

# ADOPTION CIRCLES

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Canada's Post-Adoption Quarterly

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## Winter Burnout

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## ADOPTION CIRCLES



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 Candle, p 5 Word clipart

## FMNFS FACTS:

**Forget Me Not Family Society** is a provincially registered, non-profit society and a federally registered charity (#88908 4869 RR0001.) Tax receipts are issued for donations over \$25.00. Our Society was formed for education, consultation, peer counseling and to offer support to all those touched by adoption: adoptees, birth parents, adoptive parents, and concerned professionals. Our primary source of income is through membership fees. These funds go directly towards printing, postage, telephone expenses 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 through:

- Conducting monthly support groups in New Westminster, Cloverdale and Kamloops, B.C.
- Individual peer support
- Resource library
- Referrals to professionals and other service groups
- Speakers Bureau to educate groups on post-adoption issues
- Quarterly Newsletter
- Annual weekend workshops

## OUR MANDATE:

- To encourage and develop a recognition of the benefits of family preservation and openness in adoption practice.
- To establish and operate a Post-Adoption Resource Centre providing education, consultation, counseling and support to those touched by adoption: adoptees, birthparents, adoptive parents, and concerned professionals.
- To provide community education programs, panel presentations and workshops on post-adoption issues for any members of the community who wish to learn more about adoption and reunion issues.

## 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 forward to the Associate Editor at: amynewman@telus.net. 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 the material published in the Newsletter, including the article by the Editor, does not necessarily reflect the views or opinions of the Forget Me Not Family Society.**

## President's Message

By Marnie Tetz

Hi All!

This is what has happened with me lately. In March I was going for a walk at Cascade Falls in Mission. I slipped on a trail and had to have the fire department get me off the trail and then an ambulance ride to the hospital in Abbotsford.

I have a fracture in my right leg and one in my left foot. Thankfully I don't need surgery! Yay!!! But I must be immobile for 6 weeks and will stay at my son's home. With no access to my home computer I don't have the ability to do Society business.

*Quinn gives me a push in the wheelchair.*



I am feeling somewhat helpless; however the silver lining is being able to see my granddaughter Quinn all the time. There's nothing like hearing that little knock on my door and hearing her sweet little voice say 'Hi Nana!' Who can resist that??

My family and friends are giving me the support that I need at this difficult time so I don't fall into a deep dark

hole. It reminds me of the support we give one another in the Forget Me Not Family Society. Thanks to Amy for forging ahead with this e-issue of Adoption Circles! Please get settled with your favourite drop and enjoy this issue of Adoption Circles.

~ Marnie



## Save the Forget Me Not Family Society

Letter to Members via email  
March 30, 2016

Dear Members,

Our Annual General Meeting will be held in New Westminster, BC on April 30th. Details of this meeting will be sent to you in early April.

The current Board of Directors have talked extensively about the importance of this meeting and the future of the FMNFS. In our on-line survey last year many members offered solutions to the dilemma we face. We sincerely appreciate your input and your enthusiasm. Our current concerns include:

- Raising sufficient funds to allow the Society to fulfill its mandate is an ongoing challenge.
- Our membership numbers have declined from 109 five years ago to 76 this year\*.
- Finding keynote speakers and organizing workshops is very time consuming, and although we receive positive feedback from attendees, for the past 3 years we have not had enough participants to cover workshop costs.
- Our Adoption Circles newsletter is an expensive and time consuming undertaking. Major changes will need to be made about how we produce and distribute our AC.

- Three long-standing Board members have submitted their intentions to serve for one more year and will resign in April, 2017.
- We are in need of new blood in our membership and on the Board. We understand that the challenges of time, family and work commitments, and geographical distances make volunteering difficult.

These factors raise questions which must be addressed at our AGM.

1. Has the FMNFS served its purpose?
2. Does the Adoption community still need the support and services we offer, or are supports being found through other sources?
3. Is there enough interest by the members to support the future of the Society?

The Society is at a critical juncture and we strongly encourage your attendance and participation at the AGM.

Sincerely,

Marnie Tetz, President  
and the members of the Board of the FMNFS

\*Now that Gail is back from the AAC conference we have more accurate membership numbers. Out of the total of the last membership list there were some who had expired by Jan. 31 (our year end) and another 12 have expired as of March 31. This brings our current membership to 53, so please send your renewals. ☺

## Winter Burnout Instead of Reunion Stalemate

This winter has been busy for all of the newsletter crew with many unexpected events involving loved ones, health and work, so we've decided to delay the theme "Reunion Stalemate" for an upcoming issue.

