

ADOPTION CIRCLES

CANADA'S POST-ADOPTION QUARTERLY

ISSUE 16 FALL 1995 \$3.00

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MAIL ORDER

The following books and products are available from the Society. Please make cheques payable to **Forget Me Not Family Society** and mail to Forget Me Not Family Society, #209 - 1575 Best Street, White Rock, B.C., CANADA V4B 5K1. All prices include GST.

A Coloring Book for Grown-Up Adopted Children. \$8 plus \$1.50 S/H.

Nobody's Baby by Susan Moses. A book of poetry. \$6 plus \$1 S/H.

Dear Mom, I Found My Birthmother by Susan Moses. \$5 plus \$1 S/H.

Reader's Guide to Books on Post-Adoption by Heather Carlini. \$4.95 plus \$1 S/H.

Birth Mother Trauma by Heather Carlini. \$15 plus \$2.50 S/H.

Adoption Reunions by Michelle McColm. A sensitive and compassionate book about the reunion process for adoptees, birth parents and adoptive families under Canadian laws and practices. \$18.50 plus \$2.50 S/H.

The Other Mother by Carol Schaefer. Written with poignancy, tenderness, depth and honesty. A portrayal of what it is really like to relinquish a child for adoption. \$18.50 plus \$2.50 S/H.

Finding Family by Rick Ouston. A great search & reunion book which Rick has dedicated to All The Secret Mothers. \$16 plus \$2.50 S/H.

The Primal Wound by Nancy Verrier. Clarifies the effect of separation for birth mothers & adoptees. \$24 + \$2.50 S/H.

Shipping charges are \$2.50 for the first book and \$.75 for each additional book, unless otherwise noted.

Society T-Shirts with the Forget Me Not Family Society Logo screened on the front are available in top quality 100% cotton. Please state size M/L/XL. Colour: white only (logo is black). \$14.95 ea. + \$1.50 Shipping.

WORKSHOP AUDIO CASSETTES

*Professionally recorded at the
Forget Me Not Family Society
"A Time To Heal"
3rd Post-Adoption Conference*

The following audio cassettes of conference workshops are available from the Society. To order, please contact our office. Tapes are \$6 each (includes GST & Shipping).

Opening Ceremonies

Healing Through Grief and Loss in Adoption - Lee Crawford

Healing Adoptive Parents - Nancy Verrier

Victims No More: A Guide to Adoptee Healing - Nancy Verrier

The Maternity Home Experience - Carol Schaefer

Empathy and Respect: Healing Through Communications - Lisa Dunlop-Beldam

Self Esteem in the Adoption Triad - Alisia Dunlop

My Story: A Time for Sharing, Healing and Moving On - Ted Myers

Birthmother Trauma and Counselling - Kathy Lewis

Healing, Learning and Moving Toward a Different Kind of Adoption - Michaela-Sue Goldblatt

Secret Lives: The Unspoken Truths About Adoption - Lorna Millard

Personal Wellness for Birthparents: Coming Out and Looking Ahead - Julie Briese

Circles Within Circles - Lorne and Anne Welwood

A Successful Reunion Story - Catherine Moore, Alisia Dunlop and David Summers

Closing Ceremonies

Workshop audio cassettes from the 1994 conference are still available. Contact our office for a list.

A REMINDER...

To all Forget Me Not Family Society Members, please don't forget to inform our office of any change in *your* mailing address so that we can keep our mailing list current.

Please send letters to the editor, reunion stories, news and information on community events to: Adoption Circles, c/o Forget Me Not Family Society, #209 - 1575 Best Street, White Rock B.C., CANADA V4B 5K1 or fax (604) 532-7625. The Forget Me Not Family Society reserves the right to edit all material submitted on the basis of space, relevance and suitability. Please note that material published in this newsletter does not necessarily reflect the views or opinions of the Forget Me Not Family Society or its Editors.

