to working with them for Red Nose Day 2008!



# Fundraising & Marketing News.

## ANZ Community Fun Run

SIDS and Kids Queensland are excited to announce that on Saturday 8th March 2008 we will be holding our inaugural ANZ Community Fun Run in support of SIDS and Kids Queensland.

The Fun Run, to be held at Broadwater Picnic Grounds, Mansfield is shaping up to be a great family day out, with food, drinks and entertainment planned.

Whether your New Year's Resolution is to get fit or just to have fun, the ANZ Community Fun Run is the ideal spot to be. To be sent a registration form, or for further details, call Heather on: 3422 8712

## Events Calendar

### JANUARY

**29th** Art Union closes

### MARCH

**8th** ANZ Community Fun Run

### APRIL

**11th-19th** 2WD Emu Park to Noosa Trek

**18th** SRJ Charity Golf Day

**26th-27th** Dingo Creek Wine and Jazz Festival

### MAY

**16th** SIDS and Kids Red Nose Day Ball

### JUNE

**27th** Red Nose Day

### JULY

**14th-22nd** Cairns to Cape York Off-Road Motorcycle Trek

### SEPTEMBER

Keehn Memorial Golf Day

**1st-11th** Brisbane to Towoomba via Birdsville Races 4WD Trek

### OCTOBER

**3rd** Women on Top Luncheon

**For further information on events please contact SIDS and Kids Queensland on (07) 3849 7122 or email [heatherkolar@sidsandkids.org](mailto:heatherkolar@sidsandkids.org).**

## What a store!

Chalk & Cheese ventures where no bottle shop has gone before, into deli foods and gourmet delights. Located in the heart of West End and Teneriffe, this different kind of bottle shop is a place where, if you like entertaining, you'll be able to compliment your favourite drop with the perfect appetiser. Select from a variety of premium beers and wines with gourmet cheeses, olives, crackers, pate and much more.

### Check out Chalk & Cheese at:

#### West End

75 Hardgrave Rd, West End 4101

Phone 07 3255 2322

Fax 07 3255 1311

#### Teneriffe

29 Florence St, Teneriffe 4005

Phone 07 3252 1608

Fax 07 3252 1678



**Chalk & Cheese are proud supporters of SIDS and Kids Queensland.**

# SIDS and Kids Queensland Gift Ideas

Show your support for SIDS and Kids Queensland by purchasing from our range of great gifts. These would make a wonderful gift for Christmas.



\$2.00

**HERO BRACELETS**  
One size fits all.



\$25.00

**LIMITED EDITION HERO BEAR**  
Approx. 27cm x 22cm.



\$5.00

**BEE BEAR**  
Approx. 12cm tall.



\$10.00

**BUBBLE CLOCK**  
with suction feet.



\$2.00

**HERO KEY CHAIN**



\$4.00

**YO-YO'S**



**GOLF BALLS INDIVIDUAL**

1 @ \$3.50  
2 @ \$7.00  
3 @ \$10.00



**SINGLETS**

Sizes, 0, 00, 000.  
1 @ \$8.00  
2 @ \$15.00  
3 @ \$20.00

**sids and kids**<sup>®</sup>

QUEENSLAND

PO Box 241,  
Mt Gravatt Queensland 4122  
Ph: (07) 3849 7122

## Order Form

**DELIVER TO:** \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Ph: \_\_\_\_\_

Email: \_\_\_\_\_

Qty	Hero Bracelets @ \$2.00	\$
Qty	Hero Bear - Limited Edition @ \$25.00	\$
Qty	Bee Bear @ 3.00	\$
Qty	Bubble Clock @ \$10.00	\$
Qty	Hero Key Chain @ \$2.00	\$
Qty	Yo-Yo @ \$4.00	\$
Qty	Golf Ball Individual, 1 @ \$3.50, 2 @ \$7.00, 3 @ \$10.00	\$
Qty	Singlets, 1 @ \$8.00, 2 @ 15.00, 3 @ \$20.00	\$

