

Summer
2023



Welcome to all members and friends. Hope you enjoy our summer newsletter.

Many events happen during the summer months; some exciting times such as the World Transplant Games in Australia. The Donor Family Network were lucky to be represented in Perth in April. These games are the largest sporting event for organ transplant recipients in the world, with supporters from over 50 countries. Many athletes attended the games and the team from Britain excelled in their medal tally. Sadly, too many to mention by individual names but congratulations to all competitors, winners or not.

Recently the British Transplant Games were held in Coventry from the 27th July until 31st July. Teams from all over the United Kingdom competed in what is an amazing event. Being able to take part after suffering such ill health that a transplant was required is an achievement itself.

The next event to take place will be the DFN's annual Remembrance and Thanksgiving Family Event which will be held this year on Sunday September 17th at the National Memorial Arboretum in Alrewas, Staffordshire.

More information can be found on the back page of this newsletter.

The DFN Gift of Life Memorial is a beautiful piece of sculpture encompassing three themes:-

Reflection: a place of reflection and contemplation for all those who have been touched by or support organ donation.

Recognition: where the kind and generous gift of life can be recognised.

Remembrance: where all donors can be remembered with love.



DONOR FAMILY NETWORK

CONNEXIONS

Registered charity
1098781



The
Gift of Life
Memorial

MEMORIES ARE THE LOVELIEST THINGS, THEY LAST FROM DAY TO DAY



We thank everyone who has kindly raised funds or made a donation to the Donor Family Network recently:

Thank you to our regular donors

Patrick Gallagher
Darren Cox
Keith Astbury
Pauline McDonnell
A Heron
J Fletcher
S Hall
Roger Quick



Donations have been gratefully received from:

Rebecca Watts
Jim Fallow
Angela Dixon who held a fund-raising event for the DFN
Kerry Adamson who held a fund-raising event to celebrate the 10th Heart Anniversary of Ben Sporle
Relief Chest Scheme (Masons Charitable Foundation)

Donations in memory of :

Izabella Ball, who donated in April 2023
Debbie White / O'Donaughee
Miriam Evans in memory of her sister, Rachel
Jill Royle in memory of her daughter, Samantha

Just Giving Pages have be created by:

Vanessa Pritchard, who ran the London Marathon in April in memory of her Mum who gave the gift of life in October 2022
Andy Smith, who took part in the Aberdovey Bike Ride in April 2023
Philip Russell, who took part in the Belfast Marathon in April 2023
Abigail Whitehouse, who continues to raise monies in memory of Oliver who donated in January 2022
Lisa Dominy who is doing the Hyrox Birmingham in October 2023 in memory of Sandra Beale.

Our grateful thanks go to all those who have donated to the charity and supported others in their fund raising activities.

THEY CAN'T GET LOST, THEY DON'T WEAR OUT AND CAN'T BE GIVEN AWAY

Twelve year old **Erin McIlveney** has recently represented Team GB & NI in the World Transplant Games in Perth, assisted in part by the grant of a bursary from the DFN's David Nix world Games Bursary. Erin was only six months old when she had her liver transplant. She wrote this message to the DFN and asked that we share it with our members:

"Dear Donor Family Network,

I would like to thank you for supporting me to go to the World Transplant Games in Perth 2023. Thanks to your contribution, my family and I were able to be a part of an amazing event bringing people from all across the globe with transplants together. I loved meeting people at the events and talking about what had happened in our life to bring us there. We could also talk about the sports we were competing in. It is my personal view that sport in general can give you so many opportunities, like meeting new people or having a sense of belonging in a team or club. Those wonderful feelings can be even more amplified if you know that other people in the team have been through the similar challenges that you have overcome. The GB & NI team have all been through the transplant journey along with being blessed with the gift of life, it was wonderful to feel part of this very grateful team. Some of my highlights were;

The opening ceremony

I got to walk with my team into the incredible Optus stadium, alongside the 44 other teams from around the globe.