SUPPORT GROUPS

Forget Me Not Family Society Support Groups - for birth parents, adoptees and adoptive parents

Cloverdale

The second Wednesday of each month, a support group meets at Cloverdale Public Library, 5642 - 176A Street. For more information contact Cecelia Reekie at 530-9982.

New Westminster

The second Tuesday of each month, a support group meets at New Westminster Public Library, 716 - 6th Avenue, from 7 to 9 p.m. For more information contact Nancy Kato at 525-8383.

North Vancouver

The third Wednesday of each month, a support group meets in North Vancouver. For more information, contact Catherine Moore at 929-0546.

Vancouver

The fourth Tuesday of each month, a support group meets in Vancouver. For more information contact Ginny Paulsen at 875-8720.

Quesnel

The first Tuesday of each month, a support group meets at the Community Services Building. Contact Sharon Stevens at 992-9087 in Quesnel.

Other Support Groups

Adoption Reunion Registry * 202-1600 W 6th Ave, Vancouver 736-7917

A post reunion group is held once per month on Monday's from 7 pm to 9 pm. Fall meetings are Oct 16/95, Nov 6/95 and Dec 4/95.

A support group for adoptees who have been denied reunion with birth relatives is held twice monthly on Wednesdays from 7:30 pm to 9 pm. Fall meetings are Oct 4/95, Oct 18/95, Nov 1/95, Nov 15/95, Nov 29/95 and Dec 13/95.

* drop-in basis/no charge

LEAN ON ME TELEPHONE SUPPORT LIST

Reunited Birthparents:

Monica Bunton (403) 327-7525
Ethel Drake - Kamloops (604) 374-8042
Christine Gurin (604) 985-2096
Nicole Quittenton (604) 731-0605
Connie Short (604) 534-9456
Betty Coutts
(100 Mile House) (604) 395-4969

Searching Birthparents:

Mary Reynolds (604) 534-2851
Lois Tworowski
(Regina, Sask.) (306) 522-2756

Adoptee:

Lena Rose - Squamish (604) 222-4151

Reunited Adoptees:

Cecelia Reekie (604) 530-9982
E-Mail: cansoft@haven.uniserve.com
Ginny Paulsen (604) 875-8720
Sharon Stevens - Quesnel (604) 992-9087
E-Mail: sstevens@family.island.net
Sue Travis (604) 534-2477

Reunited with Siblings:

Janis Wegrich (604) 856-2215
(birthparents deceased)

Denied Reunion Adoptees:

Liz Goadby (604) 574-7223

Adoptive Parent of Reunited Adoptee:

Sue McBeatch (604) 538-8301

Adoptive Parent:

Elsa Weinstein (604) 876-4543

Interested Professionals:

Judy Archer (604) 988-5281
North Shore Family Services
Michaela-Sue Goldblatt (604) 921-6425

Send your name and telephone number if you wish to be included on the LEAN ON ME Telephone Support List. Out of town numbers are always welcome.

REUNION REGISTRY UPDATE

By Marg Harrington, Registrar
Adoption Reunion Registry

Reunion Registry Statistics From Oct 2/91 to Aug 31/95.

Total Database*	9741
Searches Completed	3653
Reunions Completed	
- Active	2437
- Passive	461
Subject of search deceased	303
Subject of search refused contact	421

* Database consists of Active and Passive Registries.

Cloverdale Support Group - Please note the last meeting in Cloverdale will be November 8, 1995. We are making arrangements to start a support group in either Langley or Surrey. Watch this spot for more news.

New Adoption Act - This legislation has just recently been passed. This was not just a few changes and amendments, but a complete overhaul of the 1957 Act. There are many contentious and controversial elements and we suggest you contact the Ministry of Social Services, your MLA, or Victoria to get a copy of the new Act. Along with many other adoption community groups, the Forget Me Not Family Society will be involved in the review of Regulations.