**+ Postage and Handling + \$ 6.00**

**TOTAL \$**

Please find enclosed my payment of \$ \_\_\_\_\_

Cheque/Money Order made payable to SIDS and Kids Queensland

Debit my:  BANKCARD  VISA  MASTERCARD  AMEX

Card No:  /  /  /  Exp:  /

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

# START OFF THE NEW YEAR WITH A NEW CAR!

Tickets only \$5.00 each or 3 for \$10.00



**FIRST PRIZE – TOYOTA YARIS**

3 Door Hatch, 1.3L, includes 12 months registration and Passenger Car CTP Insurance valued at \$17,600.00



**SECOND PRIZE – HONDA TODAY 50**

Honda Today 50cc Scooter including on-road costs values at \$2,600.00

***Buy a ticket today and help raise vital funds for  
SIDS and Kids Queensland.  
Art Union closes 29 January 2008 so be quick!***

PLEASE FAX YOUR ART UNION TICKET ORDER TO SIDS AND KIDS QLD ON 07 3849 7121

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Contact Number: \_\_\_\_\_

Number of Tickets \_\_\_\_\_ at \$5.00 = \$ \_\_\_\_\_

Number of Tickets at 3 for \$10.00 = \$ \_\_\_\_\_

TOTAL PAYMENT: = \$ \_\_\_\_\_

Please select one of the following payment methods.

Credit Card     Cheque     Money Order

(Cheques and money orders made payable to SIDS and Kids Queensland and posted to PO Box 241, Mount Gravatt QLD 4122)

Card Type:     Visa     MasterCard     Amex

Card Number:     -     -     -

Expiry Date:   /

Name of Cardholder: \_\_\_\_\_

Signature: \_\_\_\_\_ Total Payable: \$ \_\_\_\_\_ (Inclusive of GST)

SIDS and Kids Queensland, PO Box 241 MOUNT GRAVATT QLD 4122  
Ph: 07 3849 7122 | F: 07 3849 7121



# membership form

Individual \$16.50       Family/Group \$22.00

TITLE \_\_\_\_\_ FIRST NAME \_\_\_\_\_ SURNAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

POSTCODE \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_ MOBILE \_\_\_\_\_

DATE OF BIRTH (primary contact): \_\_\_\_\_ EMAIL \_\_\_\_\_

Membership Type:       New Member       Renewal of Membership

**All memberships are due for renewal on the 1st of November each Calender year.**

Please indicate if you are:

<input type="checkbox"/> Parent *	<input type="checkbox"/> Emergency Responder
<input type="checkbox"/> Relative *	(Ambulance, Fire & Rescue and Police)
<input type="checkbox"/> Friend *	<input type="checkbox"/> General Public or supporter
<input type="checkbox"/> Health Care Professional	<input type="checkbox"/> Other: _____

*(\*of a Child who Died suddenly and unexpectedly)*

I have read the Code of Conduct and agree to abide by it.       YES       NO

I am interested in becoming a Volunteer, please contact me.       YES       NO

Would you like to make a Donation to SIDS and Kids Queensland? AMOUNT \$ \_\_\_\_\_

Please select one of the following payment methods.

Method:     Credit Card     Cheque     Money Order

*(Cheques and money orders made payable to SIDS and Kids Queensland)*

Card:       Visa       MasterCard       Bankcard       Amex

Card Number:                        

Expiry Date:      /      Name of Cardholder: \_\_\_\_\_

Individual Membership:    \$16.50

Family Membership:      \$22.00

Donation:                    \$ \_\_\_\_\_

Total Payable:            \$ \_\_\_\_\_ (Inclusive of GST)

Signature: \_\_\_\_\_

# Code of conduct.

## SIDS and Kids Queensland Inc.

In order to maintain the highest standards of conduct of its Members, the Management Committee of SIDS and Kids Queensland Inc. has made the following bylaws pursuant to SIDS and Kids Queensland Inc. which all Members of SIDS and Kids Queensland Inc. must abide by at all times:

