



E-Mail Newsletter

FEBRUARY 17, 2008

FEBRUARY VOLUME 3, NUMBER 2

"Friends

Helping

Friends."

Everyday is

A gift, that's

why we

call

today,

"the

present"

Taking care of you

We've all gotten through the holidays, including Valentine's Day, which must have been very hard for those who have recently lost a loved one. Everyone survived the day, somehow, give yourself a pat on the back.

I recently read an article about caregivers, it basically said that often time caregivers tend to get ill after a family member depends on you for almost every aspect of their daily living. It is common that caregivers do get sick easier, your resistance is lower, you don't get to rest like you should, stress is part of your normal day. For those of you who are caregivers or were caregivers and have recently suffered the death of a loved one, please take some time for you. First thing you should consider is to go see your Doctor and get a complete physical. I know, that is the last place you want to go and maybe even see, but you have probably neglected yourself for quite some time. The time to take care of yourself is now, don't make excuses, just suck it up and if you have to think of it as fine, I'll go to get it over with, just do it for yourself and your family and friends who worry about you. Share with your Doctor what you have recently gone through, when you make your appointment, maybe even say you would like a little extra time with the Doctor, share your emotional as well as your physical ailments with him or her. We have to try to remember Doctors are only humans, just like the rest of us, who went through years of education because they wanted to help people. Doctor's are not Gods and sometimes they get a bad rap when all the tests said one thing and it was actually something else or when their guess is six months and our loved one dies within three months. You have to find it in your heart to remember the reason they wanted to be Doctors in first place and try to be honest with them about how you are feeling now.

Spring is around the corner, it will be warm again soon. Everyone should get that check-up they've been putting off for so long. It's almost like taking care of that long over-due spring cleaning or oil change on your car. It's time to take care of you!

