

# BluesNews

Volume VII, Issue IV

February 2015



## IT'S NOT ABOUT THE NAIL!

### SHAME

This edition of BluesNews was particularly difficult to write and publish. The story that makes up the bulk of the "Its Not About The Nail" column was originally written in the first person. It is a clearly written response account to the Brené Brown "Daring Greatly" training on shame. Immediately, after reading the first draft, concern arose as a result of the distribution of BluesNews.

BluesNews is emailed directly to approximately two hundred individuals - some in the business of therapeutic foster care, the majority not. Of the almost two hundred individuals who receive BluesNews directly from us, less than 25% would be directly affiliated with Bluewater. Thus the resulting concern, especially given the intensely personal self-disclosure, (again, reflecting on our training and the lesson of our most recent column,) is that the majority of the readers would not have earned the right to hear the author's story.

BluesNews considered a variety of potential resolutions - all of which regrettably seemed to remove the element of authenticity that is at the heart of Brown's training. We considered creating two versions of BluesNews (an internal and an external edition) but we were concerned BluesNews would be forced to maintain this bizarre split in the future, should the same author submit further articles for BluesNews or that there be any further discussion of the author's story. (And to older clinicians reading BluesNews, in homage to Melanie Klein, splitting is seldom a good, long-term strategy...)

*(Continued on page 2)*

|  |     |
|--|-----|
| "It's Not About the Nail" SHAME                                  | 1   |
| Exciting News from the Foster Family-based Treatment Association | 2   |
| Words to Live By, Redux  | 4   |
| Fear Changes the Way We Think                                    | 5   |
| Your Child is Misbehaving, Are You Listening?                    | 6   |
| Humour   | 7,8 |

## FOSTER FAMILY-BASED TREATMENT ASSOCIATION EXCITING DEVELOPMENT

(Continued from page 1)

In the end, BluesNews has chosen to support the author's confidence in anonymity (earn the right...) We have provided the first person account as written for BluesNews, but it has been edited to read as though it were an interview between the author (EF) and the editor (BFSS). No real names are used and other identifying facts have been altered, (by the author), to minimize the possibility of inadvertent disclosure. The author has asked BluesNews provide the following,

The Foster Family-based Treatment Association is making significant inroads in child welfare policy development and change in the United States of America. The excerpt below is from an FFTA email. This is positive and supportive change!

Ontario child welfare policy seems to lag behind the USA, often by a couple of years. Maybe, when there finally is new money available for child welfare in Ontario, the principle and ideas espoused below will have taken root. Change is possible...

President Obama has proposed new mandatory spending to pay for services to support vulnerable families and to prevent youth from entering out-of-home care. In addition, his proposal specifies that the funding include promoting "family-based care for children with behavioral and mental health needs" (see below for further details). This mirrors our bipartisan federal legislation for the 114<sup>th</sup> Congress, to be introduced on February 10<sup>th</sup> in both the House and the Senate, which defines a qualified therapeutic foster care program as providing "biological parents, kinship caregivers, and foster care parents with specialized training and consultation in the management of children with mental illness, other emotional or behavioral disorders, medically fragile conditions, developmental disabilities, the impact of trauma on child and caregiver, and specific additional training on the needs of each child provided such services."

The President goes on to specifically recommend changing IV-E, which is currently limited to room and board reimbursement, and expand the use of IV-E monies for specialized family-based care as an alternative to congregate care unless congregate care is clearly necessary.

The budget proposes money to pay for the specialized training of therapeutic foster parents and increased reimbursement for TFC parents for their work.

Finally and adding more excitement, the President recognizes our industry officially: *A therapeutic foster home is one with specially trained foster families that can provide support and treatment to a child with behavioral and/or mental health challenges.*

"Many readers of the "It's Not About The Nail" column may think they know or can identify the author. I am betting you cannot. Most BluesNews readers do not know me or the details of my circumstances. In all likelihood, for most of you, I am not who you think I am..."