Culture night

We were given free run of the Western Museum for an evening! It was opened up to all competitors and supporters. There was amazing food, dancing and the museum had a cool Alice in Wonderland exhibition.

Badminton singles event

This was when I got my first gold medal and it felt amazing to achieve this milestone after all my hard work. I won 3 gold medals in total but the first felt the most special. I have so many amazing memories from the trip and it has given me the confidence to be able to meet new people and travel to new places. Thank you again for your support, it made the experience even more important to know I was representing donor recipients to show donor families how much we can make of your gifts."



DAYMON JOHNSON'S STORY

Back in March Daymon marked 27 years since his kidney transplant, and thanks to his donor and their family, he competed once again this year in his 20th British Transplant Games and his 2nd World Transplant Games.

"I was a planned home birth and it was expected that all would go well as mum had a normal healthy pregnancy. On June 5th, 1990 I rushed into the world, however not everything was good, I was rushed to my local hospital, as I was a bit blue. When I got there, it was thought I had a problem with my heart. It was in my best interest that I should be treated in Newcastle. Before I left the local hospital, I had to have a chest drain as my lungs had collapsed.

I finally arrived in Newcastle at 10pm via special ambulance as I was too sick to travel by air. My parents were told they didn't expect me to make the journey and at this point they were taking it minute by minute, and if I was still here in the morning, they would be able to review the situation, and take it from there. After 2 weeks of tests etc, it was discovered my kidneys were causing all the problems. After various tests, scans and procedures I was finally allowed home at the age of 1 month old. By the age of 2 years old my first kidney was taken out and I had an operation to reconstruct my bladder before I was suitable for transplantation. I was then put on dialysis and had to receive growth hormone injections everyday as well as another injection 3 times a week. I also had to be tube fed as I could not eat properly.

After 2 previous failed calls and at the age of 5 years and 9 months, I received my gift of life, my Kidney transplant in March in 1996. Since then I have had some amazing experiences.

Since my life saving Transplant I have competed in 20 British Transplant Games, bringing a haul of medals home in various events.

At the age of 14 years old I found a passion for playing squash, and when I was eventually able to compete in the event at the British Transplant Games at the age of 16 years old, I came home with a Gold medal, and was selected to compete for Team GB in the World Transplant Games in Thailand.

In Thailand I came home with a Bronze medal in squash and a Bronze medal in Pétanque in the 18-29 age group and a Gold in my own age group for the Pétanque.

Unfortunately, after Thailand I picked up an ACL injury on a skiing holiday. Due to my medication the local doctors were unwilling to operate, thankfully Alison Bloxham, the Games head physio, contacted Ossur who made me a knee brace which allowed me to continue to play squash. Everything was great, I was training and enjoying life.

However, my knee came out of the brace when on a squash camp, this time I went to see a different doctor who was willing to operate.

The rehab went well, and I was back playing squash within 6 months, and all was going great.

I was preparing to compete for Team GB in South Africa, when I decided to take up football as an extra sport. I was practicing one night, when I fell and broke and dislocated my ankle as well as rupturing my ACL for a second time.

DAYMON'S REMARKABLE ACHIEVEMENTS

After this I decided to take some time out and let my body heal and recover.

I started taking part in the British Transplant Games again in North Lanarkshire in 2017. I have since taken part in 2 World Transplant Games and 1 European

Transplant Games. I recently underwent surgery to repair my cartilage in my left knee so I will just be supporting at the British Transplant Games in Coventry and hoping to train hard enough for next year's British and European Transplant Games, upon my return".



