

CALENDAR OF EVENTS

April 1999	Ann not feeling well, back pain and canker-soars in the mouth
May 1999	Ann being treated for back pain and so on.
June 1999	Ann has pelvic pain. She's evaluated by gynecologist.
June 1999	Ann is diagnosed with possible ovarian cancer.
July 1999	Pathology report confirms the big "C".
July 16, 1999	Surgery
August 31, '99	Georgann, our daughter, moves to Santa Monica, CA.
September 1999	Chemotherapy begins.
December 1999	Chemotherapy ends.
April 2000 treatment.	Cancer is still active. Doctor suggested an alternative
May 2000	Go to Livingston Clinic for holistic treatment, San Diego.
November 2000	Reevaluation looks cautiously good.
March 2001	Ann end's diary. She begins to write her personal memoirs.
May 2001	Ann is too sick to return to Livingston for reevaluation.
June, 2001	Georgann returns home to take care of her mom.
July 2001	Ann becomes weaker but in control of the meaning of death.
July 2001	Hospice is called in.
August 2, 2001 spouses.	Celebrates her 69 th birthday with brothers and sisters and
August 4, 2001 chair.	Ann attends her sister's 50 th wedding anniversary in a wheel
August 13, 2001	Ann dies early afternoon. Ann is cremated.

August 25, 2001 Celebration of Ann's life, Mass, officiated by Father Jack O'Hare.

Sept. 13, 2001 Ann to a water grave, in San Francisco Bay, near Angel Island.

ANN'S DIARY/SCRAPBOOK: Living with cancer

A DIARY-SCRAPBOOK IS A MUST EXERCISE WHEN LIVING WITH THE NEGATIVE: BECAUSE YOU SPEAK TO YOURSELF, AND COMMUNICATE WITH THE MYSTERY THAT ENLARGES THE POSITIVE SELF.

This diary is presented to balance Ann's life in my book Ann of Green Pastures. It shows how she lived with the ultimate adversity. Also, it might be inspiring for others who find themselves in her predicament. May her thoughts and faith here lighten your burden! George

Ann's Diary is also partly a scrapbook. In my book ANN OF GREEN PASTURES I have noted how Ann perpetually grabs onto meaningful thoughts presented by all forms of communications. Hence, the scrapbook part is made of "get well cards," some newspaper articles" and photographs. The diary part is her words. Ann reflects daily with written thoughts that are always embedded with two words: gratitude and faith.

It is not until page 132, between entries November 4 and 5, 2000 that she finally comes to terms with her life and death. On that page she draws two pictures, one is sad the other happy and similar words under each respective picture.

The left side picture is made up of a bright sun, birds in the clear sky, and a beautiful clean stone pathway with Ann walking on it. The pathway has living trees and flowers on each side. The right side picture is joined together by the pathway which is now muddy by the rain falling from the dark clouds in the sky. And it has no trees or flowers along the pathway. However, the right side picture is not totally despairing. There is a rainbow; Ann has 5 colorful balloons held in her hand by strings and 7 red hearts are sprinkled under the rainbow.

My interpretation is: A certain way of life is coming to an end. How do you deal with it? You have to reimagine what death is. Is it extinction or a "right of passage?" These are the two final conclusions. The debate is over. Ann chooses the "right of passage." She symbolizes that choice by a rainbow, by balloons and hearts. These three metaphors are about celebration. She places her trust in her intellectual intuition that there is more than what comes through the senses. This is her statement in art form.

Her statements in words are as follows.

The left side drawing, the bright side of life: “Life was pleasant. I had good health, very active and was able to volunteer at two different schools. I was active also at St. Leo’s; attended Mass at least twice during the week. I took very good care of my health: no bad habits and ate the right food 90% of the time, exercised and took my vitamins. Enjoying life to the fullest, I thought it would remain this way.”

The right side drawing, mixture of dark and bright: “In June 1999, at age 67, the last year of the Century, life drastically changed—the storm hit. I was diagnosed with ovarian cancer out of the blue. With God’s grace and blessings I experienced peace and total resignation to the complete change in my journey through life. The love I was shown by family, friends and new acquaintances and St. Leo’s community was amazing. It has brought joy in my life. There are moments when I experience the storm (drawing) but my many blessings bring me out of the “storm.”