The Sullivan Report - Many of you involved in a reunion through the Adoption Reunion Registry were contacted to complete a survey for Dr. Richard Sullivan on your experiences. His report has now been published and you can obtain a copy by contacting the Ministry of Social Services.

Other Conferences - Special Needs Adoptive Parents (SNAP) announces a Conference entitled "Fetal Alcohol Syndrome: The Lifetime Challenge" at the Thomas Haney Centre in Maple Ridge. The Conference will take place October 19 - 20, 1995. If you would like more information or wish to register, please contact SNAP at 687-3114.

Surf the Net! - The Forget Me Not Family Society is coming to the Internet through our own Home Page. We are very excited and extend special thanks to Jim Kelly who has volunteered to build, monitor and maintain this. Watch for more news.

New Address - Kathy Lewis would like to inform our members of her new web site address. She can be reached at:

<http://www.lis.ab.ca/marlene/art/bmther/bmoth.html>

CONFERENCE UPDATE

We cannot begin to say how excited we are at the opportunity of working with the Adoptive Parents Association of British Columbia. It is a great opportunity for both our memberships to be able to come together and share their experiences with adoption.

The following is to provide a look into who is to come to the 1996 Annual Conference and the types of workshops that will be available:

Nancy Verrier --	Adoptive Parents Reunion Issues Adoptees and Anger Self-Esteem and the Adoptee
Carol Schaefer --	Becoming Real to Each Other Long-Term Reunion Issues Birth Father Issues Support Groups for Male Adoptees
Ann Tasko--	Genetic Sexual Attraction
Lorna Millard --	The Secret Journey: Finding Myself
Sharon Jinkerson --	Sibling Reunion Issues
Lee Crawford --	How to Communicate So Your Needs Are Understood

This is just a sample and as you can see, there will be many new issues addressed as well as some of our more popular workshops from the past.

There will be a few new things added to make this the largest conference on adoption issues to have ever taken place here in British Columbia. We look forward to seeing you at the conference. Warning: There will be space limitations and we do expect that space to fill quickly. Please watch for the registration forms coming to you by the middle of November. We advise you to return your registration form as soon as possible so you won't be disappointed.

--The Conference Committee

MEDIAFILE

ARTICLES, MOVIES, DOCUMENTARIES ABOUT ADOPTION OR ADOPTION-RELATED MATTERS

* *Birth Parents Finally Wed* was the heading of a United Press International article, appearing in The Province newspaper recently, about a story of a couple who are now married, thanks to the daughter they gave up for adoption three decades ago.

In 1963, Barbara Colvin and Larry Kellem, now 52 and 56, were both college students who gave up their daughter, Lauri Kellem now 31, for adoption and then never saw each other again. Colvin said it was an experience "you never in a million years think you're going to live through". Two years ago, Lauri, daughter and matchmaker, was able to track down her birth parents and now Barbara and Larry, who have both been married and divorced over the years, have married each other.

* *Stopping the Lies* appropriately headed a recent Province newspaper article by local author, journalist and adoptee, Rick Ouston. Ouston's article, exploring our new adoption law and discussing its effects, makes a very strong argument for stopping the secrecy and lies associated with adoption.

Despite Information and Privacy Commissioner David Flaherty's opposition, B.C. becomes the first province in Canada to begin opening currently sealed adoption records to adoptees. Ouston states "Reunions will result, emotional body-slams, but necessary for spiritual healing." Ouston continues, "Psychologists call it 'effecting closure,' completing that which has gone unfinished."

Ouston also points out, "Discovering the fundamental facts of our lives hurts sometimes. But without the answers, all we have are questions. And the questions burn, and nag." "It is the not knowing that makes us feel unconnected with 'normal' people who have blood ties that bind." Oh, how right he is.

* *To Court to Gain Access*, was the heading of another article written by Rick Ouston for The Province on August 13th, and it was exactly what a Matsqui grandmother was about to do to get access to the granddaughter she's known since birth.

