

Dear Member,

For we who lost loved ones, the heartbreak persists. For those who are survivors, often with physical and emotional injuries more severe than others realize, the devastating memories remain. The aviation disasters of September 11th (NINE-ELEVEN) shook the world and broke the hearts of millions of people, and now almost everyone knows someone impacted by an aviation disaster, whether it is from that day, or a crash long ago.

Our members felt the pain and suffering after NINE-ELEVEN, too, and months later it is more difficult to find peace and contentment in our every day lives. More people were harmed personally, many more lost family and friends, or they know a story from a "friend of a friend." The powerful personal accounts we hear from the NINE-ELEVEN families and survivors remind us of our own personal experiences and stories.

The friendship and support our members give to each other provides strength in coping with grief. This month, Helen and Larry Siebert have shared the story of their Memory Garden of flowers, plants, and trees representing 27 states and 11 countries in memory of the 230 souls on board TWA 800. The garden includes plants representing the home state flower or the country for each person on board. Helen is also sharing a poem "*From the Normal Family*" which speaks of a personal journey to find a "new normal."

Alice Grasso was a young widow with small children to raise, and is one of many members who have honored her husband's memory by helping others. Alice and others from USAir 427, and about eight other air crash groups, organized NADA/F in Pittsburgh in 1995. Their short-term goal was to support victims' families. Together, they found a personal strength that they did not know they had, and like others, it had not been tested before. The work of the Founding Members led to the passage of the Family Assistance Act of 1996, and we are all grateful for their dedication to helping air crash families in the future.

Their force and determination made NADA/F a reality, and seven years later, we remain committed to the founding goals, including the long-term goals of aviation safety and security.

The world is a better place because of members who remember their loved ones with gardens, memorials, scholarships, and more. It is also a better place because of your support and contributions to NADA/F, in honor and memory of your loved ones. We rely on your donations to help prevent these disasters in the future, as we continue to provide worldwide long-term support for victims' families. *Thank you!*

Sincerely,



Gail A. Dunham, President

***MISSION: To raise the standard of safety, security, and survivability
for aviation passengers and to support victims' families.***

**SAVE THE DATE! 8th Annual Meeting
September 28-29, 2002**

DoubleTree Hotel, Pentagon City, close to Washington

National Airport. For the special \$99 rate call

(703) 416-4100 or (800) 222-TREE. Mention NADAF or

NATIONAL AIR DISASTER ALLIANCE for the special rate.

Meeting will be from 9:30 AM Saturday morning

through 4:30 PM on Sunday. Continental breakfast and

conversation starts at 8:30 AM Saturday and Sunday.

Saturday evening dinner will again be at the Rooftop

Dining Room with a terrific view of Washington DC.

Socializing will start Saturday at 5:30 PM before dinner.

Actually, prepare for lots of socializing while we visit with

old and new friends. Everyone is welcome—survivors,

family members, aviation professionals, government

officials, members of the media, and all those impacted by

aviation disasters recently and long ago.

Saturday morning will include our traditional personal

introductions and a time for caring and sharing.

Meeting Speakers to be announced.

Optional Friday activities will include a behind the

scenes Security Tour of Washington National Airport

at 10:30 AM Friday. Last year the airport tour was

cancelled as the airport was closed, but we anticipate the

tour is a GO for this year. Tourmaster will be our own

Board Member Bob Monetti, also President of PA103.

Friday 2:00 PM optional meeting at the FAA. Advance

reservations for the Friday meetings will be a MUST due

to security.

Registration fee is waived for those having a Letter to

the Editor published promoting NADAF's goals:

Aviation Safety, Security and Support for victims'

families. Check our website under NEWS for a list of the

200 largest newspapers in the U.S. to help you with

addresses for your local and national newspapers.

Questions or suggestions? Contact our meeting

Co-chairs: **Joan Pontante (315) 593-3279**

and/or **Japontante@juno.com** and/or

Audrey Uiozas (954) 783-4598 judaud@attbi.com Meeting

Registration information will be available soon on

the website and in the next newsletter.

We look forward to seeing you in September!