**BFSS:** Brené Brown contends authentic living is predicated upon intrapersonal vulnerability. All of the things in the following story happened a very long time ago. This story has been told before; perhaps not all at once like this, but don't be shocked or upset. I ask you to remember, "It's not about the nail." There is nothing to be fixed.

**EF:** I don't remember any of it really. Its not like there are intrusive memories or even fragments of memories; its like an echo in the pit of my stomach. Its visceral. I can feel it. It shows up in different places that I can never locate twice but it never goes away. It is always there. It isn't butterflies in my stomach. Real monsters live there who never go away, but they are never home when I go looking for them. In my early thirties, I sought treatment for a stomach ailment and ended up on a medication called stellazine (a powerful anti-psychotic). I didn't take it for long—it crepted me out.

Before I was five years old, my mother tried to kill me three times. I am told I was about eighteen

months old the first time: dumped face-first from a pram on the way to church on a Sunday morning in the middle of a county street because my baby brother was crying. I am a little more than a year older than my younger brother. The scar from a rock was visible between my eyes at the top of my nose for most of my childhood. The second attempt was maybe eighteen months later — thrown down the stairs. The last time was just before I was five. I think it was a baseball bat; my sister says I was kicked: broken ribs and a punctured lung. There really weren't child abuse laws back then. Child abuse didn't really become a punishable offense until the mid-sixties in Canada.

**BFSS:** Our professional development work this year features the work of Brené Brown, "The Daring Way". Brown offers these thoughts and a definition of shame based on the research she has done for the past several years. She writes,

"Shame is universal and one of the most primitive human emotions that we experience. The only people who don't experience shame lack the capacity for empathy and human connection. Here's your choice: Fess up to experiencing shame or admit that you're a sociopath. Quick note: This is the only time that shame seems like a good option.

"2. We're all afraid to talk about shame.

"3. The less we talk about shame, the more control it has over our lives.

"There are a couple of very helpful ways to think about shame. First, shame is the fear of disconnection. We are psychologically, emotionally, cognitively, and spiritually hardwired for connection, love, and belonging. Connection, along with love and belonging (two expressions of connection), is why we are here, and it is what gives purpose and meaning to our lives. Shame is the fear of disconnection — it's the fear that something we've done or failed to do, an ideal that we've not lived up to, or a goal that we've not accomplished makes us unworthy of connection. I'm not worthy or good enough for love, belonging, or connection. I'm unlovable. I don't belong. Here's the definition of shame that emerged from my research:

*"Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging."*



**EF:** In the years between my birth and my sixth birthday, my mother was hospitalized more times than I could count. (When she passed away in her mid-seventies, she had been hospitalized well over one hundred times.) I am told I was hospitalized three times in my first six years. I only remember the last time. I am told the first time was a routine tonsillectomy / adenoidectomy. I was not quite two. Mom said that was how I came I to have that scar on my face. I have no recollection of the second time.

My third hospitalization was about the time I was six. I am told it was to have been a routine second adenoidectomy. I was told that while I was in hospital, I developed a stasis pneumonia that led to a collapsed lung. I was in hospital for more than two months—oxygen tent, tubes, terrible jello (which I still can't eat to this day). My family were poor and the hospital was some distance from my home; my Mom brought me home from the hospital in a taxi. I wouldn't get out. I was blind and a frozen, rigid wooden statue. I closed my eyes, refused to open them, and refused to move. I refused to talk. I just lay on the back seat of the taxi, rigidly immobile. Initially, my Mom begged and pleaded for me to come into the house. She asked the taxi driver to help, to



#### Catatumbo Lightning

At the mouth of the Catatumbo River in Venezuela, a very unique mass of storm clouds swirl, creating the rare spectacle known as Catatumbo lightning. The storm occurs up to 160 nights a year, 10 hours per day and 280 times an hour.

remove me from his taxi but he declined.

In the end, in this odd standoff, her rage overwhelmed me. I recall her tears and rage and threats, and being dragged onto the gravel driveway. With barely open eyes, eyes that I kept as small slits, (I was blind, don't you know) I crawled into the house. I have absolutely no memory of what happened next. And then my Dad was home from work...