Amandah Sinclair's five-year-old granddaughter, Teresa, is being adopted by the foster family who's raised her since infancy, but Amandah, 50, has been notified that the adoptive family wants Amandah's once regular visits to her granddaughter, stopped. Teresa's adoptive parents want to protect her from learning the truth about her past - that her mother was a prostitute suffering from AIDS and her father, Sinclair's son, was a drug addict and hustler who was killed last year.

Amandah Sinclair's lawyer, Maureen Wesley, said Amandah fought against an order granting permanent custody of Teresa to her foster family in 1994. The court dismissed Amandah's request but ordered monthly visits and the chance to appeal the order if the visitation order is changed. Amandah and her lawyer were filing the application on the week of the 14th of August.

F.Y.I.

Student Research - From time to time, the Society receives requests from students asking us to assist them in their research work. They are looking to interview specific groups in the Circle or would like us to participate in surveys. We thought you should know these students must clear all research methodologies with their university and an ethics board. If you receive a mail-out, rest assured that your identification is kept confidential. We ask the students to provide us with any information/surveys they want sent out, and the Society actually addresses the envelopes.

We would like to encourage you to assist these students - it is belief they will one day return to provide valuable assistance in the future of adoption.

Patience Please - The Forget Me Not Family Society is run by volunteers. There is a very small handful of us who take on the responsibility of responding to all correspondence, phone calls and the general running of this non-profit organization. We all have regular jobs, and families, and we are sure you can appreciate that time is a commodity. We would like to ask you for your patience when ordering books, tapes, or requesting information. We will get back to you as quickly as we can. Thanks very much for your cooperation and understanding.

to know one another better, we all naturally strived for authenticity and the sharing of our true selves. This development posed a serious risk and problem for me, and perhaps also for them. The risk was, of course, as my true self emerged, warts and all, would they run screaming into the night? I know this was a fear shared by my birthmother. Was there enough trust, enough foundation beyond our similarities to hold us together? The problem - well, I had spent so much of my life hypersensitive to rejection and getting along by acting, role-playing, and always trying to fit in, I had kind of lost touch with who I really was. It takes a whole lot of trust before I'm able to let my guard down, and even then I'm not sure just how open I am. I was somehow under the impression that once reunited with my birth family, my true identity would magically appear and I'd finally feel o.k. Yeah, right.

My last visit with my birth family left me feeling let down. Despite being wonderful people - full of intelligence, beauty, wisdom and love, they also have ways of being that feel foreign, uncomfortable, even irritating to me. That we have different history, different world views, different

values and levels of comfort became patently clear to me, and no doubt also to them. None of the plans we made came to pass, and as each day of unfulfilled intentions came and went, my frustration grew. I don't know what they found difficult to

reconcile about my way of being, but the possibilities abound. Were we able to communicate our feelings effectively, the trip may have been somewhat less of a let down. Fear of loss, rejection, lack of trust are the legacy of a fledgling relationship and thus, by definition, the reunion process, and make the transition to the post-honeymoon stage a very difficult one.

We have not only the present to reconcile but also the pain and loss of the past. Movement forward lies

in learning to accept one another, free from illusions of perfection, with a spirit of tolerance. I can see this is going to be difficult ground to cover, the past has a very strong hold on all of us. Although I had no expectations at the outset as to where this path would lead, I can say with certainty that each step has been one towards personal growth. Although the honeymoon is over, in the present and future lies the possibility of a shared history, one full of the joys AND tears of imperfect love. □

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INSPIRATIONS

IMAGINATION - A mind once stretched by a new idea, never regains its original dimensions.

GOALS - No one can predict to what heights you can soar. Even you will not know until you spread your wings.

COURAGE - In the end, the only people who fail are those who do not try.