BOOKS

NADAF has many books to share with members for a

small donation to our organization. All books have been

donated by authors, publishers, and friends of NADAF. The

funds raised are used to educate and communicate with

our members. Feel free to use the book order form

included in this newsletter. In some cases, quantities are

limited. You may contact our book coordinator, Mary

Kahl, regarding availability, by calling (724) 864-0026 or

email to: MKahlcuil@aol.com. Book requests can be

expedited by mailing the orders and checks (payable to

NADAF - NATIONAL AIR DISASTER FOUNDATION) directly to

Mary Kahl at 1917 Victoria Ln, Irwin, PA 15642-5606.

Additional BOOKS are listed on our website, and many

can be ordered directly from NADAF.

Our book drive for 2002 will soon be underway. NADAF will

accept multiple copies of books related to aviation

safety/security or bereavement and grief. Donors will be

acknowledged in a future newsletter and we are most grateful

for all book donations, new and used. Remember that your

donations are tax deductible and you will be helping NADAF

continue its mission.

Mary Kahl

The U.S. Mail

Some of the incoming NADAF mail has gone through the

infamous Washington DC sorting station that has had so

many mail problems. Some of our incoming mail has

been irradiated, delayed as long as two months, and

some has not arrived at all. The situation is better now,

however, if your membership check to NADAF has not

been cashed, or your letter was not acknowledged, please

assume that it was lost in the mail, and we would still love

to hear from you with those much-needed donations and

letters! Thank you! Gail Dunham

WHERE DOES THE MONEY GO?

Please consider a donation of \$20 per person, per year,

for membership, or as much as you can afford, to the

NATIONAL AIR DISASTER FOUNDATION. We also welcome

Newsletter Sponsors for a \$2,000 donation. Our resources

are stretched as we reach out to more people than ever

before. Aviation safety is in the news as we respond to

more requests for information from the media and new

members.

As you can see from the simple bar chart below,

comparing our 2000 and 2001 expenditures, postage and

printing are the two largest line items in the budget, and

continue to rise. Communication expenses are over 80%

of our budget, and cover telephone, postage, printing, the

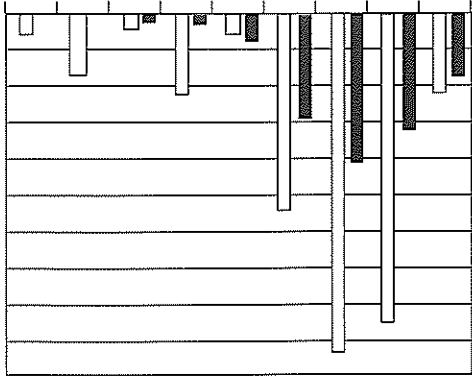
Annual Meeting, and website. Our members generously

cover their own travel expenses, and we have no paid

staff. We want to assure our members that every penny

is spent wisely, and is tax-deductible. **Your donation is**

needed to help continue our work! Gail Dunham



NATIONAL AIR DISASTER ALLIANCE & FOUNDATION

2020 Pennsylvania Ave NW #315

Washington, DC 20006-1846

Ph: 888-444-NADA

Fax: 215-540-0623

www.PlaneSafe.org

The Bookshelf
Spring, 2002

It's Easy to Order!

To Expedite Your Order

Send your check & book order directly to:
Mary Kahl, Book Coordinator
1917 Victoria Lane, Irwin, PA 15642-5606