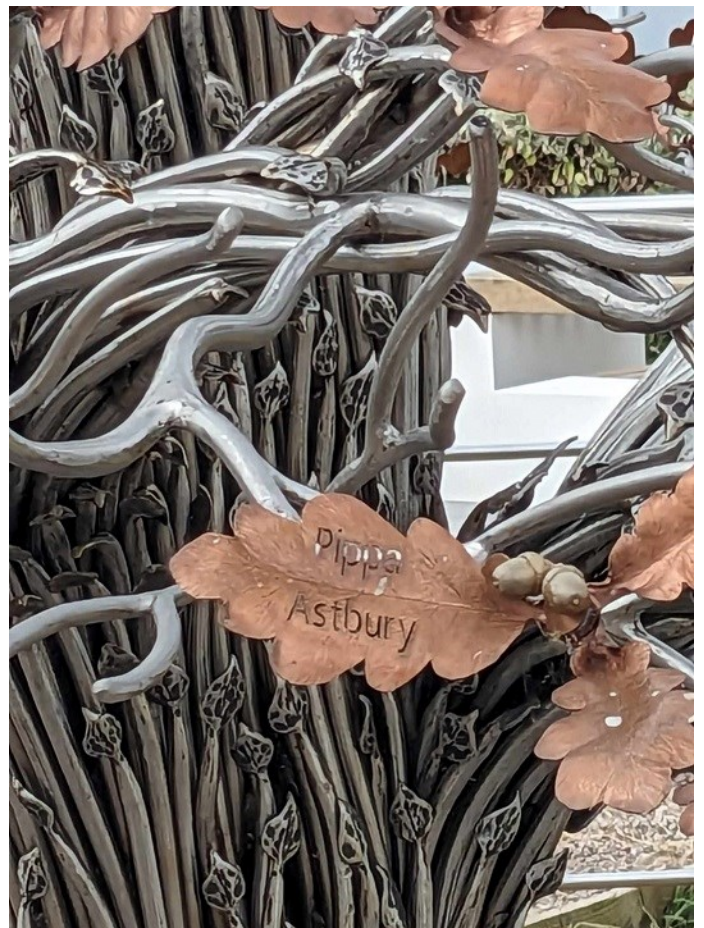
GONE BUT NOT FORGOTTEN, ALTHOUGH WE ARE APART

Preston Hospital, (Lancashire Teaching Hospitals NHS Foundation Trust), have recently opened a Memorial Garden, a special place of remembrance, contemplation and reflection, providing a peaceful outdoor space for those bereaved to come to terms with their loss, together with somewhere which can be used by visitors and staff.

The anticipated outcome will be to raise awareness of the importance of organ and tissue donation, and how this saves lives.

A local artist designed and made the metal tree sculpture, which is made from steel and is about 3 metres tall, and 3m. wide. It is a tree on which each leaf commemorates a person who has donated or died. The leaves are detachable, so new names can be added. At present there are about 40 inscribed leaves. At the base of the tree are lights which change colour during the evening; this enhances the overall ambience of this peaceful memorial.

Keith Astbury's daughter Pippa died and donated her organs, her leaf is in the photograph below. Keith is an active Organ Donor Ambassador and Donor Family Network member and he was present at the unveiling of the tree.



YOUR SPIRIT LIVES WITHIN US, FOREVER IN OUR HEARTS

Transplant Games

NHS Blood & Transplant attended the recent Transplant Games and provided a letter writing and general information stand throughout the four days.

Last year, NHSBT launched the pilot of a special stand at the Leeds Games, our "Letter Writing Stand", and the success of this gave us scope to plan for Coventry 2023. Our stand provided an opportunity for individuals from any side of donation and transplantation to drop by and learn a bit more about the process.

The idea of writing a letter to a loved one's recipient or to a donor family, or even living donor, is very complex, sensitive, and emotional, so this was an opportunity for those who are interested to hear from some people who have experience. This was not a place for people to write letters, but rather to talk to others about the idea, share questions or concerns and perhaps get some reassurance and support.

As well as sharing the letter writing resources, our stand had lots of information on organ donation, promotional items and research projects, as we appreciate this was a brilliant opportunity to network with transplant recipients, living donors and donor families.

Sandi Sund – NHSBT Organ Donation Ambassador Programme.