**BFSS:** And all of this before Grade school began! Did no one notice? Was there no one?

**EF:** I still find the memory of these events to be quite pathetic. It is not a sad memory: I just wanted to be taken away. I didn't want to witness it anymore. I didn't want to belong there any more. I am broken; take me away. Take me anywhere but here.

When I think about those events now, I think I would have been quite prepared for the taxi driver to have driven away with me in the back seat. From the perspective that only time and age provide, it seems no surprise that the seminal books of my youth were, Farley Mowat's, Call of the Wild, Thomas Wolfe's, You Can't Go Home Again, and Colin Wilson's, The Outsiders.

**BFSS:** According to Brené Brown, shame is *"the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging."*

**EF:** Maybe it was the physical assaults or maybe it is what Perry, van der Kolk, and others call "developmental trauma" but my experience of the shame Brené Brown writes about is not *"the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging."* I don't feel that pain. I don't feel anything but broken. The cognitive response is that I should have been thrown away, discarded. I had come to believe I was unworthy of love and belonging because I was broken, not just fundamentally flawed but so broken that I should not have been kept. I read your BluesNews, "there is no why here."

**BFSS:** (Parenthetically, EF offered proof of being broken. EF spoke of how, as EF got older, EF's weight rose to over two hundred twenty pounds. EF was familiar with The ACE (Adverse Childhood Events) Study. The ACE study, EF says, got started as a result of a physician researcher wondering why patients would struggle with weight loss only to put it all back on again in a seemingly endless, self-defeating cycle. That physician's conversations with his patients led him to believe that adverse events in childhood were somehow significant in this process. This curiosity led directly to the World Health Organization, Adverse Events of Childhood Study.)

**EF:** When I was overweight, my broken ribs were barely noticeable. As I have lost weight, (now hovering under one hundred seventy pounds), when I remove my shirt and look in the mirror, the first thing to catch my attention: those broken ribs. A poignant reminder that I was (am) broken.

My shame response is very visceral. It doesn't lend itself to words. Confronted by angry women, I don't notice I am brain dead. I don't notice the fear and trembling. I don't notice the abusive language. Disrespect does not register. My physiology does not change. I am not numb. I am not crumbling. I am not.

I feel normal.

**BFSS:** The challenge of parental physical assaults on children is that is what normal is. There is no question of deserving or not deserving. There is no cognitive sense of being unworthy. It is not a 'thinking' process. Dr. Bolte Taylor, in My Stroke of Insight, writes, "We are feeling beings who think, not thinking beings who feel." Dr. Bolte Taylor is a prominent American neuroscientist.

## WORDS TO LIVE BY, REDUX

"Never call your mother-in-law names!"

"Never let someone-else's behavior be an excuse for your own."

"Reinforce the behavior you want to see, not the behavior you don't."

"Children are as well regulated as the **least** regulated of their caregivers."

If you always do what you've always done, you will always get what you've always got.

The definition of insanity is doing the same thing over and over again and expecting a different outcome.

plus ça change, plus c'est la même chose (the more things change, the more they remain the same)

**BFSS:** At such an early age, the retreat is completely dissociative.

**EF:** A young woman friend told me about her experience of repeated sexual assaults by her father. She said to me, "It was OK. I wasn't there. I was on the ceiling."

**BFSS:** Dr. Perry's chart, "Fear Changes The Way We Think" provides a good explanation of what happens. Children in a state of fear retrieve information from the world differently than children who feel calm. In a state of calm, we use the higher, more complex parts of our brain to process and act on information. In a state of fear, we use the lower, more primitive parts of our brain. As the perceived threat level goes up, the less thoughtful and the more reactive our responses become. Actions in this state may be governed by emotional and reactive thinking styles.

(As noted above, when children experience repetitive activation of the stress response systems, their baseline state of arousal is altered. The traumatized child lives in an aroused state, ill-prepared to learn from social, emotional, and other life experiences. She is living in the minute and may not fully appreciate the consequences of her actions. Add alcohol to the mix, or other drugs, and the effect is magnified.)