THE BEGINNING OF THE DIARY
DECEMBER 31, 1999
NEW YEAR’S EVE

Ann note’s that this journal book and idea is a gift from my loving niece Norine, Christmas 1999!

Last day of the millennium! It is a great day in one’s life, to be able to experience the changing of the millennium.

We had a nice dinner with Sophie and Rich Malani at Kenwood. It is a blessing to have new friends, real people, down to earth.

This past year were days of enjoyment: a trip to Florida to visit Ernie and Mary Lou and the great sites in Florida. A big surprise: a trial with the sickness of ovarian cancer. A big challenge of coping with this sickness: an accepting spirit, peace of mind, patience, accepting and living life each day as it is occurring. Many prayers, graces and blessings have come my way—thanks be to God.

JANUARY 1, 2000
SATURDAY
Happy New Year
and a very Blessed one!

A year of healing, growth, peace, joyfilled, accomplishments and enjoying the beauty of life!

January 1, 2000 Friday: A disappointment this New Year's Day, Toni, Don and the family were unable to spend the day with us because of a cold. Better safe than sorry because of my low immunity. What is nice, we will get together on the 16th.

In spite of the disappointment I enjoyed our day: it was quiet and peaceful. The weather was overcast and dreary but thank God, we were able to make our own sunshine, and we brought out the sun by 12:30 P.M. I accomplished writing some thank you notes and preparing my bills, to pay. We enjoyed watching the Rose Bowl, Stanford vs. Wisconsin. Stanford lost, but it was a close game and exciting. George was a good sport and played the Rummy like game with me after dinner.

January 2, 2000 Sunday: The blessing of a quiet and peaceful Sunday. It was a beautiful, crisp and sunny winter day.

Received these lovely photo's from Don and Vicki (such good friends) taken when they visited with us a week before Christmas.

Nice to receive a call from Georgann (daughter)! Happy to hear she is feeling better.

It is a good feeling to be able to pay our bills and to have them written out by the afternoon.

Happy also to have Aaron (son) visiting with us and share dinner. It is always a good feeling to see him; pleasant to have around; to see him looking well.

January 3, Monday: New Year's resolutions: right attitudes, determination, being faithful, think positive. These quiet, simple days give me the opportunity to think and focus. Hope I do not waste these precious moments.

January 4, Tuesday: A simple day of simple blessings. I am not going out in public because of my low blood count. Too many people have the flu. The morning was filled with little jobs accomplished. After lunch I tackled the ironing, a good number of George's shirts.

How nice to hear from Dolly Dohn. She informed us Pete Riella died. RIP.

I am blessed in feeling well and have a good appetite. My good friend Warren also called. We had a good talk.

January 5, Wednesday: A quiet and simple day with small jobs accomplished. My dear sister Evelyn called. How nice to have someone think of you and concerned. Thank you, God, for a loving family. My dear sister-in-law Alberta also called to let me know about her brother's Louie's surgery on Friday. Pray God it is successful.

A beautiful wintry day: clear, nippy and sunny. Around 1:30 in the afternoon I was able to sit on the front deck, bundled up, of course. Felt good absorbing the sunny. It's been a while since I sat outside.

January 6, Thursday: The feast of the Epiphany: Christ message is meant for all people and many people are attracted to it. It is a beacon and a guide in their daily lives. Jesus has given us much by his example. May his example be our daily challenge!

We went into town for a few errands. Good to get out. We stopped at an open house, an old historical house in El Verano which is for sale.

Roger Bartel called from Carmel Valley, an old friend. Wanted to know how I was feeling, so nice to hear from him. Wanda and Ray also called. They just arrived back to Grass Valley from Pete's funeral. How nice it is to talk to old friends who remember you. What a nice blessing.

January 7, Friday: A very quiet day which now and then is very nice. I was alone taking down the ornaments off the tree. There is always a little sad feeling dismounting the Christmas tree and other decorations. Holidays are over! Back to normal daily life! The New Year goes forward. What am I to make of the days ahead?

January 8, Saturday: What a nice blessing to stay in bed till 7:30. Felt good.