1. The services of SIDS and Kids Queensland Inc. are available to all Members of SIDS and Kids Queensland Inc. and the general community (where appropriate) throughout Queensland, regardless of race, religion, gender, political affiliation, social or economic status.
  2. Members of SIDS and Kids Queensland Inc. will strive to act in accordance with the highest standard of personal integrity and genuine concern for SIDS and Kids Queensland Inc. and its Members. A member must conduct himself or herself in such a manner as to uphold and not injure in anyway the standing and reputation of SIDS and Kids Queensland Inc. A Member must not injure or attempt to injure directly or indirectly the reputation, particularly the professional reputation, of others, including SIDS and Kids Queensland Inc. staff members, and must treat others with the utmost respect.
  3. A fundamental obligation of all members and staff of SIDS and Kids Queensland Inc. is to respect and maintain the confidentiality and privacy of all persons with whom they are interacting in relation to SIDS and Kids Queensland Inc. matters and the personal affairs of others.
  4. Where a member holds a designated position or office in SIDS and Kids Queensland Inc., and particularly where a member is also a Management Committee member or a peer supporter (or holds a similar position), that member must not under any circumstances divulge or discuss information received by them in their capacity as a designated officer of SIDS and Kids Queensland Inc. except, in the case of a Management Committee member, discussing Management Committee business with other Management Committee Members, or in the context of approved debriefing programs. This includes discussing matters with a person's spouse or partner where that spouse or partner is not also a Management Committee member.
- In these circumstances Members agree to complete any forms which may require from time to time by the State Manager or the Management Committee. If a member objects to completing such a form they may either agree to the amendment, refuse the amendment or refer the matter to the Management Committee for consideration. A member who does not complete such a form after Management Committee's direction to do so will not be entitled to hold the relevant position or office.
5. SIDS and Kids Queensland Inc., its Members and all those associated with SIDS and Kids Queensland Inc., will respect and work within established policies and will seek to adapt policy and procedure in a manner that is balanced considering the needs of individuals and SIDS and Kids Queensland Inc. as a whole. SIDS and Kids Queensland Inc. will provide a feedback system to allow Members to express their views in relation to policy and procedure and in exchange Members acknowledge that the staff and the Management Committee shall be final, but subject to any appeal procedure contained in the Constitution.
  6. SIDS and Kids Queensland Inc. Members will operate within their level of expertise and will not hold themselves out as possessing qualifications or expertise which they do not possess. The ethos of self help through support and counselling will be promoted with the view to personal empowerment, healing and growth for individuals. When a member cannot offer assistance, services or meet an identified need they will endeavour to assist individuals to make appropriate connections with other services or resources.
  7. SIDS and Kids Queensland Inc. Members will care and be responsible for their own personal growth and development. SIDS and Kids Queensland Inc. Members will actively attempt to access provided resources where necessary. SIDS and Kids Queensland Inc. Members will communicate with SIDS and Kids Queensland Inc. for additional needs not met within the current services provided.
  8. SIDS and Kids Queensland Inc. Members and those associated with SIDS and Kids Queensland Inc. must not deliberately withhold information about SIDS and Kids Queensland Inc. services, resources or activities that may be of benefit to another.
  9. A member must tolerate the individual differences of others.
  10. A member must disclose all financial and other interests which conflict directly or indirectly with the interests of SIDS and Kids Queensland Inc.
  11. A member must not disobey the express directions of the Management Committee.
  12. SIDS and Kids Queensland Inc., its Members and all those associated with SIDS and Kids Queensland Inc. accept the desirability of these principals as an integral part of professional and caring conduct will strive for excellence in the upholding of such.
  13. Each member acknowledges that failure to abide by these by-laws may result in suspension or termination of Members in accordance with Constitution of SIDS and Kids Queensland Inc.

# entertainment™ Books sell out fast!



Purchase your Entertainment™ Book now and you will receive over \$10,000 in valuable offers, valid through June 1st 2007.

The Entertainment™ Book is the only Book you'll need to find the best restaurants, hotel accommodation, attractions, sports and leisure activities... all with 25% to 50% off or 2-for-1 offers. At the same time, you'll be helping community fund-raising.

Here is a sample of the many well known businesses featured in the new Brisbane, Sunshine Coast and Surrounds Entertainment™ Book...

## Fine Dining Restaurants

### BRISBANE

- Marco Polo
- Restaurant II
- Seasalt at Armstrong's
- Circa
- Baguette
- Watt Modern Dining
- Waterlilly
- River Canteen

- Bespoke
- Sigg's at the Port Office
- Sunbar Lounge
- Olivetto's
- Brents
- The Summit
- Encores
- Vino's
- and many more...**

### SUNSHINE COAST

- Harry's on Buderim
- Alfies on the Boardwalk
- Earth Bistro Wine Bar
- Season
- Riva
- The Wine Bar Restaurant
- Ellmo's of Ocean Street
- Ottoman Bistro

- Relish
- Samsara Fine Organic Cuisine
- Scene Seafood & Wine Bar
- Ma' Mensa
- Vibes at Mooloolaba
- The Terrace of Maleny
- and many more...**

### GOLD COAST

- Moo Moo
- RPR's
- Harley Street Brasserie
- L'Esprit on the Water
- Charters Towers
- Andiamo
- Vie at Palazzo Versace
- and many more...**