## FEAR CHANGES THE WAY WE THINK

|  |                        |                     |                    |                       |                        |
|--|------------------------|---------------------|--------------------|-----------------------|------------------------|
| <i>Adaptive Response</i>               | Rest (Adult Male)      | Vigilance           | Freeze             | Flight                | Fight                  |
| <i>HyperArousal Continuum</i>          | Rest (Male Child)      | Vigilance           | Resistance         | Defiance              | Aggression             |
| <i>Dissociative Continuum</i>          | Rest (Female Child)    | Avoidance           | Compliance         | Dissociation          | Fainting               |
| <i>Sense of Time</i>                   | Extended Future        | Days / Hours        | Hours / Minutes    | Minutes / Seconds     | Loss of sense of time  |
| <i>Primary (secondary) Brain Areas</i> | NeoCortex<br>Subcortex | Subcortex<br>Limbic | Limbic<br>Midbrain | Midbrain<br>Brainstem | Brainstem<br>Autonomic |
| <i>Cognition</i>                       | Abstract               | Concrete            | Emotional          | Reactive              | Reflexive              |
| <i>Mental State</i>                    | CALM                   | AROUSAL             | ALARM              | FEAR                  | TERROR                 |

**BFSS:** As we were preparing to publish this edition of BluesNews, we received a note from EF. There is certainly more to the story EF wishes to tell. BFSS reviewed what was trying to be accomplished in this edition of BluesNews through EF's story: illustrating through EF's narrative Brené Brown's contention that "shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging." After some deliberation, BFSS has chosen to end this portion of EF's narrative with EF's opening paragraph.

**EF:** Lately I've been thinking I have spent my entire life in fear. I've been thinking that I live my life afraid that someday, those who love me will find out just how broken I am and leave me as a result. As a result, I try very hard, everyday, not to make mistakes or to make only minor errors. I live a life that is organized, structured, and consistent. I am eminently predictable. I tell others I am this way because it is the most efficient and effective way of managing time and energy. Mostly, however, it just barely keeps a lid on the chaos...

## YOUR CHILD IS MISBEHAVING, ARE YOU LISTENING?

By: Heather T. Forbes, LCSW

When reviewing records of many of the children with whom I work, I am forever perplexed at one particular notation I continually see written by therapists and counselors. Under the list of negative traits of the child, it is often written, "Child exhibits attention-seeking behaviors."

I strongly believe that children seek attention because they NEED attention. Nature has designed children to be completely dependent on their parents at the moment they are born. A baby crying is the signaling to the parent the baby has a need, a need that the baby cannot satisfy on his own. The baby is indeed exhibiting attention-seeking behaviors.

The natural flow of the developmental journey of a child is to gradually release this need for attention, moving from a state of dependence to a state of balanced independence. The time period for this is about 18 years. We are the only animals in the animal kingdom that have our children under our care for this length of time. Expecting our children to not need our attention or to view it as a negative behavioral issue during these 18 years goes against our biology.

When children do not know how to verbally express their needs (which is predominately the case during early childhood), they "speak" through their behaviors. In other words, behavior is a form of communication. When a parent can stop, pause, and "listen" to the behavior of a child, it can become quite obvious what the child is saying. Looking at the behavior from an objective perspective also unveils the logic behind the child's behavior. Here is a list of ten behaviors along with an interpretation of each behavior to demonstrate this:

**Slamming Doors.** When a child begins slamming doors, it is an indication that he does not feel like he is being heard. By slamming a door, he is making loud noises, hence forcing the parent to "hear" him. He is essentially saying, "I need to have a voice and I need you to listen to me now!"

**Cursing.** Most children know that they should not curse. They use profanity to jar the parent's nervous system into listening. It is a way to get a parent to respond to the child, even if the response is negative. The child's fear of not being good enough for the parent to pay attention to him, is also playing out in such a scenario.