Lighting Buildings up Pink

NHSBT are asking if anyone can organise to light up a building with pink lights during Organ Donation Week. This has been the practice over the last few years and Lorraine Furfie, a Donor Family Network member, has organised for The Mersey Gateway Bridge to be pink.

Last year on 26th September The Mersey Gateway Bridge looked like this:

If you can arrange for somewhere to be lit up in pink please contact Sandi Sund at NHSBT on her mobile 07385037536

nhsbt.nhs.uk or

www.organdonation.nhs.uk



DONATION IS NOT JUST ABOUT GIVING; ITS ABOUT

STRANGE BUT TRUE!

There was an interesting article in the "I" newspaper on 19th May this year about a woman who visited her own heart at a museum 16 years after she had life saving transplant surgery.

Jennifer Sutton described the experience as "surreal" after coming face to face with the exhibit at the Hunterian Museum in Holborn, central London.

The 38 year old from Ringwood in Hampshire, was at university when she began struggling with even mild exercise, such as walking and was later diagnosed with restrictive cardiomyopathy.

She received a transplant at the age of 22 years, after her health quickly deteriorated and gave permission for the Royal College of Surgeons to use her heart for a display to help promote organ donation.

She told the BBC: The minute you first walk into the museum you think "that used to be inside my body", but it's quite nice too—it's like my friend. It kept me alive for 22 years and I'm proud of it really. I've seen lots of things in jars in my lifetime but to think that the heart was actually mine is quite weird".

Ms Sutton said she hoped it would help to promote organ donation, describing it as " the greatest gift possible".

She added that she now leads a busy, active life and plans to keep going as long as possible.



The Hunterian Museum located in the Royal College of Surgeons, London; is full of anatomical specimens.

There are approximately 3,500 specimens, spanning four centuries of surgery, medicine, natural history and various other pathological artifacts.

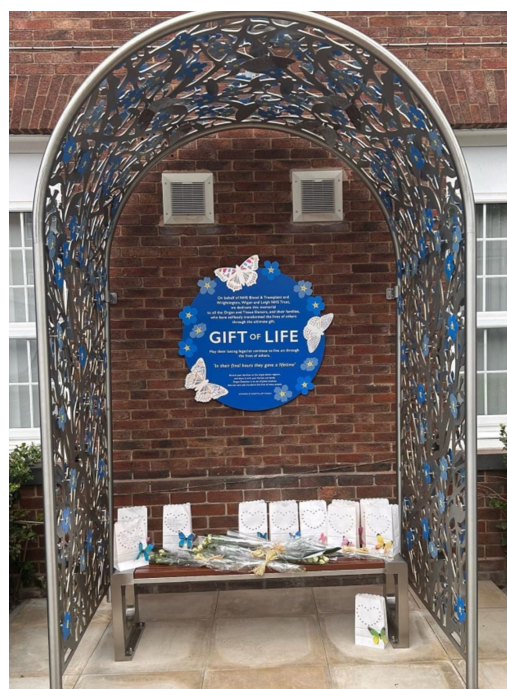
It is open to the public but check opening times before you visit and gallery tours are available.

Entry to the museum is free!

MAKING A HUGE DIFFERENCE TO SOMEONE ELSE AND ENHANCING THEIR LIVES.

The Donor Family Memorial was unveiled recently at the Royal Albert Edward Infirmary, Wigan on 17th June 2023. Six families attended the short dedication service and presented replica "forget me not" flowers on the memorial itself.

Sharon Hallam attended the unveiling at Wigan as a retired Senior Nurse for Organ Donation and active Organ Donor Ambassador.



DON'T REGRET GROWING OLD

Keeping Tom's Memory Alive

My son Tom, age 22, tragically died in a hockey accident and as a donor Mum I am always looking for ways to promote organ donation and my son's charity, the Tom Wilson Memorial Fund (TWMF). This year, 2023 has already been a year of many opportunities and special occasions.