To Confirm Availability

Contact: Mary Kahl
724-864-0026
MKahlcul8@aol.com

Calculate Total

Multiply QTY
times Unit
Donation

... FOR A DONATION TO NADF, YOU'LL GET BOOKS YOU'LL WANT TO READ ... BOOKS SOMETIMES HARD TO FIND ...				
QTY	Author	Book Title	Unit Donation	TOTAL Donation
	Allardyce & Gollin	<i>Desired Track, The Tragic Flight of KAL 007, Vol.1 & 2</i>	\$30.00	
	Nattanya Anderson	<i>Broken Wings: A Flight Attendant's Journey</i>	\$20.00	
	Barbara Bartocci	<i>Nobody's Child Anymore: Grieving, Comforting, Caring When Parents Die</i>	\$10.00	
	Simon Bennet	<i>Human Error - By Design</i>	\$20.00	
	Kenneth Doka	<i>Living With Grief After Sudden Loss</i>	\$15.00	
	Kenneth Doka	<i>Living With Grief: Children, Adolescents & Loss</i>	\$15.00	
	Kenneth Doka	<i>Children Mourning, Mourning Children</i>	\$15.00	
	Diana Faïrechild	<i>Jet Smarter: The Traveler's Rx</i>	\$10.00	
	Andrea Gambill, Ed.	<i>Food for the Soul: A Best of Bereavement Poetry Collection</i>	\$10.00	
	Guggenheim	<i>Hello From Heaven A New Field of Research After-Death Communication</i>	\$5.00	
	Jill Werman Harris, Ed.	<i>Remembrances & Celebrations: Eulogies, Elegies, Letters & Epitaphs</i>	\$15.00	
	Holtkamp	<i>Grieving With Hope</i>	\$10.00	
	Kolf	<i>When Will I Stop Hurting</i>	\$5.00	
	Kushner	<i>When Bad Things Happen to Good People</i>	\$5.00	
	Stephen Levine	<i>Meetings at the Edge: Dialogues With the Grieving, Dying, Healing & Healed</i>	\$10.00	
	Stephen Levine	<i>Healing Into Life & Death</i>	\$10.00	
	Levine & Levine	<i>The Grief Process: Meditations for Healing</i> (2 cassette tapes)	\$15.00	
	McCracken & Semel	<i>A Broken Heart Still Beats</i> Hard Cover	\$20.00	
	Manning	<i>Don't Take My Grief Away</i>	\$10.00	
	Martin & Romanowski	<i>Our Children Forever</i>	\$5.00	
	Martin & Romanowski	<i>We Are Not Forgotten</i>	\$5.00	
	Martin & Romanowski	<i>We Don't Die</i>	\$5.00	
	Moody	<i>Life After Life</i>	\$5.00	
	John Nance	<i>Blind Trust - 1st Edition</i> Hard Cover	\$30.00	
	Christine Negroni	<i>Deadly Departure: Why the Experts Failed to Prevent.</i> Hard Cover	\$20.00	
		<i>TWA 800 and How It Could Happen Again</i>		
	Mary Schiavo	<i>Flying Blind, Flying Safe: The Former Inspector General of the US Dept of Transportation Tells You Everything You Need to Know to Travel Safer</i> Hard Cover (autographed)	\$20.00	
	Jerry Schemmel	<i>Chosen to Live: The Inspiring Story of Flight 232 Survivor</i> Hard Cover	\$20.00	
	Shortley-Lalonde	<i>Widowed Without Warning</i>	\$10.00	
	Rodney Stich	<i>Unfriendly Skies</i>	\$25.00	
	Judy Tallebaum	<i>The Courage to Grieve</i>	\$10.00	
	Andrew Weir	<i>The Tombstone Imperative</i>	\$15.00	
	2001 dues	<i>Annual voting membership - includes pins(set of 2) for new members</i>	\$20.00	
	Bumper Sticker	<i>Safety Delayed is Safety Denied.....www.PlaneSafe.org</i>	\$2.00	
	Pin	<i>1.5 diameter - Pewter Logo pin</i>	\$5.00	
	Pins (set of 2)	<i>1 Circular logo pin and sm. rectangular NADA/F pin - Blue/Yellow Brass</i>	\$5.00	

Calculate the GRAND TOTAL of your donation by adding all figures in the last column.

Free S&H within the USA

Grand TOTAL

Please make checks payable to NADF

SHIP TO: _____

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level-headed companion donned a suit of armor and was there for both of us. We three took turns donning that suit of armor and I imagine we will continue as long as we live. One thing we soon learned was that each grieves in their own way and men and women grieve in entirely different ways. Finding this out early enabled us to provide each other room to grieve without suspicion or questioning. Another invaluable source of strength was meeting with the other families who lost loved ones on Flight 800. Scattered all over the world we still managed to meet and hear about the loved ones who were together when their lives ended. As we sat listening to stories of people we didn't know being told by their families who were left, there was a revelation that all we were thinking, doing, feeling while we were at home alone, was similar, and some instances exactly what others also had experienced. It was so encouraging to realize we were not "losing it", and what we were experiencing was NORMAL. Each time we came together, the raw, horrible injury we all experienced s-l-o-w-l-y began to heal. Several of us became good friends joined by an inexplicable bond.