Please share your experiences with stalemates in your reunion, what happened and how did you deal with it?  
Or just send us some news for our 'out and about' section. Editorial support is available. Send to  
<bjrmyer@telus.net> or <amynewman@telus.net>

## New Adoption Circles Website

By Amy Newman



We now have an easier-to-maintain, re-vamped website using WordPress. Our old site was created with Drupal, which required the help of web designer Narius Dastur to add an event, make any changes or perform security updates. We really enjoyed working with Narius but he was moving on to other work. When we noticed a Google warning that our website might have been hacked, the need for a new website became more urgent.

With a bit of coaching from Scott McKee, I worked on modifying a free WordPress theme (template) that would fit with our existing graphics. It is more secure and will be much easier to update and maintain, and less expensive. Bernadette and I re-wrote the content and organized the layout. We included the tagline *Adoption Reunion Support Network* to make it clear what we are about, and added some useful articles:

- Preparation for Searching: Why is it so necessary (AC 58) – by Joe Soll
- Benefits of Participating in Support Groups (AC 74) – by Bernadette Rymer
- Reunion Tips – by Amy Newman
- How Adoption Affects Adoptees, by Mary Ann Dubeski, adoptee

Please visit [www.adoptioncircles.net](http://www.adoptioncircles.net) and let us know what other articles you would you like to see.

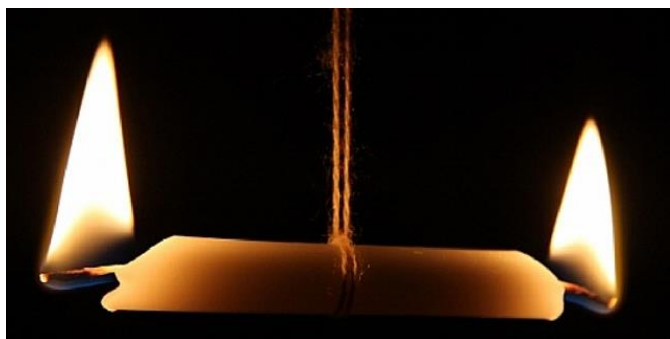
## Editorial: Rymer Writes

### Burnout - or - Burning the Candle at Both Ends?

By Bernadette Rymer



I have been pondering the theme of this our first e-newsletter. As always, good old 'uncle' Google helped me out. The expression 'burnout' has two very different meanings. In its literal sense burnout means physical or mental collapse caused by overwork or stress. Clearly this is not what I am feeling at this time relative to my commitment and dedication to the work and mission of our FMNFS. So I moved on to the meaning of 'burnout' when used as an idiom: to do something so long and so intensely that one gets sick and tired of doing it. Hmm... this also does not fit my situation at this time. I wondered then if what I am feeling is more like 'burning the candle at both ends' which is defined as "... to work extremely or excessively hard; to work too hard for good health or peace of mind. Now this is getting closer to what I am feeling.



I want to emphasise that it is not the work of the society that is getting to me. In fact, when I am working on society business I feel alight with energy and enthusiasm. I treasure the relationships I have with society members, and I feel excited when planning for an event, knowing that the most

meaningful part of any event is the time spent with my dear friends whom I have now come to recognize as 'my people'. As a small side step, there is a beautiful phrase in the bible (Book of Ruth) "your people will be my people." For years I thought I understood the literal meaning of that phrase, but I wondered long and hard about what that would actually feel like, and how would I know for sure that these are "my people." Well, I knew for sure, 100%, that you were "my people" within two minutes, the very first time I attended a FMNFS event in October 2008. Since that day, I have been actively involved in the daily works of the Society. I am truly grateful for so many things that every moment and every ounce of energy I have spent on society work has been and still is totally worth it.

My feeling of having burnt the candle from both ends results from the increased personal events and the health and well-being of those dearest to me which since last November seems to have taken up a huge amount of my time and energy. I have been and remain passionate about the work of our society and about offering support to those who need it on their adoption healing journey. However I have come to the realization that we few directors\*, Marnie, Amy, Gail, Rian and yours truly, cannot continue the level of support we have committed to without new blood, new ideas and new visions. (\*Michael Hodgson stepped down as director in November due to life and work commitments.)

The question that continually nags at me is "Do I want to resign as a director and be no longer involved in the present and future of our FMNFS?"

Certainly not, and in truth, I dread the thought. My hope is that others come forward as directors. If they do, I would love to stay on and mentor new members, new directors and be a pulsing part of the evolution of our society.

