



E-Mail Newsletter

APRIL 16, 2007

APRIL 2007 VOLUME 2, NUMBER 4

Taking care of you

Hi All,

Spring has come and gone in the blink of an eye, or so it seems. Global warming or whatever the accurate name for it might be is sure messing up everyone's weather. It has been warmer up north on some days then it was here in the south. It was colder in California then it was in Georgia. Listening to the weather, they said there may even be a flurry in North Georgia today. YIKES!

I think everyone wants spring, we already changed the clock. Lots of people have planted their flowers because it's time to see the pretty colors and maybe even make people smile. Those of us that have been on this road for a while want our flowers to bloom. Those of you who have just joined us on this grief journey, you are probably receiving mixed signals, the flowers blooming could be making you sadder then you expected, this is normal. We all grieve differently; there is no right way or wrong way, just YOUR way. If the flowers make you smile, smile, for a moment, a minute, or the whole day. If they make you sad, know that it's ok; they won't always make you sad. Flowers are life blooming and sometimes reminds us that life goes on with or without us.

Try to get out there and do something for yourself, it doesn't have to be anything big. Go to the store and pick of some sunscreen, get yourself a lawn chair and go sit on your deck or in your yard. Sit around and relax, grab a book, even a grief book. The fresh air will do you good and maybe take the winter blues away!

Until next month

Good grief

AnneGD@groww.org

AND... On a personal note, ((((((((((((((((((Maggie)))))))))))))))) our Wonderful wonderful Heavenly Angels Room Managers has decided to retire, she has turned over the reigns to Doyle, who has been helping Maggie for some time now. This has been a smooth transition and I hope Maggie enjoys her free time and continues to travel. Maybe she'll even come to the Niagara Falls Gathering, that was the first and only time I ever met her in person and she was just the sweetest lady. Enjoy YOUR time and your family.

(((((((((((((((((((((ALL OF US))))))))))))))))



Chatting Tips: staff@groww.org

When you do get in to the chat room, are you finding you can't keep up and the screen is too small? Look up at the top right hand corner and click on the button which says FLOAT... it will open a new window... now MAXIMIZE that window by clicking on the square in the upper right hand corner... the square is between the "-" and the "x"... it will make the room larger, then type *chat font size 14 or 16

If you are having trouble connecting to the chat rooms, you may need to update your java. Are you getting that blue screen when you try to log on? Try this link and follow the instructions, it should solve your problem

"Friends

Helping

Friends."

• *Everyday*

is

A gift, that's

why

We call today

"the present"

<http://java.sun.com/getjava/download.html>

Help GROWW

www.igive.com

We have joined Cafepress, a company that specializes in online stores. What does this mean to GROWW? It makes it possible for us to offer a larger variety of GROWW items. There is no overhead, no inventory and no running to the post office or UPS. Cafepress does it all for us. Please visit <http://www.cafepress.com/groww> and see what we have to offer.

GROWW is a 501© non-profit organization.

Any and all donations are tax deductible.

For a donation form click on the link below

<http://www.groww.org/helpgroww/orderform.htm>



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We're on the Web!
www.groww.org

Contact Information

For information or questions about GROWW, please write to staff@groww.org

Anyone who hasn't signed up for a password for the message boards and would like to do so please go to the following link and submit the information required. Please remember we are all volunteers here and it may take up to 48 hours to process your request.
<http://www.groww.org/community/boards/passwordform.htm>

Gatherings

Plans are set for the Reunion! Set Oct. 12, 13, and 14th on your calendar (some of us will be arriving on the 11th so if this is better for you, join us) Email Char from Halo: CharC@healingafterloss.org to let her know you will be attending and to get the address for where to send your Reunion Fee.

Call: Comfort Inn Pointe Hotel, Niagara Falls, NY 1-800-284-6835. When you call, tell them you are with the Halo/GROWW group to receive our discount of \$99+taxes and to be placed in our block of rooms.

The fee for attending this fun filled weekend is \$30.00. (NOTE: meals and activities that have a fee are NOT covered by the Reunion Fee) By being in our block of rooms, you are helping us get the hospitality room at a lower price.

Niagara Falls Reunion UPDATE:

We now have enough people signed up to attend the Reunion that we are able to have a buffet meal in the motel on Sat. evening 😊 Once we finalize this, we will let you know how much the meal will cost. Right now, we are looking at 14.95 + Tax + Gratuity. This is NOT included in the Reunion fee but can collect this at the Reunion.