Cleaning day! Finished taking the tree down! Thank you God, for George! He vacuumed the carpet, after removing the Christmas tree. Then he mopped the kitchen floor. It is a blessing, having the energy to organize the Christmas decorations for next year and to clean the bathrooms. Then it was time for nice shower and to prepare supper.

January 9, Sunday: We are celebrating George's birthday today. I did a little shopping and then baked George's cake. Aaron arrived around 3:00 P.M. We had a nice dinner. How nice it is to celebrate together. George will be 65 years old Tuesday. Wish Georgann was here to celebrate with us.

January 10, Monday: I came across these worthwhile sayings from an old calendar.

Let us choose to believe something Good can happen.
It is more important to do the right thing than to do things right.
Doing your best is more important than being the best.
The difference between winning and losing is self-discipline.
Today is the tomorrow you worried about yesterday.
Nothing is achieved before it is thoroughly attempted.

Destiny is not a matter of chance; it is a matter of choice.
Victory belongs to the most persevering.
A hero is one who hangs on one minute longer.
Patience unlocks the door to achievement.

January 11, Tuesday: George's birthday, 65 years old. What a blessing George has been in my life. I thank God for his good health and all the care he has shown me during my sickness. I pray God to continue to bless him with good health, long life and happiness.

January 12, Wednesday: What a challenge to follow in Saint Francis footsteps (Saint of the Century). Never to his degree of poverty, humility, self-sacrifice, and love has there been another like him. But I do pray that in some degree I may see the opportunity in my daily life to practice in some way these Christ-like virtues. Amen

January 13, Thursday: Val Matthews has been so faithful each month sending me a greeting with words of encouragement, prayers and love. How blessed I am for being part of St. Leo's community. She enclosed this little angel cast in medal, as a sign of a caring and thoughtful prayer. I received a card from Don and Vicki also with words of encouragement and prayers. (I have a cat-scan tomorrow.) Thank you God for these blessings!

January 14, Friday: Today I anticipated my cat-scan. I experienced a little anxiety, but on the whole I had faith and hope for a good outcome.

While I was lying on the table I thought positive thoughts, especially the many people who are praying for me which gave me peace. Now, I have to anticipate the visit with Dr. Stanton on Tuesday for the results.

I listened to Jeff Laying's tape on "Focus on Wellness" this morning. Jeff is a cancer patient who is in remission. He says there are 5 basic truths cancer patients should know in order to handle their sickness:

Cancer is not a death sentence.
I am not a victim.
Change your thoughts (healing consciousness).
Consciousness creates reality.
Focus on wellness. "The fate of the bird is in your hands."

January 15, Saturday: A day of cleaning, and I felt up to it. It was the first day I seemed to have full energy. Cleaning all day and took a few minutes in the morning to write in my journal, and even baked a batch of cookies. Felt really good to have the energy. We went to 5:00 P.M. Mass. It has been a number of weeks for me because of my low blood count and all the flu that was going

around. I was happy to see that Father Jack was saying the Mass. Thank you God! I am back with St. Leo's community.

January 16, Sunday: Preparing for Toni, Don, Sue, Marlene and Michael's visit with us. A blessing to have family visit! What a delicious meal we all enjoyed. We even exchanged some Christmas gifts.

Dee and Warren, Mike and Mindy with their two children stopped for a short visit. It was so nice to see them all; such lovely people.

I watched the Biography on Oprah Winfrey. A wonderful human being! God bless her!

January 17, Monday: Did not have a very good sleep, but at least we were able to sleep in a little later, which felt good. After breakfast, a feeling of exhaustion came over me. The busyness of the last two days caught up with me. So, I did go to my chair and rested.

We ate lunch and then I felt much better. Did two loads of wash and baked some oatmeal cookies for the crew at the oncology center in Petaluma. The thought of my visit with Dr. Stanton tomorrow (result of my cat-scan) came to my mind quite often during the day. I was able many times to focus on wellness as Jeff Laying teaches. It did help. What also came to my mind? The many people who are praying for me and those who are sending energy my way!

January 18, Tuesday: It is a morning of anxiety. What will the cat-scan tell me? I received a surprise call from Jan Cilibert from New Jersey. What loyal friends: she, Carl and Carlo! They will remember me when I go for my appointment at 3.00 P.M. our time.