In April, I was lucky enough to attend the World Transplant Games, in Perth, Australia as a volunteer. My son Tom was a keen sportsman, so, as a sports fan, I jumped at the chance to be part of such a prestigious sporting occasion.

I have many memories of the week, chatting on radio shows, making podcasts and being part of a TV documentary but some in particular stand out. Meeting Aussie Frank Watkins, Dad of Lizzie, a young lady who also tragically died playing hockey in Perth and donated, was emotional. Frank and I walked in to the enormous Optus stadium together with the other donor families, feeling the love from the cheering spectators and transplant competitors. So moving and sensing at first hand, the thanks to us for a second chance of life from recipients.

Another memorable moment was the beautiful setting for the donor family beach walk where Karen Piotr (DFN) and I had a repeat photo of the one taken at the WTG 2019 Newcastle with President Chris Thomas. The chance to chat to other donor families from around the world was very interesting and worthwhile.

Being given the opportunity to present medals at the WTG games made me so proud. Seeing the joy on the faces of medallists is very rewarding. Special for me was presenting Karen Rockell (GB&NI) with a swimming Gold medal as we had only met a month before in March, at a British Transplant Congress in Edinburgh. Then an incredibly moving moment when Orla Smyth (GB&NI) gave me her medal, insisting I took it for Tom, as she would never know her donor. A medal I will cherish forever.

Many thanks to Lynne Holt (GB Team Manager) and the WTG Federation for all the organisation; an unforgettable WTG games and the chance to share Tom's story down under. Managing stands, a great day was had chatting to spectators and spreading the word about organ donation. The highlight had to be having our photos taken with the GB Men's and Ladies Hockey teams who wore and trained on the pitch in the pink NHSBT t-shirts. The event was attended by over 3000 spectators and shown on BT Sport so an amazing way to promote TWMF/organ donation.

So, what next? Now, to the WHBTG Coventry 2023 where Tom's Baton will be presented at the opening ceremony and handed on to the next host city at the closing ceremony. I will be cheering on Fatima & Gordon, Tom's liver and heart recipients who are both competing. Then in Organ Donation Week, a London Borough of Havering bus campaign promoting organ donation, then finally on Friday 22nd September the Barts Organ Donation Memorial unveiling at Royal London Hospital, Whitechapel, where Tom donated. All continuing to promote the precious gift of life and keeping Tom's memory alive.

Lisa Wilson (Tom's Mum).



IT'S A PRIVILEGE DENIED TO MANY

24th World Transplant Games, Perth Australia – Karen Piotr

I recently attended the Games as part of Team GB & NI. It was an honour to have the opportunity to travel to these games.

My late husband Mark and I regularly travelled to Australia, so to be asked to be part of Team GB & NI was something I wasn't going to let pass by.

I've been to a few British Transplant Games, but I wasn't prepared for the magnitude of emotions. Those International stories of hope and resilience and the power of how the World unites on organ donation is powerful. From Mongolia to Singapore and Bulgaria to Brazil, there were 45 countries competing in 17 sporting events, all celebrating the gift of life. Their dedication and commitment to compete for their country is husband Mark and I regularly travelled to Australia, so to be asked to be part of Team GB & NI was something I wonderful to see and to be part of.

The display of International flags on the stage in the registration hall was a magnificent sight and it certainly hit home just how far reaching organ donation has become.

There are moments to cherish for a long time, especially the privilege of reading a poem on behalf of all donor families across the World at the Gift of Life Remembrance and Thanksgiving service. I wore the special owl dress that Mark loved, in his memory. The poem had been written for the DFN by Patricia Rose and was used at our Memorial Service last September.



The vibrant Canadian golfer Ivan, who had received a heart transplant, was one of the special recipient stories that touched me the most. How loud, proud and happy he was to have the second chance of life and to be able to still play golf and hug his grandchildren. I gifted him my Team GB & NI sweatshirt. He was overcome with emotion and shed a tear and reassured me that he would keep it in his golf bag as a constant reminder of me as a donor family, since he didn't know who his donor was.