## Casual Restaurants and Café Dining

### BRISBANE

- The Caxton
- Mids and Mains
- Plough Inn
- Avanti
- Café San Marco
- Ciao Baby
- Cinema Cafe
- Vroom

- Earth 'n' Sea Amazing Pizza and Pasta
- CBD - Southbank
- QA Hotel
- Tongue and Groove
- Al Samar
- Amber Bar - Indooroopilly Hotel
- and many more...**

### SUNSHINE COAST

- Cracked Pepper
- Gecko
- Key Bar and Restaurant
- Cato's
- Peregian Beach Hotel
- Ettamogah Pub
- The Blue Olive
- Montville Gourmet Pizza
- Rocco's Italia

- The Sandbar
- Zachary's
- The Moorings Cafe
- The Meridian
- Piccolos on Buderim
- The Sambuca Licensed Café
- Six One Espresso
- and many more...**

### GOLD COAST

- Hard Rock Cafe
- C-Vue @ Cabba
- Spinners
- Elevations
- Robin a Tavern
- Food Fantasy
- Madison's
- Barchino
- and many more...**

## Informal Dining and Take Away Restaurants

- Pizza Hut
- Red Rooster
- Hungry Jack's
- McDonald's

- Donut King
- BB's
- Nando's
- Wendy's

- Baskin Robbins
- New Zealand Natural
- Subway
- MYO

- The Cheesecake Shop
- Cold Rock Ice Creamery
- Eagle Boys
- Domino's

- Brumby's
- Royal Copenhagen
- Gloria Jean's Coffees
- and many more...**

## Arts, Sports and Attractions

- AMC (Australian Multiplex Cinemas)
- Queensland Rugby Union
- Alma Park Zoo
- Brisbane Lions
- Palace Cinemas

- Brisbane Broncos
- Currumbin Wildlife Sanctuary
- Doomben Racecourse
- Hawthorne, Balmoral and Southbank Cinemas

- Birch Carroll and Coyle
- XXXX Ale House
- Pro Dive
- Sirromet Wines
- Australia Zoo
- Archerfield Speed Karts

- Eldorado 8
- Golf Mania
- High Octane
- Strike Bowling
- Ministry of Paintball
- Dendy Cinema

- Underwater World
- Sit Down Comedy Club
- Ripley's Believe It or Not
- and many more...**

## Retail, Travel and Leisure

- Avis/Budget/Hertz/Europcar
- Daydream Is. Resort and Spa
- Cypress Lakes Resort
- Rydges Resorts

- Warner Bros Theme Parks
- Brampton Island
- Hayman
- Hamilton Island

- Dreamworld
- Sea Temple Resort and Spa
- Outrigger Hotels and Resorts
- Crown Towers

- Golden Door Health Retreat - Elysia, NSW
- Federal Resorts, Tas
- Stella Resorts Group

- Roses Only/Fruit Only
- Vogue Magazines
- Gourmet Traveller

For a complete listing of participating businesses or more information go to [www.entertainmentbook.com.au](http://www.entertainmentbook.com.au)

To purchase your new Entertainment™ Book by phone, facsimile or post please:

1. Phone SIDS and Kids Queensland on 1300 308 307 to order & pay over the phone,
2. Send this form to facsimile (07) 38497121, please include payment details or
3. Post this order form together with payment to: SIDS and Kids Queensland, PO Box 241, MT GRAVATT Queensland 4122



Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ P/code \_\_\_\_\_

Method of payment:  Cheque  Credit No. of Books Purchased x \$60 (inc. GST) = \_\_\_\_\_

(Cheques payable to SIDS and Kids Queensland Inc and Please include \$6 for postage and handling)

Please charge my credit card:  Visa  M/Card  Bankcard  AMEX Total Amount \$ \_\_\_\_\_

Card number                 Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_ Name on Card \_\_\_\_\_

Notes.

---

Notes.

---



**SIDS and Kids Queensland**

68 Creek Road, Mt Gravatt QLD 4122

Telephone: (07) 3849 7122

Fax: (07) 3849 7121

24 Hour Child Death Line: 1800 628 648

ABN: 11 495 594 924

[www.sidsandkids.org](http://www.sidsandkids.org)

[www.sidsadventuretreks.org](http://www.sidsadventuretreks.org)

[www.rednoseday.com.au](http://www.rednoseday.com.au)