Results were good: vital organs not cancerous. George was with me. What good news! Alleluia! I will have to see the Urologist because the urethra was dilated. This has to be checked out. I pray all will be well. I called the family and friends about the results.

January 19, Wednesday: Day at the dentist! It is such a blessing to have a good dentist, Melissa Rinck. We have a lot of confidence in her. I am anxious about making the appointment with the Urologist.

January 20, Thursday: I took Warren (a good friend) out to lunch for his birthday. We had a delightful lunch at a new Italian restaurant on Broadway. Warren is very generous and thoughtful person, always bringing something: oranges and lemons from his trees, two "birds of paradise" to put in a vase, a generous homemade piece of raisin cake and chicken soup he had made in the morning. I went to dance class (International Folk Dancing) for the beginning of the spring session. I missed the fall session because of my sickness. How good

it felt to dance again. I had to sit towards the last hour; I did dance for a good hour. Thank you God!

January 21, Friday: I had a blessed day shopping. How blessed we are to enjoy good food and are able to purchase it. I went to Sebastiani-theater in the evening. We viewed a delightful film Cider House Rules. The main character, a young man, had a generous heart. The end of the film, he gives his life to aide young children in an orphanage! A blessed film!

January 22, Friday: Thank God I had the energy to go shopping and clean house. In matter of fact I had good energy. I had a nice long conversation with my beloved niece Rosemary. She is such a joy! I attended the 5 p.m. Mass. Our first hymn was "Come and journey with me." My life's journey with all its twists and turns is traveled with God's Spirit in my heart. How else can I face all the surprises which have come into my life's journey?

January 23, Sunday: It is a very wintry day; it rained all day. The beauty was in the rain, as we need it desperately. It is a relaxing day. I did anticipate tomorrow's Urologist examination with some anxiety. I am concentrating on positive thinking, focusing on wellness. God' grace is my strength.

January 24, Monday: Went to my Urologist appointment at 10 am. He looked over my cat-scan. He set up an appointment for a bladder examination for tomorrow—another anticipation! I received some clippings from Norine. The one on Beau the dog is special. I know what our pets have meant to me since my illness. They bring much comfort and joy: Bella our dog and Leona our cat. Even looking out the window from my recliner and seeing Megan our horse, so gentle, and all the chickens roaming the property: they are a blessing.

January 25, Tuesday: I went back to the Urologist, Dr. Nevine Smith for the bladder test. Thank you God, the bladder was fine. I am grateful for this report. I will have to see him again next week after doing some test home. I am feeling fine. I hope and pray this is a good indication that the problem of the dilated urethra and kidney is minor.

January 26, Wednesday: I went to my dentist, Melissa Rinck, for my crown. The crown did not fit properly. I have to return next Wednesday. I went to Yosi to get a haircut. Yosi has been my hairdresser for 26 years. Amazing!

January 27, Thursday: George came with me to do some errands in the morning. We both went into Marin to pick-up Shirley (our legally adopted daughter). Seniors had their Retreat day. Shirley felt it was a day of blessings. We stopped at Don and Vicki's to wish Vicki a Happy birthday. Don had a little surprise for Shirley. It was nice to see them again. I went to my international dance class and danced for an hour and a half. Alleluia!

January 28, Friday: Early rising! I visited Dr. Tang at Stanford. It was a nice trip. We got to stop and see Toni and Don on the way. They are concerned about the report. The report was good news. Thank you God! Dr. Tang mentioned, "How do we keep the cancer consolidated and in remission. There are three choices: follow up with a 3 months check up and blood test, an experimental pill, or more chemo. He feels the best result is more chemo. He will discuss this with Dr. Stanton. I will see Dr. Stanton April 11.

Until then I will pray and focus on wellness and I hope to be active. After my visit with Dr. Tang we stopped and visited with Evelyn and Frank then Sam and Alberta's, and then went to May's she had a dinner ready for us. How generous of May. We watched the movie Jolson Sings Again; it was a delightful musical. How precious and wonderful to have a loving family. It makes a good feeling inside. What a blessing!

January 29, Saturday: Cleaning day! The day passed too quickly. We had an enjoyable dinner and evening with Gail, Jack, Lauren and Gail's mom, Marion. Good friends!