Each time I returned home I realized that there was no "getting back to normal" – to what was before. My normal would have to become a NEW NORMAL. For me, it took a long time to find a new normal outfit that fit. It was like getting a complete makeover for a very stubborn person. A makeover that I had to like what it looked like staring back at me in the mirror, liked how it felt, and it had to take place immediately with excellent results because I was just too tired to try on a different one. Then I realized each morning or afternoon when I awoke I had to remember how it had fit the day before. This was particularly difficult when on some days I couldn't even remember where I had put my toothbrush. It seemed, though, when I was overwhelmed, I would go into the garden even during winter. The garden didn't care if my shoes didn't match, if my hair was combed, if I was crying, or yelling. In the last six years and depending on my state of mind, our garden has enlarged, spread, infested, and taken over just about every part of our yard. I found that digging goes much faster in an anger or frustration mode. My husband also helped, but was also wagging a last stand that he had to keep at least one area for "just grass".

As I worked or just sat in the garden, my thoughts would drift and I would begin questioning or feeling guilty that I was enjoying the friendships that had developed with the Flight 800 families. Amazed that even friendships could occur out of such a horrible, gut wrenching tragedy. But the friendships persisted and became more comfortable without the guilt. Upon reflection almost six years later, I think I wanted the guilt because I felt I needed to feel bad that I was continuing my life and my daughters' lives had stopped.

On sleepless nights I would sometimes read over the list of all the passengers that were together and who because of their death now brought their families together.

who was born on my 22nd birthday, and anniversaries without our daughters, and a dear niece "gotten through" another season of holidays, birthdays, they had survived. I realized that I, too, had survived and the early spring flowers were in bud, letting me know looked last summer. Here and there green was emerging the still sleeping flowers and visualizing how they had accumulated during the winter. I found myself looking at outside cleaning the flower gardens of debris that had steeling, but today was beautiful. It felt good to be It is Spring, at least today. Two days ago it was sleeping, but today was beautiful. It felt good to be

shares one thing in common, well two things: we are never "over it", and it is the hardest work we have ever done or ever will do. Grief is overwhelming, but thankfully at first grief is numbing. I lost all my sense of being, but on the positive side, it kept me insulated. As the numbness ebbed, pain flowed in so intensely that I found myself holding my breath, or perhaps I was forgetting to breathe. While in my numbness, I cursed that I just wanted to have things the way they had been and not the nightmare I was living now. Then when the pain struck, it was so intense that I ran to anger, denial, drowned in tears or anything else my whirling mind imagined just to escape the pain.

But looking back, I believe what saved me was putting sound to my thoughts. Talking about what happened, saying or hearing our daughters' names, expressing my feelings, fears – rational and irrational. My wonderful sister-in-law who lost her only child, a daughter on Flight 800, and I shared so much and we truly did understand each other's pain. My husband, my rock solid,

How does one "get through"? However one does – and each who loses a loved one does it differently – shares one thing in common, well two things: we are never "over it", and it is the hardest work we have ever done or ever will do. Grief is overwhelming, but thankfully at first grief is numbing. I lost all my sense of being, but on the positive side, it kept me insulated. As the numbness ebbed, pain flowed in so intensely that I found myself holding my breath, or perhaps I was forgetting to breathe. While in my numbness, I cursed that I just wanted to have things the way they had been and not the nightmare I was living now. Then when the pain struck, it was so intense that I ran to anger, denial, drowned in tears or anything else my whirling mind imagined just to escape the pain.

A GARDEN OF MEMORIES
 By Helen Siebert
 (Larry & Helen Siebert lost their only children, two daughters, and their niece and her husband on TWA Flight 800, July 17, 1996)

Larry & Helen, with Sebastian. Larry is Treasurer of NADA/F and both are Team Leaders on Family Support Team. (573) 635-1488 Email: HlnSiebert@aol.com