**Shutting Down.** A child who shuts down, refuses eye contact, walks away, or gives the parent the silent treatment is a child who is overwhelmed. We have traditionally labeled a child like this as defiant. This is a child who is saying, "Life is too big to handle. I'm shutting down my world in order to survive."

**Hitting Sibling.** Sibling rivalry is more about the relationship between the child and parent than it is between two siblings. If a child is not feeling secure in his relationship with his parent(s), he will perceive the sibling as a threat to this relationship with the parent(s). Reacting against the sibling is the basic game of "King of the Hill" in order to win the attention of the parents. The child may receive negative attention from the parent ("Billy, stop picking on your brother!") but to a child, especially a child with a trauma history, any form of attention, whether positive or negative, is love.

**Challenging Authority.** A child who challenges authority is a child who has lost his trust in authority figures. Look back into the child's history and you will likely see a child who was abused, neglected, or abandoned by someone who was supposed to care for and nurture the child. A child who fights having someone else in charge, is a child saying, "I can't trust anyone. It is too much of a risk."

**Saying, "I hate you!"** Such hurtful words directed to-

How to tell  
if you have  
smelly feet



wards a parent from a child are simply a window into the child's heart. The child is projecting his self-hatred and self-rejection back onto the parent. What he is communicating is, "I hate myself!" It is easier to hurt someone else than it is to feel the internal hurt within one's own heart.

**Arguing About Everything.** A child who argues about everything and anything is keeping the parent looped in a conversation in order to keep the parent attuned to him. He feels that if the parent were to stop talking with him, he would cease to exist. Arguing is his way of staying connected. It is a negative form of attachment.

**Laziness.** Describing a child as being "lazy" is like calling a child crying in a crib a "cry baby." It is a gross misinterpretation of the child. Laziness is typically a sign of a child who experienced helplessness early in his childhood; it is a learned behavior. Neglect happens when a child tries to elicit attention from his caregiver and the result is nothing. No attention. No help. Zilch. The child learns that his energy does not produce results and as he grows older and gets challenged by life, he will simply shut down and do nothing. He is saying, "My efforts don't produce results so therefore I won't even try."

**Pushing Every Boundary.** Many children have such intense behaviors that the adults around them in the past demonstrated a lack of ability to handle them or an unwillingness to stick with them. When parents find the child pushing every boundary, every rule, and every limit, the child is asking, "Can you really handle me?" and "You say you're my parent, but I need to know you're not going to give up on me so I will test you to make sure you really are committed before I put any trust into you!"