January 30, Sunday: Super Bowl Sunday! I enjoyed attending the 8:45 am Mass. I was able to see some of the people whom I hadn't seen in a long while. I enjoyed a quiet day, a nice change. George, Bella and I took a short walk between showers. The fresh air felt so good. The Rams won the Super Bowl. It was an exciting game towards the end.

January 31, Monday: I attended morning Mass. How nice it was to see the morning group again. After lunch I took a rest as I was tired and sleepy. I did not have a good sleep Sunday night; the rest felt good. I was rejuvenated and baked a delicious chocolate cake for desert. Shirley and George enjoyed it. Another blessing: good food, strength to cook it and family to enjoy it.

FEBRUARY 2000

February 1, Tuesday: This is the month of Hearts! I took a nice walk with George and Bella. I noticed the wild flowers beginning to bloom, so early here in California. I had a dentist appointment today; it is the best care.

February 2, Wednesday: I took time to exercise. It felt good! I puttered around the house doing a number of things. I felt tired and I knew I needed a rest, which I did.

February 3, Thursday: I attended morning Mass. I was able to go shopping. I was able to visit with Doc and Dolly. Doc, 91 years old, isn't doing well. It was nice to visit with them. The last time I saw them was last May when I brought them Holy Communion. They are both so mentally keen. It is such a blessing at their age, Dolly is 86. How thoughtful, they had a little Christmas gift for me. How

great it was to go to dance class. I had to sit a couple of times as I was becoming tired.

February 4, Friday: It felt good to sleep in until 7:30 am. George and I went to lunch at Amigos Grill. We enjoyed our Mexican meal. How nice to be able to treat ourselves once in a while.

Warren and I went to cooking class at Ramekins at 6 pm. What a neat experience! The class was Eastern Mediterranean food. The instructor was excellent. It was a blessing to be able to afford this extra experience.

February 5, Saturday: Shirley and her friend Daniel Marquez came for lunch. George and I were very pleased as he seems to be a nice young man. We are happy for Shirley to have such a friend! I like this verse: "Key to life unlocks beauty in all things."

February 6, Sunday: I attended the "healing of the sick" Mass at 11 am. The anointing was for all those sick physically, emotionally or spiritually. The oil symbolizes the healing of Jesus' love. May I always feel and believe in the healing touch. We are planning a trip to visit with Georgann and Joe at Santa Monica and Norine and George at San Diego in March. This is a nice event to look forward to.

February 7, Monday: I arranged Jack to bring the anointing of the sick to Doc (91 years old) whose cancer has recurred. He is failing. He is such a pleasant old man. Father Jack was so at home with them. They were so elated to receive Father's blessing. I drove Jack back to the rectory. What a warm human being is Jack!

February 8, Tuesday: I brought my urine specimen to the lab and had a blood test. Hope this will be the last testing by the Urologist. I will find out next Wednesday, the result.

This phrase was in our Sonoma paper: "You don't stop laughing because you grow old; you grow old because you stop laughing."

February 9, Wednesday: How nice of George to take me to Santa Rosa for my massage. A certificate was given to me by Linda from the cancer center in Petaluma. What a wonderful and blessed one hour it was; I completely relaxed. She was an excellent masseuse.

February 10, Thursday: The rain is bringing us many blessings during this past drought we have been having. It brings water to our wells, snow to the mountains that melts into our rivers, lakes and reservoirs. How the rain pleasantly clears the air of its pollution. It makes the hills and grass so beautifully green. Thank you God for sister rain!

February 11, Friday: Georgann is 28 today. She is a blessing to us. She is a beautiful outgoing personality. She enjoys life to the fullest. She knows and understands how to entertain children and they feel much at home in her company. God bless our Georgann!

February 12, Saturday: My thoughts for today are: Thank God I am feeling well. I can go to church, to be present with the St. Leo's community and to feel up to doing my normal Saturday chores, how good it feels.

By William Penn: "I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again."

February 13, Sunday: I decided to look through again the get well cards that I received during my illness and recuperation period. I was amazed at the number, 158 in all. The thoughtfulness of the people and their concern was beautiful. An experience I will never forget.

What Aaron wrote on my birthday card was so touching. It is worth saving. Something he has never written to me before. (See Aaron's thought in ANN OF GREEN PASTURES). On the next few pages I saved the cards which verses said something to me.

