



The Sadie Rose Foundation is a 501c3 non-profit organization that offers child, infant, and pregnancy loss support to those in the Shenandoah Valley and beyond.

## THE SADIE ROSE FOUNDATION

# LEE HARLOW'S WALK365

## The dog walk that hasn't stopped

By Regina Cyzick Harlow

Beanie, the aging redbone hound, was Lee's inspiration for our newest fundraiser, Walk365. Because of her, Lee has committed to walking 365 consecutive days to raise money and awareness for The Sadie Rose Foundation. You can track his daily walks on our facebook page or at [www.mapmydogwalk.com](http://www.mapmydogwalk.com).

Sponsorship is available for \$1 a day, \$7 a week, \$30 a month, \$90 per quarter, \$180 per half-year or \$365 for the full year. If donating a different amount, specify the length of time you wish to sponsor him. He can have multiple sponsors per day/week. We will list all the current sponsors on our website.

So what is the inspiration for Walk365?

During the Christmas holidays, we had a dog guest in our home. Beanie and our dog, Sampson, a long-haired caramel-colored Anatolian shepherd/chocolate lab mix, have always had a tumultuous relationship.

Beanie was ever the lady, demure and unimpressed, when Sampson came bursting into her life in full male puppy fashion. After the introductory period passed, their relationship soon reached agreeable terms.

Beanie would lie in the sun while Sampson ran around in circles barking, trying to initiate play. After that game got old, Beanie would retreat to the far corners of the yard or house and Sampson would leave her alone... for a while. Then the game would start again.

Aside from obviously only tolerating our obnoxious Sampson, Beanie had always been an easy dog to keep. We looked forward to the phone call or email from our friend saying she was going out of town and needed a place for Beanie for a few days.

But this Christmas was different. It was clear that Beanie needed her human back and we were not close to being acceptable replacements.

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Beanie's human is a runner; Lee and I are not. Beanie is used to regular exercise; Lee and I are (were) not. In an effort to help Beanie through her anxiety, Lee got up early the few mornings she was with us, including Christmas morning, and walked the two dogs. Or rather, they walked him.

Beanie left Christmas evening, so imagine my surprise when Lee got up the next morning and walked Sampson on his own, and then the next morning, and the next. A week or so into the walking, Sampson suffered sore tissue in his foot and had to take

a week's rest, but Lee kept walking.

Before long, Sampson was back in walking condition and Lee has become the walker instead of the "walkee."

After one particularly brisk morning's exercise, Lee was sitting in a chair with a cold nose and a hot cup of coffee. He said he had been inspired to turn the walk into something meaningful and wanted to walk to raise awareness and funds for The Sadie Rose Foundation. When he said he would commit to 365 days straight, I was more than a little nervous until I remembered from whom that commitment was coming. Once Lee sets his mind on something, he perseveres until the goal is met.

So he and Sampson are both excited about walking for The Sadie Rose Foundation. Oh yes, trust me, Sampson is! He thinks this new walking-every-day-stuff is the cat's meow... or the dog's bark or something like that.

So here's a little bit about why sponsoring Lee's walk can make a lifetime difference.

The Sadie Rose Foundation is a non-profit 501(c)3 organization that offers support in our community and beyond to families that have experienced the death of a child, including through pregnancy loss and miscarriage. We rely solely on the generosity of those who believe in the service we provide to our community to make our support available. We appreciate every donation, every volunteer, and every prayer that makes this support possible.

Your tax-deductible donation can be made on our secure website via Paypal at [www.sadierosefoundation.org](http://www.sadierosefoundation.org) or mailed to P.O. Box 382 Dayton, VA 22821. Thanks in advance for supporting Lee's Walk365 and in turn helping to shine a light of hope into someone's darkest night.

## CALENDAR OF EVENTS

**Feb. 24: Monthly Support Meeting**, Dayton Church of the Brethren, 7 p.m. Our support meetings are low-key and casual. Families are welcome. Childcare provided. Bring a light refreshment if you wish. (Park in the back and enter the double glass doors. Meeting room is first door on the left.)

**Weekly Online Support Chat**, Sundays, 9 – 11 p.m. To participate, visit our website and click on the weekly support chat button to sign in. This is a great way to fill in the gaps between our monthly meetings or a great way to "meet" people from our group before attending a monthly support meeting.

*For more information about any of our events, please email or call us.*

## CANDLELIGHT VIDEO SUBMISSIONS

Every year, we invite bereaved families to submit photos and information of their child to be included in our candlelight ceremony remembrance video. We welcome you to submit photos now so we can get them ready for the Dec. 9 service. Please submit a JPEG photo (or a picture to represent your child) along with your child's name, date of birth and date of death to [info-assistance@sadierosefoundation.org](mailto:info-assistance@sadierosefoundation.org). If you would like a copy of our 2011 remembrance video, please submit a request to the same email address or call our office line at 540-810-0307.

## SUBMISSIONS

We welcome your submissions of articles, poems, quotes and events that pertain to grief and child-loss support. We will publish as space allows.

Please ensure that we have permission to publish your submissions. We reserve the right to edit all content for clarity and space purposes.

*Email all submissions to Regina@SadieRoseFoundation.org or mail to The Sadie Rose Foundation P.O. Box 382 Dayton, VA 22821.*

## A FATHER'S HYMN

Angels chase the infant kings  
 around the Savior's throne  
 Their joy a choicest offering  
 in Him their only home.

A tapestry of love they are  
 knit in their mother's womb  
 A breath before the air we breathe  
 the world only a tomb

What joy it is to think on these  
 the cherubs of the sky  
 They know only a heav'nly song  
 that wets the Savior's eye

These Little ones, he calls their names  
 they dance as their reply  
 A thousand prayers will lift their wings  
 When justice breaks the sky

chorus:  
 Let the children come to him  
 these little ones he knows  
 In heaven and on earth abroad  
 their faith His love bestows

Bruce Benedict  
 Cardiphonia Music (c) 2011

## QUOTE CORNER

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying I will try again tomorrow." Mary Anne Radmacher

And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. Rev. 21:4

## VOLUNTEER OPPORTUNITIES

Want to help? There are many ways to volunteer with The Sadie Rose Foundation. You or a group you are involved with (Sunday school class, social club, family, youth group, service organization) can make and/or donate items for bereavement packages. (Contact us for a list of appropriate items. Any handmade items such as knitted/crocheted prayer cloths, stuffed animals, small stained-glass pieces, etc. are usually fine.) Other opportunities include organizing and/or helping with fundraising events and office duties, including preparing newsletters. To learn about upcoming volunteer opportunities, please email [info-assistance@sadierosefoundation.org](mailto:info-assistance@sadierosefoundation.org) and type "volunteer" in the subject line and include your preferred means of contact in the message or call our office at 540-810-0307 to be added to the volunteer contact list. We are funded solely by the generosity of those who believe in the support we offer. All donations, monetary/volunteering, are greatly appreciated and help shine a light of hope into someone's darkest night. Thank you for your continued support.

Because the path of grief after losing a child should never be walked alone

For more information, "like" us on Facebook and visit our website at

[www.sadierosefoundation.org](http://www.sadierosefoundation.org).

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