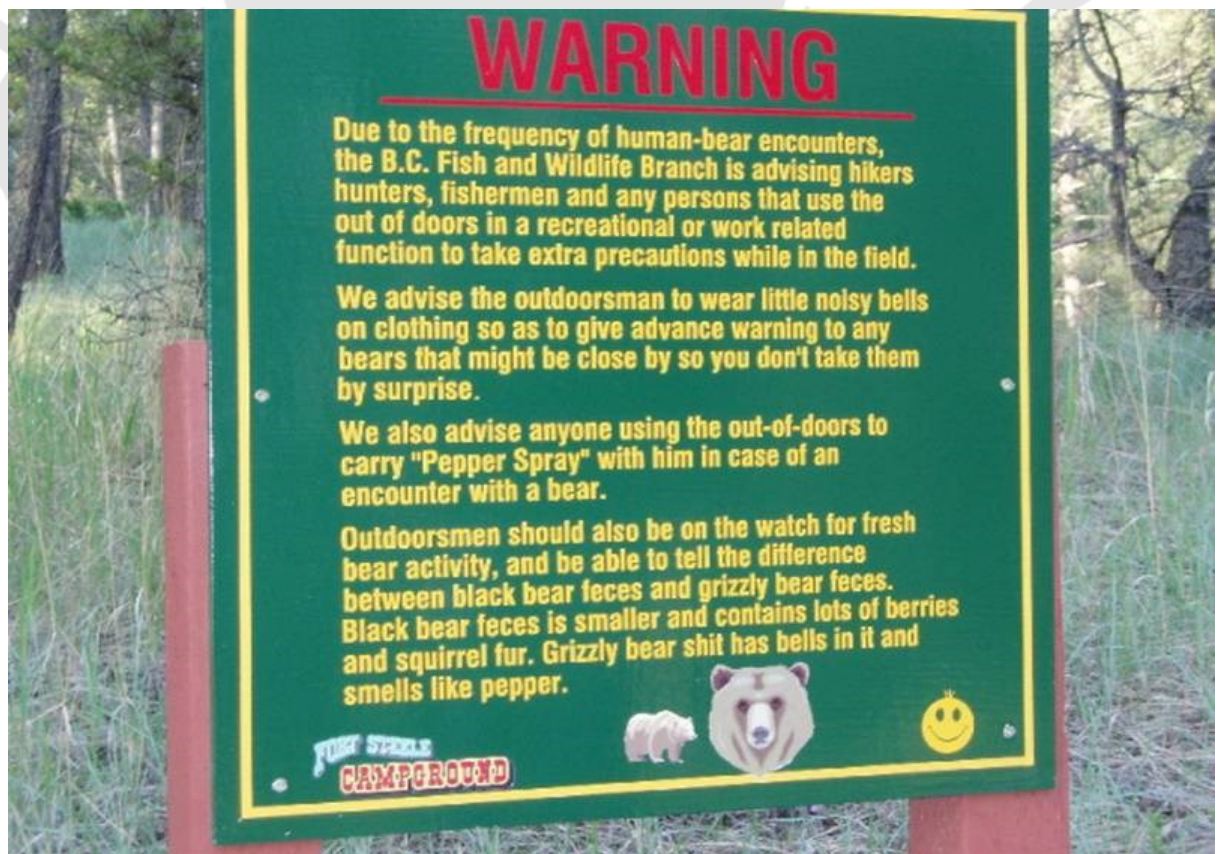
**Becoming Unglued During Transitions.** Trauma happens by surprise and when it happens, there is typically a major change in the child's life. It is transitional trauma. The aftermath of such traumatic experiences is that the child becomes fearful of EVERY transition, whether large or small. A child's belief around transitions becomes, "Something bad is going to happen. Guaranteed." Past traumatic experiences create the black and white thinking that "All change equals pain." When a parent sees a child's negative behaviors intensifying during a transitional time, the parent needs to remember that the child is saying, "I'm so scared that my entire world is going to fall apart in a flash just like it did in the past!"

When parenting a child with challenging behaviors on a day-to-day basis, it is easy to lose sight of the idea that behavior is the language of a child. Negative behaviors are tiring! Keep taking care of yourself and keep your cup filled so that you have enough space inside of you to keep looking beyond the behaviors and listening to the behaviors instead of reacting to the behaviors.

The parent/child relationship is a dyad - a two-part system. Remember that your behavioral response also signals a communication to your child. Thus, it is imperative for you to stay mindful and attuned. Give enough attention to yourself as to stay in a place of love so you are always speaking the language of truth, love, and acceptance to your child in return.

Only in Canada would you see a sign like this! Read the whole sign.

Fort Steele is near Cranbrook, British Columbia .....



# HUMOUR :

AFTER I RETIRED, MY WIFE INSISTED THAT I ACCOMPANY HER ON HER TRIPS TO TARGET. UNFORTUNATELY, LIKE MOST MEN, I FOUND SHOPPING BORING AND PREFERRED TO GET IN AND GET OUT. EQUALLY UNFORTUNATE, MY WIFE IS LIKE MOST WOMEN - SHE LOVES TO BROWSE.