The Honeymoon Is Over ...

by Catherine Moore

- reunited adoptee

Unfortunately there are no guidebooks, maps or instructions on how to negotiate a reunion. Each one is as different as the individuals involved, yet some elements of the process are universal. I want to share a part of my reunion with you in the hopes that the many of you contemplating or in the midst of your own reunion process may find some common ground with me, now or in the future. We are all forging new paths through largely uncharted territory, yet we are not alone.

I began my reunion as an overwhelmed participant. A phone call from Family Services out of the blue one afternoon served as my introduction to my birthmother and two full sisters. It took some time to gain some equilibrium, talk with my adoptive family and decide what to do. Had I considered only my adoptive family's feelings, I would never have begun this journey. Loyalty is still an issue and was, most acutely, then. It took me several months to compose replies and a year to finally meet my sisters and mother. We are now two years beyond that.

When I look back now, I see the past two years as an overwhelmingly positive time. It is commonly, and aptly, referred to as the honeymoon stage. I see a lot of parallels between a romantic relationship and an adoption reunion. Both, at this stage, are characterized by an initial overflow of positive energy, fuelled by the amazement, relief and joy of having connected with someone one hoped to, but never fully believed one would meet. Even though I had never (consciously) fantasized about my birthmother, it took me about a millisecond, upon hearing of her existence, to realize there was no way on earth I wouldn't meet her given the chance.

Even before we met, through letters, pictures and telephone calls, we were all assailed by the

similarities between us. Not only did we share physical features, the synchronicities extended to handwriting, turns of phrase, the way ideas flowed from us and were expressed. This was beyond all expectation. Just as new lovers do, we saw ourselves reflected in one another. I, who had always felt peripheral, disconnected, felt for the first time as though I belonged completely and unconditionally. Although I can't speak for my mother and sisters, I believe that our feelings were, to a large degree, mutual. My birthmother has expressed joy, the lifting of a huge burden and a sense of completeness at our reconnection. My sisters have been positive, loving, welcoming. It has all been so perfect.

Perfection is awfully hard to sustain. More than a little idealization was going on, the natural product of focusing on similarities and downplaying differences, and as a function of having only a short history together. Think back to the beginning of your current or last love affair, ring any bells? I revelled in this marvellous feeling of acceptance and love. I wanted to stay the perfect fantasy daughter and sister, and they to remain my long lost, perfect family.

They would have none of the flaws of my adoptive family. For although my adoptive parents and brother are wonderful, loving people, and my life with them has been very good, we share the imperfect love borne of a shared history full of the ups and downs of living. Ironically, it is true, my birth and adoptive families are polar opposites in many ways. While my adoptive family is stability incarnate, my birth family is free spirited, adventurous.

As our honeymoon progressed, I began to face a bit of a catch-22. As our idealized versions of one another began to wear thin, and as we began

I was tired and frustrated
because nothing at all,
could break the Big Void inside me, you see,
because by this time there was no me.

I decided to marry,
perhaps that's the key
To unlock what's inside me
and bring forth Sunshine—
you see?

The marriage was fine—
from an outsider's view
but still inside me something was missing,
was that Something You?

I shut down my Soul,
decided it didn't exist
got into domestic things
and plenty of Lists.

The lists you see,
were something I could do
to keep my Soul from Searching
my Dear Mother, for you!

Life went on, normal I thought,
then I decided my life
couldn't be bought.

I had nice things, pretty things,
lots to do
I kept myself busy, to keep from diving inside,
to look for You.

As I felt the nurse put my first born
Cara, cradled in my arms,
the Pain shot through me and I realized,
how also your Soul must have been harmed.

To have to leave a child,
a child of your own,
God's gift to You,
and your child alone.

To feel the pain of Unnatural Separation,
I can only feel the space left—
the Deep feeling of Deprivation.

My life went on, three children to raise
A husband, A home,
but I still in my Daze.
left my life that I'd known,
Something outside was calling,
Help me God, I feel like I'm Falling.

Into a pit my Soul and I went,
As deep and as far,
I couldn't Breathe!
I was Dying!