February 14, Monday: This is today to express our love. Gabriella, from Sonoma Valley Academy (Ann worked there as a part time teacher.) brought me a huge Valentine from Liz's class. Each student signed their name on the heart. She also brought a beautiful Jasmine plant in the shape of a heart plus some jumbo strawberries. All of this is from the school. How thoughtful and touching, to be thought of and be loved. It makes me feel so good inside. "When your mind is full of indecisions try thinking with your heart."

February 15, Tuesday: It was a good feeling to hear the results from my Urologist. The kidney is functioning well. I will not have to see him until 4 months. My next visit with Dr. Stanton is April 11. It is the three month checkup with the oncologist. I pray the good reports will continue.

February 16, Wednesday: Today is a simple day, but yet meaningful. I accomplished a number of things. I am grateful for this. I am feeling very well. Thank you God!

By Nathaniel Hawthorne: "Happiness is like a butterfly, the more you chase it, the more it will elude you. But if you turn your attention to other things, it comes and softly sits on your shoulder."

February 17, Thursday: Today is a blessing. I started the day by attending Mass. Enjoyed a lovely dinner with friends: Sophie and Rich.

February 18, Friday: After Mass my dear friend, Jean, and I went to the farmers market. How refreshing to see all these home-grown veggies. What a blessing to have an outdoor market once a week in Sonoma. We then enjoyed a treat and good coffee at Boulangeries's Café. George and I went to the movies to see End of the Affair. A story based on Graham Green's novel. He brings out the goodness within the characters in spite of their corrupt lives. Do I try to see the good in a person in spite of their behavior?

February 19, Saturday: I got to enjoy the blessing of some warmth and sun in the morning on our front deck. It felt so good. Aaron came for dinner. We enjoyed the blessing of a delicious meal and also Aaron's company. It was nice to see him.

February 20, Sunday: It was pleasant to attend the 8 am Mass and nice to be able to greet people that I hadn't seen in a while. I enjoyed a walk with George and Bella. We made it between the on and off rain. It was a relaxing Sunday. "Faith is the cornerstone on which all great lives are built."

February 21, Monday: Today is President's Day! We got in a nice long walk with Jean. It is a nice relaxing holiday.

THE DILEMMA: "To laugh is to risk appearing a fool. To weep is to risk appearing sentimental. To reach out for another is to risk involvement. To expose feelings is to risk rejection. To place your dreams before the crowd is to risk ridicule. To love is to risk being loved in return. To go forward in face of overwhelming odds is to risk failure. But risk must be taken because the greatest hazard in life is to risk nothing. The person, who risks nothing, does nothing, has nothing, is nothing! He or she may avoid suffering and sorrow, but he or she cannot learn, feel, change, grow or love. Chained by his or her certitudes, he or she is a slave. He or she forfeited his or her freedom. Only a person who dares to risk is free."

February 22, Tuesday: We received this thank-you note from Georgann the other day. This picture of a little girl in a big old fashion hat reminds me of her spirit: free and easy, enjoying life and having-go-lucky day. She is a blessing!

February 23, Wednesday: It is a quiet morning but busy as usual. I attended Coping with Cancer group. There were six of us. Christina expressed her feelings on coping with her pain on a daily basis. She has faced this fact and living with it.

February 24, Thursday: George and I attended Doc's funeral at St. Leo's at 11 am. I feel it is a blessing to share with Dolly and the family their sorrow and loss. But the gathering afterwards was one of celebrating Doc's life of 91 years.

February 25, Friday: George and I went at Costco in Santa Rosa. I am feeling well, thank God!

February 26, Saturday: A busy day of shopping and cleaning. We attended 5 pm Mass. Enjoyed again the movie *Pride and Prejudice* with Greer Garson and Lawrence Olivier.

February 27, Sunday: Another very rainy day, a blessing, better than a drought, 21 rainy days in February, a record. Wow! Since it is still February I want to save Georgann's and Joe's Valentine thoughts. We truly appreciate their thoughts and love. "We just thought we would send you both love and kisses on the first Valentines Day of the new millennium."