YESTERDAY MY DEAR WIFE RECEIVED THE FOLLOWING LETTER FROM THE LOCAL TARGET:

DEAR MRS.JOHNSON,

OVER THE PAST SIX MONTHS, YOUR HUSBAND HAS CAUSED QUITE A COMMOTION IN OUR STORE. WE CANNOT TOLERATE THIS BEHAVIOR AND HAVE BEEN FORCED TO BAN BOTH OF YOU FROM THE STORE. OUR COMPLAINTS AGAINST YOUR HUSBAND, MR. JOHNSON, ARE LISTED BELOW AND ARE DOCUMENTED BY OUR VIDEO SURVEILLANCE CAMERAS:

1. **JUNE 15:** HE TOOK 24 BOXES OF CONDOMS AND RANDOMLY PUT THEM IN OTHER PEOPLE'S CARTS WHEN THEY WEREN'T LOOKING.
  2. **JULY 2:** SET ALL THE ALARM CLOCKS IN HOUSE WARES TO GO OFF AT 5-MINUTE INTERVALS.
  3. **JULY 7:** HE MADE A TRAIL OF TOMATO JUICE ON THE FLOOR LEADING TO THE WOMEN'S RESTROOM.
  4. **JULY 19:** WALKED UP TO AN EMPLOYEE AND TOLD HER IN AN OFFICIAL VOICE, 'CODE 3 IN HOUSEWARES. GET ON IT RIGHT AWAY'. THIS CAUSED THE EMPLOYEE TO LEAVE HER ASSIGNED STATION AND RECEIVE A REPRIMAND FROM HER SUPERVISOR THAT IN TURN RESULTED WITH A UNION GRIEVANCE, CAUSING MANAGEMENT TO LOSE TIME AND COSTING THE COMPANY MONEY. WE DON'T HAVE A CODE 3.
  5. **AUGUST 4:** WENT TO THE SERVICE DESK AND TRIED TO PUT A BAG OF M&MS ON LAYAWAY.
  6. **AUGUST 14:** MOVED A 'CAUTION - WET FLOOR' SIGN TO A CARPETED AREA.
  7. **AUGUST 15:** SET UP A TENT IN THE CAMPING DEPARTMENT AND TOLD THE CHILDREN SHOPPERS HE'D INVITE THEM IN IF THEY WOULD BRING PILLOWS AND BLANKETS FROM THE BEDDING DEPARTMENT TO WHICH TWENTY CHILDREN OBLIGED.
  8. **AUGUST 23:** WHEN A CLERK ASKED IF THEY COULD HELP HIM HE BEGAN CRYING AND SCREAMED, 'WHY CAN'T YOU PEOPLE JUST LEAVE ME ALONE?' EMTS WERE CALLED.
  9. **SEPTEMBER 4:** LOOKED RIGHT INTO THE SECURITY CAMERA AND USED IT AS A MIRROR WHILE HE PICKED HIS NOSE.
  10. **SEPTEMBER 10:** WHILE HANDLING GUNS IN THE HUNTING DEPARTMENT, HE ASKED THE CLERK WHERE THE ANTIDEPRESSANTS WERE.
  11. **OCTOBER 3:** DARTED AROUND THE STORE SUSPICIOUSLY WHILE LOUDLY HUMMING THE ' MISSION IMPOSSIBLE'THEME.
  12. **OCTOBER 6:** IN THE AUTO DEPARTMENT, HE PRACTICED HIS 'MADONNA LOOK' USING DIFFERENT SIZES OF FUNNELS.
  13. **OCTOBER 18:** HID IN A CLOTHING RACK AND WHEN PEOPLE BROWSED THROUGH, YELLED 'PICK ME! PICK ME!'
  14. **OCTOBER 22:** WHEN AN ANNOUNCEMENT CAME OVER THE LOUD SPEAKER, HE ASSUMED A FETAL POSITION AND SCREAMED 'OH NO! IT'S THOSE VOICES AGAIN!'
  15. TOOK A BOX OF CONDOMS TO THE CHECKOUT CLERK AND ASKED WHERE IS THE FITTING ROOM?
- AND LAST, BUT NOT LEAST:
16. **OCTOBER 23:** WENT INTO A FITTING ROOM, SHUT THE DOOR, WAITED AWHILE, AND THEN YELLED VERY LOUDLY, 'HEY! THERE'S NO TOILET PAPER IN HERE.' ONE OF THE CLERKS PASSED OUT.