God Help, Please Help Me!
Keep me from Crying!

Build up my life, bring it back to me
there was no Me—
I'd lost it years before,
I had to start at the beginning,
But where to me,
was that for?

A sickness I had
they called it Self-Starvation,
I wanted to Die they told me,
but my Soul still was waiting.

My new husband and I sat at the table that day,
I told him, my Mother would
know what to say,
She'd help me,
if she was able.

I felt you with me, way deep in my Soul,
You gave me the Strength to come back,
have control,
I'd lost it along the way you see
and without Control, there was no Me.

I left at Birth,
There was no control nor me,
that's all I knew of life,
you see?

You and I we climbed back up,
you Helped me, I Felt You,
I'm Alive Now!
For What?

Again I felt frustrated,
anxious you see
Determined to keep planted
and go Looking for me.

It was time after two more children to Find,
my mother, Myself, to Connect this time.

I feel better just being this close to seeing You,
the Darkness has Lifted,
Your Light is in View.

The warmth your Soul generates,
inside to mine,
Is more than I thought
I could possibly Find.

Our Souls are connected
My mother and Me.
My Life is starting Anew, with Yours,
Your Daughter Lois Marie.

To my Mother with Love,
Lois Marie Kingswood

Born November 21, 1955
Royal Columbian Hospital
New Westminster, British Columbia

Soul's Connection

I Loved you my Mother
before I was born,
All Cuddled and Safe inside you
and Warm.

They took me away
with Horror I felt!
the Pain go through my Soul
I thought I would melt.

Disappear from this hurt is what flashed through my Soul
As I thought—
Help me Please, I feel no control,
nor sound Body or Soul.

Lost in a maze of pain and confusion
all I could feel was You,
and what I was Losing.

I felt the silver cord attached to our Hearts
And I knew I was Dying inside,
As we had to part.

My foster home was filled with warmth
and with love
I wanted You still to be with me,
Beside me, not above.

Your Soul I unconsciously
Kept deep inside me,
Afraid to Feel,
all the love surrounding me.

My restlessness showed
as I grew through the years,
I kept You without knowing,
through all the Joys and Tears.

My Soul's filled with love
for all the people I've known,
But there's a place for You my dear Mother,
A place never shown.

As a child I had Santa Claus, the Tooth Fairy
and Easter Bunny too,
But always felt something missing
that something was You.

My father once told me,
You don't know how to love,
How could I, I couldn't get hurt,
I don't have wings to fly away
like a Dove

As I went through the years,
blocked off without knowing,
My Soul inside me
was Groaning and Moaning.

I started school, a little girl,
long ringlets and freckles!
Excited and Happy my friend and I came,
holding hands and laughing,
we hopped down the lane.

But still, Always still,
something missing again!

I loved my parents,
for what I was capable of,
my Mom and Dad,
what I Knew of Love.

I had a good happy life,
but still always sad
I felt Guilty, Frustrated
And Always Mad.

What was it I was missing?
God help me to see
Is it really something Wrong,
Something not Right with ME?

My Soul wanted more,
I never understood,
Please help my Lord,
Help me to be Good!

There's something inside me
inside me it's missing
I need something more—
perhaps it was kissing.

The boys in my teens
came and went like lightening,
What was it inside me
so Badly I was Fighting!

They'd run their fingers
through my hair, kind and gentle,
It made me feel good for a while,
perhaps a little Special.

I couldn't find satisfaction
in anything I'd do
I was always Searching, knowing not for what
perhaps it was You!

Teen joys, Teen heartbreaks,
I lived them all.

Males Only Support Group

DATE: Saturday, November 4, 1995

TIME: 10:00 a.m. - 2:00 p.m.

PLACE: Community Room, Metrotown Centre, Burnaby, B.C.

DAVE MORCH is a reunited adoptee and has been an active member of the Forget Me Not Family Society (Adoption Circles) for several years. Dave will host and facilitate an OPEN FORUM for MALE ADOPTTEES. This will be an opportunity for participants to discuss their experiences and issues, to share information and support, from the perspective of male adoptees.