February 28, Monday: How nice of Vi to come down with her husband Vince from Roseville. She took me out to lunch. We had such a nice visit. It's a blessing to renew an old friendship and fun to talk about old times. The parish mission began this evening. The theme is "We are not alone."

Jean is having her cat-scan and biopsy today. We pray for health and strength.

MARCH 2000

March 1, Wednesday: Father Decker spoke at the mission. His message was finding God in every situation. "Whoever wishes to come after me, must deny himself and take up his cross and follow me."

March 2, Thursday: We found out about Jean's prognosis: she does have cancer and it is quite spread. My heart goes out to her. They still have to decide what is to be done. She has one more cat-scan of the uterus. I missed the mission this evening.

March 3, Friday: I went into Marin with Shirley early morning. I had a nice breakfast at Half Day Café and then took a nice walk along the inlet. I went into San Francisco with Joe and Kay for our luncheon. All the sisters and brothers and spouses celebrate our gratitude for each other. Ann was up from Bakersfield so she came. Rosemary, Steve and Aaron also joined us. How nice! One of our greatest blessings is our loving family. We are so fortunate. Last day of the mission: Theme: Spirit and community!

March 4, Saturday: It was a normal Saturday The passed so quickly. Georges's friend, Dick, from the Jesus Seminar had called and wants to take us out to dinner. We met him at the Flamingo Hotel and went to their restaurant for a delicious dinner. How thoughtful of him to treat us, a very nice man from Iowa.

March 5, Sunday: I have been feeling well, so good to be able to go on a two and a half mile walk. George, Bella and I walk that distance about twice a week weather permitting. We take an intermediate walk the other days. Thank you God, for this energy!

March 6, Monday: I like this phrase: “It is in the company of a good friend that the heart finds a home.” I feel badly to know my friend Jean has cancer. I hope and pray something positive can be done.

March 7, Tuesday: More rain! Some lines I like, by Veronica Shoffstal, in her verse AFTER A WHILE: “And you learn to build all your roads on today, because tomorrow’s ground is too uncertain for plans.” “And you learn that you really can endure . . . that you really are strong.”

March 8, Wednesday: To day is Ash Wednesday. It is the beginning of Lent. It is a season of special inner reflection. With prayer and effort and guidance of the inner spirit we can make changes which need to be made.

March 9, Thursday: Father Jack and I visited Dolly (86 years) who just lost her husband. It was so nice to see Jack relax back in the chair and feel at home. I administered Holy Communion and Jack applied the ashes. It is such a blessing to be part of this ministry—bringing a little joy.

March 10, Friday: It was a joy to get together with Gail in San Rafael for lunch. It was a short visit but an enjoyable one. She is a good friend.

March 11, Saturday: It was a blessing today with some sunshine. It felt good to sleep in until 7 am. I found out yesterday about Louie Ferrallis death. He was a good man. He was always cheerful. His last year was one of sickness and suffering. May God rest his soul!

March 12, Sunday: Aaron came for dinner. He arrived early afternoon. We took an intermediate walk. What a blessing to have a nice visit with him. We had a nice corn-beef and cabbage meal at St. Leo’s that was put on by the men’s club. We enjoyed it very much.

March 13, Monday: We took a nice walk with Jean in the morning. We are hoping and praying all will go well for her so that her surgery will be successful.

March 14, Tuesday: Toni and Don arrived late morning. What a blessing to have loving family to come to house-sit for us and take care of the animals. We are going down to visit Georgann. The first stop will be so see Ann and Flemming in Bakersfield and then on to Santa Monica and onto San Diego to visit Norine and George. We are excited!

March 15, Wednesday: We woke up early to get ready to leave at 7 am for Marin. How nice of Warren to offer to take us to the train station in Richmond. It is such a blessing to have a generous friend go out of his way, for you. The train ride to Bakersfield was great; it took a little over 5 hours. It was so relaxing and enjoyable to see the vastness of the farm land in California.

Flemming picked us up in Bakersfield. It was great to visit Ann and Flemming. Of course, Ann had a great meal prepared! It is a great blessing to have such a remarkable person for a niece. They are both great hosts.