BECOME A FOSTER PARENT

# SPARK A LIFE

.....  
GIVE THEM BACK  
THE MOMENTS THAT  
MEAN SO MUCH.  
.....

BLUEWATER FAMILY SUPPORT SERVICES

519.294.6213



**BLUEWATER FAMILY SUPPORT  
SERVICES**

P.O. Box 460,  
2130 Parkhill Drive,  
Parkhill, Ontario  
NOM 2K0

Phone: 519-294-6213  
Fax: 519-294-0279

E-mail: [BluesNews@bluewatercares.com](mailto:BluesNews@bluewatercares.com)

[www.bluewatercares.com](http://www.bluewatercares.com)

[bluewatercares.com](http://bluewatercares.com)

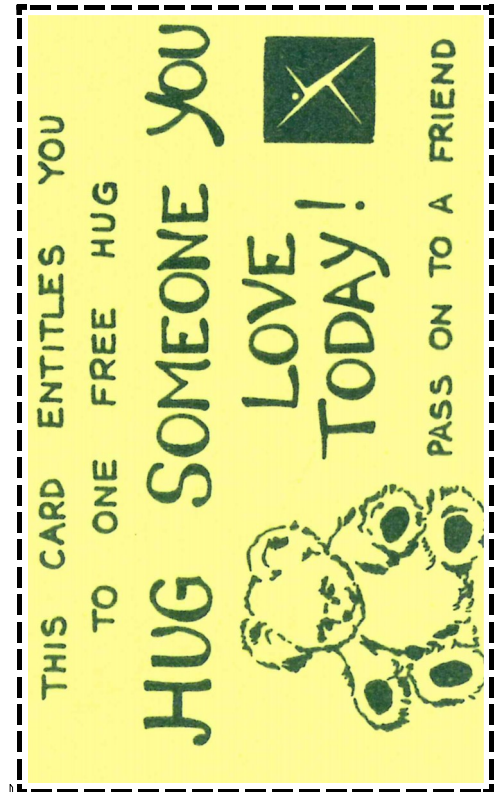
say what?!

*Sometimes when the water is  
deep and dark, music is the  
perfect lifeboat.*

*Here are a couple of Youtube  
links*

[WHEN I'M GONE](#)

[IMAGINE](#)



**I've Learned....**

*These were written by the late Andy Rooney (ex-60 Minutes USA), a man who had the gift of saying so much with so few words. Enjoy.....*

***I've learned....** That the best classroom in the world is at the feet of an elderly person.*

***I've learned....** That when you're in love, it shows.*

***I've learned....** That just one person saying to me, 'You've made my day!' makes my day.*

***I've learned....** That having a child fall asleep in your arms is one of the most peaceful feelings in the world.*

***I've learned....** That being kind is more important than being right.*

***I've learned....** That you should never say no to a gift from a child.*

***I've learned....** That I can always pray for someone when I don't have the strength to help him in some other way.*

***I've learned....** That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.*

***I've learned....** That sometimes all a person needs is a hand to hold and a heart to understand.*

***I've learned....** That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.*

***I've learned....** That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.*

***I've learned....** That we should be glad God doesn't give us everything we ask for.*

***I've learned....** That money doesn't buy class.*

***I've learned....** That it's those small daily happenings that make life so spectacular.*

***I've learned....** That under everyone's hard shell is someone who wants to be appreciated and loved.*

***I've learned....** That to ignore the facts does not change the facts.*

***I've learned....** That when you plan to get even with someone, you are only letting that person continue to hurt you.*

***I've learned....** That love, not time, heals all wounds.*

***I've learned....** That the easiest way for me to grow as a person is to surround myself with people smarter than I am.*

***I've learned....** That everyone you meet deserves to be greeted with a smile.*

***I've learned....** That no one is perfect until you fall in love with them.*

***I've learned....** That life is tough, but I'm tougher.*

***I've learned....** That opportunities are never lost; someone will take the ones you miss.*

***I've learned....** That when you harbour bitterness, happiness will dock elsewhere.*

***I've learned....** That one should keep his words both soft and tender, because tomorrow he may have to eat them.*