There will be NO CHARGE for this forum, however, interested participants are asked to REGISTER their attendance as space will be limited and offered on a first come, first served basis. For further information and registration, please contact Catherine at 929-0546.

Denied Contact Workshop

DATE: Sunday, January 14, 1996

TIME: 12:00 p.m. - 4:00 p.m.

PLACE: Community Room, Metrotown Centre, Burnaby, B.C.

TRISTAN COLEMAN is a denied reunion adoptee and has been a Family and Youth Counsellor with Family Services of the North Shore for seven years. Tristan will present a workshop which focuses on the complex issue of REJECTION as it pertains to adoption reunions.

The charge will be \$20.00 and interested participants are requested to register their attendance as early as possible because of space limitations. For further information and registration, please contact Catherine at 929-0546.

**THE FORGET ME NOT FAMILY SOCIETY WILL BE SENDING A
SEPARATE MAIL-OUT TO ALL ITS MEMBERS WITH FURTHER
INFORMATION ON THESE TWO UPCOMING EVENTS.**

INTRODUCING..

ADOPTION CIRCLES'

Q & A

COLUMN

THE FORGET ME NOT FAMILY SOCIETY realizes that no two adoption, search or reunion stories are the same, and that within the Adoption Circle, each member's personal journey will take many different roads, some of which can be unexpected and unexplained.

BECAUSE SO MANY QUESTIONS AND CONCERNS can arise in one's journey, we would like to introduce a **NEW COLUMN** to assist you by researching those questions and concerns you have and writing about our findings.

YOUR JOB IS TO WRITE IN WITH WHATEVER questions you have or are struggling with at the present time and we will print your letter (name withheld by request) with our response.

PLEASE REMEMBER THAT THIS IS YOUR COLUMN and is not to resolve your issues, necessarily, but to provide guidance and insight into the situation after our thoughtful research on the question or matter at hand.

WE LOOK FORWARD TO RECEIVING YOUR LETTERS ...

PLEASE ADDRESS THEM TO:

Q & A

c/o The Forget Me Not Family Society
#306 - 838 Agnes Street
New Westminster, B.C.
V3M 6R3

! PROJECT !

"BANNER OF LOST IDENTITIES"

by Monica M. Bunton

Adoption creates double identities. The child is born with a birth name. Then more often than not, the adoptive parents change that name. The original "identity" is then forever locked away. These people exist, but no longer in the legal way. They exist only in that hidden file.

I would like to honour and recognize those lost identities by constructing a banner.

If members of the Society are interested in contributing, please send a 4 1/2" by 4 1/2" square of plain fabric with the full name and birth date of that "lost identity". Please leave a half inch border all the way around for hemming purposes. If for certain reasons, you feel more comfortable leaving the last name off, please feel free to do so. The name can be printed or written, in pencil preferably. I will go over those submitted with either a liquid embroidery or craft paint pen, and sew them all together to form the banner.

My goal is to have the banner completed for display at the **1996 FORGET ME NOT FAMILY SOCIETY ANNUAL CONFERENCE**.

Please submit to:

Monica M. Bunton
1116 - 29 "A" Street South
Lethbridge, Alberta
T1K 2Y1

Deadline: December 31, 1995

EDITOR'S NOTES

Well, summer's over and it's back to school, to work and to whatever it was we were doing before we were swept away by the romance of long sunny days and warm summer nights. Though the winding down of the summer months may tend to bring a touch of sadness, I do enjoy looking back on the different outings, projects and events that filled my time to realize I did actually do a lot! Even if that "a lot" was just basking in the sun, visiting the occasional yard sale or catching up on my letter writing...