Seems we will be eating at the Motel on Sat. night, we thought we would change location for Fri nights meal. On Fri night, we will go to the Casino to enjoy their buffet. Those that wish to stay to gamble may but we will still be going to the Falls to watch the fire works for those that want to. Children ARE allowed into the buffet at the Casino.

Also, pricing at the Motel is a bit different then we thought. We are sorry and hope this doesn't discourage anyone from attending.

The rates for rooms are as follows:

- singles @ 99.00
- doubles @ 99.00
- triples @ 109.00
- quads @ 119.00

Actually, if you look at these numbers closely, you will still be getting a good rate :) The prices above for more in a room will give you more places to sleep...lol...this covers more beds and towels

Includes Deluxe continental Breakfast

Individual pays: Rooms/Tax

Incidentals: must be paid by each group member prior to departure from the hotel.

Hope to hear from you soon so you can be added to our list of those coming. I think we have a GREAT fun time planned.

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We can't control the wind but we can direct the sails

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www.healingafterloss.org

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Please be sure to check out my store:)

<http://CharlenesCreations.eCrafter.com>

Please remember to keep any eye on the Gatherings pages on the GROWW and HALO message boards. Updates will be posted there.

NOTE: I think you will need a passport to go to the Canadian side...we will have to check this out.

Recipe

EGGPLANT PARMESAN

Ingredients:

3 eggplant, peeled and thinly sliced
2 eggs, beaten
1/2 c. grated parmesan cheese, divided
1/2 tsp. dried basil
4 c. Italian seasoned bread crumbs
6 c. spaghetti or pasta sauce, divided
1 package mozzarella cheese, shredded and divided (16 oz.)
2 TBS. canola or olive oil

Directions:

Preheat oven to 350 degrees
Dip eggplant slices in egg, then in bread crumbs. Fry in 2 Tbs.in canola or olive oil in frying pan on both sides until golden brown.
In a 9 x 13 inch baking dish spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top.
Bake in preheated oven for 35 minutes.

From Patti aka angels4mom

Phil's Corner

Hi guyz, guess it's been awhile. I've been busy at work and finally things have calmed down enough for me to sit down and put an article together. I figured I'd write about what I know best, insignificant and almost useless rhetoric. Soooooo where else to gather fodder for my scribbling, the world wide wonderful web of course.

Anne is an avid coffee drinker so there is always overstock of coffee and filters. I was once again amazed at one of the places I found that had many uses for coffee filters besides the obvious. I found that when I'm enjoying a Popsicle I can poke the stick through a filter and I have a built in drip catcher, which makes Anne very happy. I love a hot slice of pizza but almost every time I take that first bite I burn the roof of my mouth. Well, no problemo anymore. I just grab that can of reddy whip and shoot a mouthful to help soothe the burn on the roof of my mouth. Hey, I didn't make this up, this is valuable information that I found on the net. A good way to keep dogs and cats off the furniture is to place pieces of Reynolds wrap on the furniture. The sound of rustling foil frightens pets.

I thought the only good use for skin so soft, that smelly stuff you get from Avon is to keep the mosquitos away. Well once again somebody with too much time came up with other uses; remove tar spots from car finishes without damaging the finish. Apply skin so soft to a cloth and rub until the tar glides off. Lubricate pipe joints. Skin-So-Soft works as an oil lubricant for fitting pipe joints together. Clean paint brushes. Skin-So-Soft leaves paint brush bristles feeling soft as new. Remove ring-around-the-collar. Skin-So-Soft removes the dirt rings in collars when rubbed into the fabric. Finally, Clean oil-based paint from hands. Skin-So-Soft removes paint and stain from hands more gently than turpentine. Geezzzzzz pretty soon they'll be selling this stuff at The Home Depot

Cure a hangover. Honey is a concentrated source of fructose. Eating Sue Bee honey on crackers helps your body flush out whatever alcohol remains in your body. I even found a use for the Maxwell House Coffee grounds that we generate here on a daily basis. Sprinkle the dried grounds outside doors and cracks. Coffee defers ants.

Well as you can see you can find stuff that you weren't even looking for and wouldn't care if you did. Dang, I even found out that you can free a tongue stuck to frozen metal in winter by spraying WD-40 on the metal around the tongue. NOW ya tell me!