Another incredible person I met was Rowena, a first Nation Aboriginal donor mum. She had sadly lost her daughter 5 years previously and had agreed to organ donation, so 3 others could have the gift of life. I was blessed to share moments of reflection with her, listen to her story and share mine too. We held hands (very tightly) as we entered the opening ceremony stadium. The rapturous applause from the recipients who were seated, was a precious moment to share together and one which she was grateful for me telling her about in advance as we waited to enter the stadium, so she was prepared for that wave of emotion and could actually fully appreciate the walk in.

We met again at the Gift of Life donor beach walk a few days later and I gave her a special gift of my own, a beautiful hand knitted angel that one of my WI friends Sue knits in the organ donation pink wool. The joy on her face as I presented this to her will be something I will fondly remember.



I met people who are now friends, and talked to so many others whom I hope I will meet again at other World Transplant Games. A very overwhelming 7 days that will take a long time to fade – well I do have over 1500 photos too which I have now had made into a lovely photo album.

*NO ACT OF KINDNESS HOWEVER SMALL,
IS EVER WASTED*

If you're wondering where to find me.
I'll tell you where I'll be,
I'm in that in-between bit,
That space where sky meets sea.
In the whispers of the trees
And the edges of your dreams,
Close enough to almost touch
But slightly out of reach.
I'm in the moon and in the stars
But never really far,
And always, always I'm there inside your heart.
Written by Catherine Prutton



IN MEMORY OF ANDREW RAMSAY FALLOW

In February 2023 Andrew died from lung cancer. The previous year he had been treated for long Covid but it soon became obvious that his symptoms were becoming worse and following investigations he was diagnosed with lung cancer.



Despite an operation and medication he gradually deteriorated and was told he was terminally ill. He was so disappointed when he thought he would not be able to donate, due to having active cancer. He had discussed this with his wife Christine, and children, and fortunately his brother Jim managed to speak with hospital staff, who contacted a Specialist Nurse and Andrew was able to donate his corneas, soon after he died.

Many people are not aware that this is possible and Andrew's family would encourage anyone who is able to, to discuss this with hospital staff, even if they are being treated for cancer. As corneas do not have a blood supply there is no chance the disease can be passed on.

Corneal transplant, or grafting, replaces a damaged cornea with tissue from a deceased donor, thus improving vision, relieves pain and discomfort, therefore ultimately improving their quality of life.

In the UK approximately 4,500 graft surgeries are performed annually but there is a shortage of donated corneas, as people seem reluctant to donate this tissue.

PLEASE DISCUSS WITH YOUR FAMILY ABOUT CORNEAL DONATION, EVEN WITH ACTIVE CANCER, YOU COULD HELP SAVE SOMEBODY'S VISION.

THE GREATEST WEALTH IS HEALTH

SIGNET Update

The SIGNET trial is investigating whether giving deceased organ donors a single dose of the drug Simvastatin, a safe and commonly used drug, is beneficial for transplant recipients. Over 650 donors have now been randomised to SIGNET, this means we're now 25% of the way to our target of 2600 donors and finding out if the simvastatin does benefit recipients of organs. We couldn't do this without our donor families, thank you to everyone who has taken the time to consider the study and also the specialist nurses for organ donation for the important work that they do.

We still have a few more hospitals to open to SIGNET but we have more than 130 hospitals open. This means that most donor families will be given the opportunity for their loved one to participate in SIGNET if they are eligible.

Thank you to everyone who has been involved and most importantly to the donors and their families who have agreed to take part.

Amy Evans, Clinical Trial Manager

NHS Blood & Transplant

World Transplant Games Perth - April 2023

DFN are proud to have provided bursaries to the following 6 participants to attend their first World Transplant Games which ran from Friday 14th to Friday 21st April in Perth, Western Australia :-

Kate Warner, Lucy Ryan, Erin McIlvaney, Ava Taylor, Bramble Johnson and Andrea Draper.