Until next month

Good grief

AnneGD@groww.org

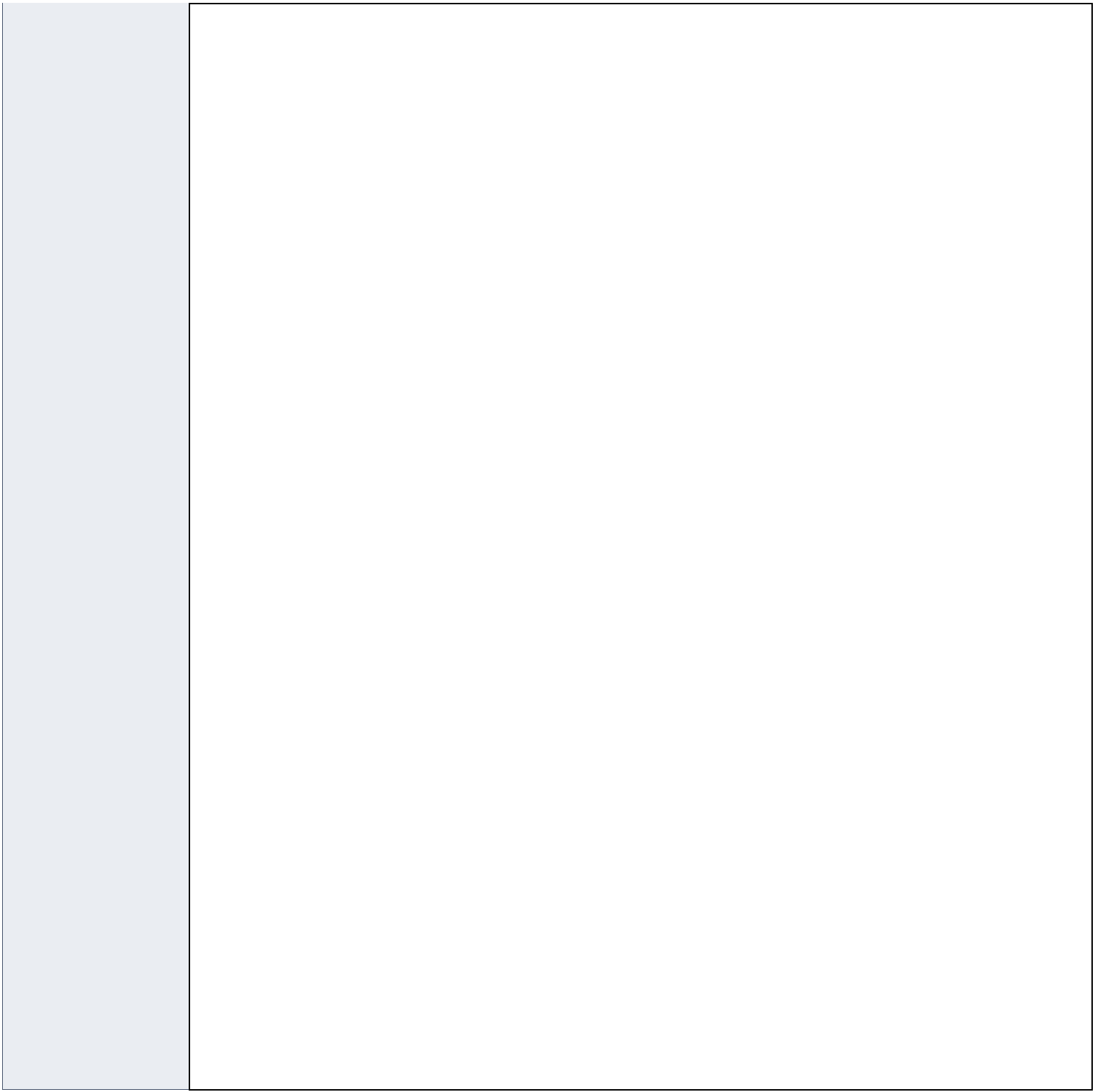


Chatting Tips: staff@groww.org

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

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

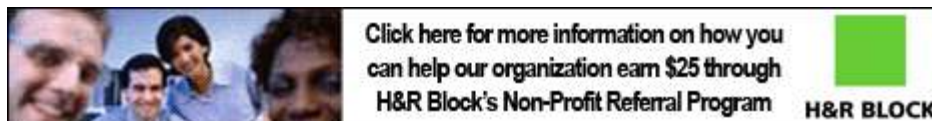


Help GROWW

What if GROWW earned a penny every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our cause? Well, now it can!
GoodSearch.com is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!
GoodShop.com is a new online shopping mall which donates up to 37 percent of each purchase to your favorite cause! Hundreds of great stores including Target, Gap, Best Buy, ebay, Macy's and Barnes & Noble have teamed up with GoodShop and every time you place an order, you'll be supporting your favorite cause.
Just go to www.goodsearch.com and be sure to enter GROWW as the charity you want to support. And, be sure to spread the word!

This is to make everyone aware of another way to generate funding to keep the GROWW web site viable and available for those that are trudging their way through the loss of a loved one. As we approach the end of the year, we are also approaching another annual event that just cannot be avoided; namely filing our federal income tax returns. This year, H&R Block has initiated a Non-Profit Referral Program to help organizations such as GROWW.

Here is how it works. For each new client (anyone that did NOT file their prior year's tax return through H&R Block), H&R Block will send \$25 to GROWW. All you have to do is present the official certificate to the tax professional when you visit any H&R Block office and file your tax return for 2006. All you need to do is go to the HelpGROWW web page at <http://www.groww.org/helpgroww/index.htm>; scroll down to the banner that looks like this:



Click on this banner and a certificate will open in a new window. Print the certificate, present it to the tax professional at your local H&R Block office, and file your tax return. You will be helping GROWW, get H&R Block guarantee of accuracy, and perhaps get a larger refund. Thank you in advance.

MESSAGE BOARDS

Once in awhile, we like to remind our members that GROWW offers many other venues besides our chat rooms. For some the chat room meets their needs and for others our message boards and email to heaven does the trick and for others they utilize it all!

Most of our chat rooms do not require passwords. Sadly, due to spam over the years we have been forced to password protect our message boards and email to heaven. We have tried to make the process as simple as possible.