I sincerely hope that others will feel this way as well and step forward before or at our AGM with new energy and ideas for how to move our society forward so we can meet the evolving needs of our members. We need more member participation in running the Society if we are to keep up the past level of services, such as workshops and newsletter articles. Can you help?

Although our newsletters will be smaller and there will be no workshop planned for this fall, we fully intend to keep our support groups going, and to have useful information on the website.

As always, your thoughts, comments and feelings are welcome. In fact, we really look forward to hearing from you.

Much love and huge hugs,

Bernadette

## The Next Journey

### A Message from Gail Davies, FMNFS Treasurer

It has been quite the journey since I was asked to be Secretary/Treasurer and elected to the first board of FMNFS in 1992, after they used the Bylaws and Constitution of Missing Pieces Thru Adoption and changed the name to Forget Me Not Family Society.



Missing Pieces was started by a couple of birthmothers who wanted to have support groups only. There were others, who joined the group, who wanted to be more political, have conferences, and get involved in changing the adoption laws. I was asked to be involved and part of the process although more on the sidelines. Quite an honour for someone like me who is more on the introverted side.

For some time now, I have been challenged with exhaustion and just do not have the energy that I once had so at 69, I have decided that it is time that I start taking care of myself. This year, I have decided that once again I need to let go of the role of Secretary and next year, after 25 years, as Treasurer.

I will always hold a special place in my heart for the Society and the friendships that I have made. Thank you for the support and caring that I have received over the years. Although it is with a heavy heart, it is time for me to go on to the next journey in my life.

Gail

“Adoption should be about finding families for children,  
not about finding children for families” – Dr. Joyce Maguire Pavao, an adoptee

## BC Adoption Reunion Registry Response

The Forget Me Not Society recently wrote a letter to the minister responsible for the Adoption Reunion Registry with concerns about understaffing and extremely long wait times for people accessing their services. This is the response, received March 29:

Marnie Tetz, President  
Forget Me Not Family Society

Dear Ms. Tetz:

Thank you for your letter addressed to Mark Sieben, Deputy Minister for Children and Family Development, regarding the current wait time for search and reunion services. As the Executive Director of Guardianship, Adoptions and Permanency, I am pleased to respond on his behalf.

The Adoption Reunion Registry is an important and vital program area under the Ministry of Children and Family Development, and we are honoured to provide search, intermediary and support services to those whose lives have been affected by a British Columbia adoption.

The waiting time for search and reunion services is too long, and we acknowledge the anxiety and

emotion this can bring forth for the person waiting for information about whom they are searching for. It is a priority for the Ministry to address the waitlist. The program area is now fully staffed and an extra person has been added to help with the waitlist.

Please be assured that each application received is reviewed and assessed for urgent situations. Thank you for providing such long standing support to adoptees, birth parents and siblings; your agency's continued support of those whose lives have been affected by adoption is invaluable.

Thank you, again, for bringing your concerns to my attention.

Sincerely,

Anne Clayton,  
Executive Director

### **Marnie recently received this message from Wendy Norris, Provincial Office, Guardianship, Adoptions and Permanency Planning:**

We have been approved for some extra staffing which is great! My colleague Sara is back working in Adoption Reunion after being out in the field and we also have a part time person with us until December to manage our waitlist. Good news! So I think over the summer we will really be able to cut down the wait time and hopefully be quite caught up by the time our extra help moves on. Thanks for your support! ~Wendy Norris

## Right the Ship – Save the AAC

There has been controversy in how the American Adoption Congress is being run. A new Facebook group called *Right the Ship* has been formed to discuss the issues: <https://www.facebook.com/savetheAAC> It's mission: "To attract, nominate and elect a new Board of Directors of the AAC who will once again honor its mission, members, and bylaws."

Gail Davies and Audrey Harrington are attending the AAC conference held in Denver, Colorado March 30 to April 2 and we look forward to hearing their impressions.

## Upcoming Events

Please join us at the Forget Me Not Family Society AGM. By law, the Society must have an annual meeting of members and we value your input. The AGM is a great opportunity to connect with members in the adoption circle. Come and have a cup of tea (or coffee, or juice) and some goodies with us. We love to get to know our members.

FMNFS Board of Directors

### Mark Your Calendars

#### **ANNUAL GENERAL MEETING of Members of the FORGET ME NOT FAMILY SOCIETY**

will be held Sat. April 30, 2016

1:00 pm to 2:30 pm

Registration 12:30 pm.

Light refreshments

Location: New Westminster Public Library Auditorium, (downstairs)  
716 6th Avenue, New Westminster, BC V3M 2B3

**NOMINATIONS:** There is space available on the board for more Directors and we welcome your participation.

An official Notice of AGM will be sent to members three weeks before the meeting. All members in good standing who attend are eligible to vote.