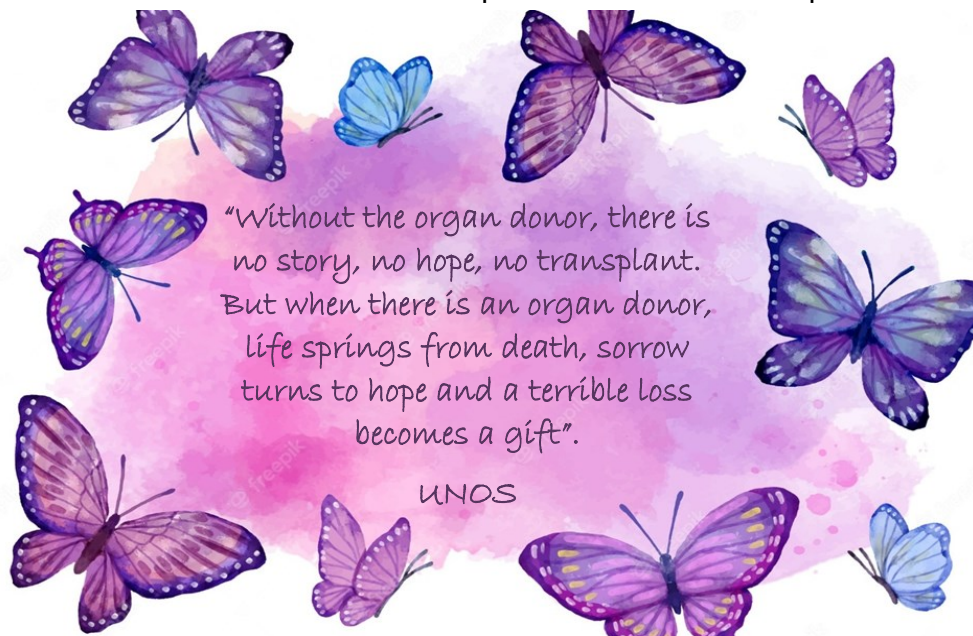
Our Trustee Karen travelled with Team GB as the Donor Family & Live Donor Captain. She followed the successes of all participants, as well as our bursary nominees.



THANK YOU FOR THE LOVELY MEMORIES

SPORTS AND ACTIVITIES NOT FOUND AT THE BRITISH TRANSPLANT GAMES!!

1. Where is Tin Bath racing held?
2. When does Bog Snorkelling take place?
3. Where is the Cheese Rolling event held in England?
4. What type of tree is the Scottish caber usually made from?
5. What is a Dorset Knob, used in an annual throwing event?
6. Where is Hurling played?
7. Face Gurning is held at the Egremont Crab Fair, on what date?
8. What is Zorbing?
9. Where is the annual world Poohsticks competition held?
10. What annual event is held in Knaresborough, North Yorkshire?
11. Wife carrying competition is held annually in Finland. What is the prize?
12. When did Shin Kicking start as a sport in England?
13. Competitive Worm Charming started where in Britain?
14. Which sport has a player know as a "tosser"?
15. Pillow Fighting is a sport played by whom?
16. Which sport is played with an iron puck?
17. Which game has teams known as the Up'Ards and Down'Ards?
18. Which country would you normally find Broomball played?
19. Which sport is a hybrid form of American Football and Australian rules football?
20. What is Pottermus?
21. Which sport is considered to be the oldest in the world?
22. What date is Haxey Hood game played?
23. What has replaced elephants in a version of Polo in Sri Lanka?
24. Where do they play the game Pétanque?
25. Which sport do men have to have written permission from their partners to play?