There is a link on the main page to request permission to post. Please keep in mind we do work full time jobs so allow 48 hours. You will receive an email with the guidelines for posting once your user name and password has been approved. We do not use an automated system and each one is approved manually. If you do not hear back from us within the 48 hours please do not hesitate to email Rachel at Rachel@groww.org.

If you have trouble accessing the form please send an email including the following information. Failure to include all information will delay approving your user name.

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>



GROWW, Inc.
11677
Douglas
Road
102-PMB 101
Alpharetta,
GA 30005

E-mail
newsletter@groww.org

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

Please type in the subject - Password no form

First name and first 2 initials of your last name

Screen name

Name you wish to use when posting

Password

Valid email address - provide non free email accounts if possible

Please keep in mind we do clear the message boards and email to heaven, periodically. If there is something you wish to save please copy it and save it in your own files.

Please ignore the spam. We are working hard to address the problem.

Be good to you.

Rachel

A Life Lost, A Life Lived

If there is pain more searing than that of experiencing the death of someone we loved, I cannot imagine what it could be. The sun at the center of our universe has been kicked away, and it can feel as though we are drifting alone through space and time with nothing to hang onto, nothing to stop the dizzying spin.

There **is** no "normal." What we took to be our normal life has vanished with our loved one. We do not feel even vaguely normal, and we certainly don't resemble our former normal selves. And surely it is not "normal" for the world and life itself to just keep on keeping on, oblivious to the shocking event that should have stopped even all that!

We hear about time healing and new normals - who are they kidding? Maybe for them, but not for us, who loved so much better and lost so much more.

And nothing much changes - within us or outside us - for a while. How long a while is unpredictable at best, and often suggested to us at worst. We are busy within our own horrid world, trying to absorb the shock, come to terms with the loss, deal with what must be dealt with.

Then, like Spring, like life itself, a little green shoot of hope may catch our notice, probably unexpectedly, maybe even unwelcomed. It seems just possible that we may get through this, and there may be some guilt attached to that realization. How can we possibly not spend every second of every day mourning our dead, wanting to be reunited either here or there?

Still, it happens. A friend's hug feels once more like a loving hug. A smile from another signifies pleasure that we are here and still friends. A crocus blooms, and then a daffodil, and then tulips. Irises will follow, and roses, and all manner of lovely things. And we begin to be able to see them again.

I wish you a Spring with eyes wide enough open and sufficiently unclouded by tears to see what is before you. It is your life, and it can again be beautiful.

Barby

Phil's Corner

Hi guyz, geez been awhile huh? Well I got this cool e mail from a friend with some good advice on how to get the most out of your gas dollars. I know most of us could use a few pointers on saving a buck.

Only buy or fill up your car or truck in the early morning when the ground temperature is still cold. Remember that all service stations have their storage tanks buried below ground. The colder the ground the more dense the gasoline, when it gets warmer gasoline expands, so buying in the afternoon or in the evening....your gallon is not exactly a gallon. In the petroleum business, the specific gravity and the temperature of the gasoline, diesel and jet fuel, ethanol and other petroleum products plays an important role. A 1-degree rise in temperature is a big deal for this business. But the service stations do not have temperature compensation at the pumps.

When you're filling up do not squeeze the trigger of the nozzle to a fast mode. If you look you will see that the trigger has three (3) stages: low, middle, and high. In slow mode you should be pumping on low speed, thereby minimizing the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some of the liquid that goes to your tank becomes vapor. Those vapors are being sucked up and back into the underground storage tank so you're getting less worth for your money.

One of the most important tips is to fill up when your gas tank is HALF FULL. The reason for this is, the more gas you have in your tank the less air occupying its empty space. Gasoline evaporates faster than you can imagine. Gasoline storage tanks have an internal floating roof. This roof serves as zero clearance between the gas and the atmosphere, so it minimizes the evaporation. Unlike service stations every truck that transports gasoline is temperature compensated so that every gallon is actually the exact amount.

Another reminder, if there is a gasoline truck pumping into the storage tanks when you stop to buy gas, DO NOT fill up--most likely the gasoline is being stirred up as the gas is being delivered, and you might pick up some of the dirt that normally settles on the bottom.