#### **Adoption Crossroads Memorial Day weekend BBQ with Joe Soll in Congers, NY *You're invited***

Sat, May 28, 2016 from noon to 8:00 pm.

Joe says: "We'll supply hot dogs, hamburgers, ribs, chips and dips and soda etc.

If you want to bring pot luck it will be appreciated.

Rain or shine, big lawn, big screened porch, big inside.

Fun, camaraderie, peace, understanding and perhaps silliness. Bring your guitars."

**RSVP to Joe by May 26** <joesoll@adoptionhealing.com>

**Click below for more info and driving instructions.**

<https://www.adoptionhealing.com/outing.htm>

## THE WALKING WOUNDED

by Gail Davies



Image: Zombie Princess by Jourden C, publicdomainpictures.net

What am I, a piece of meat, to be bashed about?  
What do I have to do, scream and shout?  
No one asked what happened to me.  
No one asked what my feelings could be.

Worried, she feels that our mother and her father got  
blamed.

It does not matter that I got shamed.  
My daughter is now angrier still.  
Thinks that I gave her up, that it was my will.

Will to do what, when I had no choice?  
Will to do what, when I had no voice?

People say that they care but they don't understand.  
My father says now, he wishes he had taken a stand.  
He was the only one to ask, many years ago  
If I was okay, did I have regrets.  
Why was it so?

But how could I say, I loved her you know?  
My life was destroyed.  
I was never to be, the person I should have been.  
I buried me!

*Gail Davies*  
*December 3, 2015*

Don't hide from your true feelings about somebody because they will catch up to you at some point. Feelings  
buried alive don't die! ~ Michael Barbarulo

When you start suppressing feelings at an early age, it hurts you down the road. Full expression of anger and  
pain is very important. ~ Andrew Shue

# *Members Out, About and Over the Moon*

Although I have had many visits back and forth with my son and his family since we were reunited in 1993, this is the first year I was in Ontario so late in the fall. We got dressed up for Halloween and strolled the neighbourhood with my granddaughter Allie and great-granddaughter Evannia, age 6. I was there for two weeks, Bryan took the time off work and I had lots of quality time with them. I also spent time with my three other grandkids, Victoria, Nick and Grace. My son is a calm and wise father and I'm proud of the sensible people they have become. I'm so thankful that we have a harmonious reunion. ~ Amy Newman



Trick-or-treating with Allie, Ev & Odin



My son Bryan, Grace 13, Ev and Allie.



My grandson Nick with the photo book  
I made for his dad Bryan, the cover  
is a 1993 reunion photo



Nick & Victoria

## LEAN ON ME

Telephone/E-mail Support List



### **Reunited Adoptees:**

Cecelia Reekie (cecelia\_r@telus.net) (604) 857-2125  
 Betty Anderson (bettboop@telus.net) (604) 531-4074  
 Dan Carson (ariete\_132@hotmail.com) (604) 557-0230  
 Marnie Tetz (marnietetz@shaw.ca) (604) 862-4434  
 Kimberley-Ann Jandl – Abbotsford, BC (604) 309-7436 (kajandl@yahoo.ca)  
 Judy Lanyon – Courtenay, BC (250) 338-2429 (juriah@shaw.ca)  
 Leanne Neighbour – Kamloops, BC (250) 374-0990 (neighbourhoodz@shaw.ca)  
 Lynn Carrier – Edmonton, AB \*(780) 690-8982 (carrierlynn@hotmail.com)

### **Reunited with Siblings:**

Michael Hodgson (778) 395-0206 (tiggerboots@shaw.ca)

### **Reunited Birth Parents:**

Nancy Kato (katosan@telus.net) (604) 777-2920  
 Alice McKinnon – Chilliwack, BC (604) 858-9970 (amckinn@telus.net)  
 John Post - Castlegar, BC (250) 365-5991  
 Diane Herbert – Abbotsford, BC (604) 870-1821 (dalendi@shaw.ca)  
 Bernadette Rymer – Ashcroft, BC (250) 453-2360 (bjrymer@telus.net)  
 Kathy Chambers (604) 541-6267 (chattycats@telus.net)

### **Adoptive Parents:**

Elizabeth Christian – Delta, BC (604) 329-0660 (elizabethc134@gmail.com)