WHICH NO AMOUNT OF MONEY CAN EVER BUY

RIDDLES AND QUESTIONS

1. What has a tail and head but no body? A COIN
 2. What never goes up but only comes down? RAIN
 3. What is coming but never arrives? TOMORROW
 4. What cannot eat, even though it has teeth? A COMB
 5. Who invented the word VOMIT? SHAKESPEARE
 6. How many sides are there in a circle? 2, INSIDE AND OUTSIDE
 7. Where can we find an ocean, lake or river without water? ON A MAP
 8. What can run but never walk? WATER
 9. What is Google's motto? DON'T BE EVIL
 10. What never grows larger the older we get? OUR EYES
 11. Where is your pulicue? THE SPACE BETWEEN THUMB AND FINGER
 12. The more you make of me, the more you leave behind, I am? FOOTSTEPS
 13. I have a face, but no eyes, hands but no arms, what am I? CLOCK
 14. I eat, I breathe, I live. I live, I drink, I die. What am I? FIRE
 15. What was the first fruit eaten on the moon? PEACH
 16. What has 13 hearts, but no other organs? PACK OF CARDS
 17. How many people boarded Noah's Ark? EIGHT
 18. Which metal is heavier, Gold or Silver? GOLD
 19. What is the only thing you can lose and never get back? TIME
 20. What is Kopi Luwak? COFFEE BEANS
 21. Where would you find an ISBN number? ON A BOOK
 22. What goes up but never comes down? AGE
 23. Which language has the most words? ENGLISH
 24. What is the national animal of Scotland? UNICORN
 25. How many noses does a slug have? FOUR
 26. Which 2 cities represent letters in the phonetic alphabet? LIMA AND QUEBEC
 27. What is a Interrobang? ? FOLLOWED BY A !
 28. What food is a Twinkie? AN AMERICAN SWEET SNACK
 29. Name a sport where the winner moves backwards? ROWING, TUG OF WAR
 30. I am the type of room you cannot enter or leave. What am I? MUSHROOM
 31. I have a neck but no head, arms but no hands, what am I? SHIRT
 32. What is a group of Unicorns called? A BLESSING
 33. Which company's motto is Grace, Space and Pace? JAGUAR
 34. What kills most fruit flies? CONSTIPATION
 35. Which animal can't stick it's tongue out? CROCODILE
-



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Kent

Our annual **Remembrance and Thanksgiving Family Event** will be held this year on Sunday September 17th at the National Memorial Arboretum in Alrewas. It will be held in the Aspects Building at the Arboretum, beginning at 1pm. Everyone is welcome to come along. Feel free to include friends and family who have supported you or are interested in the work we do. Recipients and their friends and family are also very welcome. It is an opportunity to listen to music and poems, light a candle in memory of your loved one or donor, hear both donor and recipient speakers and meet other families. During the event we will hold a ceremony of recognition for donors. Any family who has not previously received a certificate of recognition is very welcome to request one. The Arboretum is in a beautiful and peaceful setting. We would highly recommend you come early enough to have a walk around and go to see the DFN Gift of Life Memorial.

We would appreciate it if you could let us know if you intend to join us and how many will be in your party, for catering purposes, as tea and cake will be provided afterwards. Please also let us know if you would like to receive a certificate of recognition (and how many), confirming the donors name as you would like it to appear and if possible, a photograph of your loved one which we can use during the ceremony. Throughout the afternoon we show a rolling screen of photographs of donors. Whether or not you wish to receive a certificate, you are welcome to provide a photograph for this.

There is no charge for attending the event but car parking should be pre-booked through the Arboretum website. The postcode for the Arboretum is DE13 7AR.

Our bi-annual AGM will be held at 12 o'clock in the Aspects building. We would welcome any donor families who are able to attend.

Please confirm attendance and numbers for the event no later than 7th September.

**WHEN WE LOSE SOMEONE WE LOVE WE
MUST LEARN NOT TO LIVE WITHOUT THEM,
BUT TO LIVE WITH THE LOVE THEY LEFT
BEHIND.**