For me, along with the autumn months comes a time for starting afresh and delving into a new and different outlook. I also like to think of my time now as an opportunity for reflection and organization of my "stuff" and my thoughts before the rush of the Christmas season (which always seems to come before you know it!). Before that rush I think - wouldn't it be nice to find just a little peace and serenity... Well, the following passage seems to know exactly what I'm talking about:

"Much of our daily life seems in direct opposition to acquiring peace of mind. We are often busy, rushed, and over-committed, which keeps us out of balance and off centre.

Committing to moving toward peace of mind, no matter what the circumstance, is a constant struggle for many of us. In fact, we often believe that mental turmoil is the norm and serenity something unrealistic, but that is not true. Peace of mind is attainable. Serenity is possible. We can have them both; not always, but a good majority of the time. Having the courage and strength to insert quiet time into our schedules and change disturbing thought patterns and beliefs to life-affirming ones, is a gift we have the power to give ourselves." - Sue Patton Theole

No matter what happens to us in life, I believe we really have a choice to make the life we are living, the happiest that it can be. I hope you all are able to enjoy and find serenity for the rest of '95 and that you are able to look upon your days with courage, inspiration and impulse. Good luck!! I look forward to talking to you again soon!

— Debbie Pratt

P.S. Please note we have added a new column to our newsletter, which we will kick off in the WINTER publication and we look forward to hearing from you in this regard. See the following pages for more information on how to participate.

REMINDER...

Due to circumstances beyond our control, the FORGET ME NOT FAMILY SOCIETY has had to switch telephone answering services. PLEASE REMEMBER to make a note of our up-to-date address, fax and telephone numbers below:

FORGET ME NOT FAMILY SOCIETY
#209 - 1575 Best Street
White Rock, British Columbia, CANADA
V4B 5K1

PHONE: (604) 526-6644
FAX: (604) 532-7625

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WHO WE ARE:
THE FORGET ME NOT FAMILY SOCIETY is a Provincially registered non-profit Society and a Registered Charitable Society with the Federal Government. Tax receipts are issued for donations to our Society.

Our Society was formed for education, consultation, peer counselling and to offer support to all those touched by adoption: adoptees, adoptive parents, birth parents and concerned professionals.

Our only source of income for the Society is through membership fees, fundraising and donations. This money goes directly towards printing, postage, telephone rental and office equipment and supplies.

WHAT WE OFFER:

Experience shows that at various times in life, the issues and concerns of adoption need to be addressed. We provide our members with opportunities to gain further understanding of adoption issues.

•Educational workshops on post adoption issues for all members of the adoption circle and concerned professionals.

•An annual "Let's Talk About Reunions" conference to address a variety of post adoption issues.

•Referrals to support groups for birth parents, adult adoptees, family members or interested friends and relatives of triad members.

OUR MANDATE:

To encourage and develop a recognition of the benefits of family preservation and openness in adoption practice.

ABOUT THIS NEWSLETTER:

Adoption Circles is published quarterly and is available by subscription to our Society. Membership is open to anyone who is interested in adoption and post adoption issues.

Comments and contributions are always welcome. Please mail submissions to our office or FAX to (604) 532-7625.

PRESIDENT'S MESSAGE

Hello to all our members, I hope everyone had a wonderful summer. I am trying to get back into a routine with my family, work and the Forget Me Not Family Society. We have had a very busy summer keeping up with the mail, support, and planning the conference for next year. Included in this newsletter is an update on the conference plans for 1996.

I would also like to thank you for sending in your support for myself being able to represent the Forget Me Not Family Society membership at the Adoption Advisory and Consultation Committee.

The executive would like to thank each of you who supported our benefit night for Lee Crawford. I appreciate everyone's help and contributions. I talked to Lee Crawford this week and I am pleased to let you all know that she is doing really well and ready to get back to work. She thanked me for all the support Forget Me Not Family Society gave her throughout the difficult past six months.

Please make a note of our new address as we will no longer be getting mail from the previous address. Thank you for your patience and support during our abrupt move.

-- Cecelia Reekie