### **Interested Professionals:**

Judy Archer, MSW, RSW, (250) 758-1275  
 Counselor and Consultant in Adoption (judyarcher@shaw.ca)  
 Lee Crawford, M.Ed. R.C.C. (604) 875-9957 (leecrawford@shaw.ca)  
 Christine M. Gatzke, M.Ed., CPAC/ARC  
 Psychotherapist (306) 352-4069 (christine.gatzke@clc-apathtohealing.ca)  
 Patricia Roles MSW, RSW, BCATR (604) 375-9215 (e-mailtherapy@shaw.ca) Skype: pat.roles  
 J. Amy Newman, Newman Research Services  
 Genealogist/People Finder, Burnaby, BC (info@nrsfind.com) 1-877-521-3463 (604) 521-3463

### **Genetic Attraction:**

Anne Tasko, M.A. R.C.C. (250) 721-5995 (anntasko@shaw.ca)

This is a peer support service.

Please contact our office if you wish to be included in the LEAN ON ME Support List.

## Forget Me Not Family Society Support Groups



The FMNFS holds three support groups a month, for adoptees, birth/natural/first parents, adoptive parents and those in a supportive role:

**Cloverdale, B.C.** meets the first Thursday of each month Sept to June from 6:30 - 8:30 pm.

Cloverdale Public Library 2nd floor

5642-176 A Street, Cloverdale, B.C.

Contact Marnie Tetz (marnietetz@shaw.ca) or 604-535-4434.

**New Westminster, B.C.** now meets the third Tuesday of each month year-round from 7 - 9 pm. New Westminster Public Library 2nd floor, 716 - 6th Ave, New Westminster, B.C.

Contact Nancy Kato (katosan@telus.net) or 604-777-2920.

**Kamloops, B.C. Interior Support Group** meets once a month (days, times and venues vary). For information please contact Bernadette Rymer at (bjrymer@telus.net) or 1-250-453-2360.

## Other Support Groups

**Vancouver, BC: The Adoptees Association** holds a discussion group for adopted adults monthly at the Heartwood Cafe, 317 East Broadway (near Main Street). The day changes each month. Please contact Catherine at (katiesue@shaw.ca). For more information visit [www.adopteesassociation.ca](http://www.adopteesassociation.ca).

Please note that the "Other Support Groups" do not necessarily reflect the views or opinions of FMNFS. They are listed above for your information only.

# Adoption Circles is Your Newsletter ~ Your Voice!

Our next topic is “Reunion Stalemate”

Have you ever experienced a stalemate or hiatus in your reunion relationship? Another painful separation or pulling back after what seemed like a good reunion? How do we handle it and what can we do about it? Please send us your submissions. Let us know your opinions, tell your story and news. Editorial support is available. Send to <bjrymer@telus.net> or <amynewman@telus.net> or by mail c/o the Society.

| Issue        | Topic             | Submission Deadline | Distribution |
|--------------|-------------------|---------------------|--------------|
| Spring AC 77 | Reunion Stalemate | April/May           | May or June  |
|              | TBA               |                     |              |

This newsletter is produced by volunteers. Distribution dates are estimates.

## Call for Guest Editors

Do you have a topic you are passionate about? We are inviting readers to volunteer as **Guest Editor**. This involves researching your topic on the web, pulling together relevant information for members and readers, inviting members and professionals to contribute; receiving articles, and sending them to Amy so she can work her editorial magic. We also appreciate illustrations and photos, as long as we can get permission from the artist/photographer to use them.

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## Have you renewed your MEMBERSHIP?

(Hint: Your expiry date is on the mailing label)

Membership to the **Forget Me Not Family Society** includes:

- ✓ Subscription to **Adoption Circles**, a quarterly publication
- ✓ Reduction in workshop fees
- ✓ Information on books and support groups

Individual Membership  
**\$30.00/year (USA & Canada)**

Couples \$50.00/year  
International \$50.00/year  
Corporate \$65.00/year

Use the PayPal link at  
[www.AdoptionCircles.net](http://www.AdoptionCircles.net)  
Or send cheque payable to the  
Forget Me Not Family Society  
#102-1860 Southmere Cres. E.,  
Surrey, BC Canada  
V4A 6Y7

Residents of the U.S. please send  
U.S. funds

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

Address \_\_\_\_\_

City/Province/State \_\_\_\_\_

Postal/Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Birth Parent \_\_\_\_\_ Adoptee \_\_\_\_\_ Adoptive Parent \_\_\_\_\_ Sibling \_\_\_\_\_ Reunited \_\_\_\_\_

Prospective Adoptive Parent \_\_\_\_\_ Adoption Professional \_\_\_\_\_ Other \_\_\_\_\_

Change of Address \_\_\_\_\_

Date of Application \_\_\_\_\_