March 16, Thursday: We went with Ann to the Steve and Greg concert. There were fourteen hundred kids in Old Down Town, Fox Theater at each hour performance. They performed wonderful children's music. The children participated and interacted with their song. What a blessing to witness these two men entertain all these children with such enthusiasm. Afterwards, Ann treated us to a delicious lunch. Then Ann took me to a number of shoe stores to find some comfortable shoes for me. She is one in a million! She is so generous and good with sharing herself. God bless Ann and Flemming!

March 17, Friday, St. Patrick's Day: I called Jean in Sonoma to wish her a Happy St. Pat's day and to hear about the outcome of her test. She will be having surgery on Monday. The doctor warned her about finding more cancer than just colon cancer. God help her, it does not sound good. We are hoping and praying. It was a blessing to attend Mass with Ann. I prayed for all my family and friends that our energy may be extended to each other. We left Bakersfield's about 11 am, for Santa Monica, in our rental car.

March 18, Saturday: How nice it is to be in Santa Monica with Georgann and Joe, and also to have Aaron down here for the weekend. We had a nice walk along the Promenade (a two block area with shops and restaurants). At three in the afternoon we went to the Getty Museum Center. It is located on top of hill overlooking the city of L.A. Such beautiful art and architecture! It is worth seeing. Joe and Georgann treated us to a nice Mexican dinner. It was a typical L.A. swing place to be.

March 19, Sunday: We all went to Mass, George, Aaron, Georgann, Joe, Jen, and myself. It was in an old beautiful church built in 1927. The church was packed with people. We had a great homemade dinner of Aghine-Fil-Form (a Maltese rice dish accompanied by a salad and French bread. All this took place in a little studio apartment. Georgann, George and I went to the movies. We saw My Dog Skip. It was a very touching story of what a dog means in our life as a loyal companion and friend.

March 20, Monday, First day of spring: We had a blessed trip to San Diego. George, Norine's husband, gave us great directions. How nice it was to see them. Their home is lovely: bright, cheerful, pleasant and beautiful. We stopped to visit their parish church, St. Gregory the Great. I have never seen such great architecture. The grounds are also beautiful with a low waterfall symbolizing living water and also out door Stations of the Cross. Bless Norine and George for preparing a delicious meal. They are both so gracious.

March 21, Tuesday: George and I went to visit the museum of Art in Balboa Park in San Diego. There was a display of Eastman Johnson's art. It was exquisite paintings of early Americans, Native American and African American: the common folk in Nantucket, Massachusetts—picking cranberries in the fields, children playing in the hayloft in the barn. What talent and what joy to view this era. George and Norine prepared another delicious meal of barbecued salmon, veggies and salad. A blessed visit!

March 22, Wednesday: George and I visited Old Town, San Diego. It is always enjoyable to visit a historic park that has been preserved to its original state in the 1800s. I enjoyed the rustic and colorful Mexican architect. It was fun walking around and enjoyed a delicious Mexican lunch with live music for our entertainment, by a colorful group playing all sorts of Latin-music.

We took George and Norine for a delicious Italian dinner. It is a blessing having good food and enjoyable time together. In the evening we had a fun time playing the game "Phase 10." It was our last evening of such a delightful visit. God bless Norine and George.

March 2, Thursday: Our last morning in San Diego. We had such a wonderful visit with George and Norine. We made our way back to Santa Monica. We had a nice dinner with Georgann and Joe, this evening.

March 24, Friday: We started back to Bakersfield, early morning. It was good of Flemming to pick us up after we returned the rented car. We had a delicious lunch and visit with Flemming. He then took us to our Amtrak Train to head back to Richmond. It was a blessing, to have Aaron pick us up in Richmond. We returned "home sweet home" at 8 pm.

March 25, Saturday: It was such a blessing to have Toni and Don take care of the animals. Our pets seemed very content. We are so happy that Toni and Don enjoyed the Sonoma area. It was a blessing to see Jean in such good spirits and doing well after her surgery. Now we pray for healing.

March 26, Sunday: Again, it was a nice blessing to sleep in until 7 am. We took a walk on this nice spring day: trees are blossoming; green leaves are budding forth, spring flowers adorning the front yards. New Life is all around us. We just need to recognize it and enjoy it. George and I made a visit to see Jean at our local Hospital. She is doing well. It was a blessing to see her.

***March 27, Monday:** I am feeling well, thank God. I am anticipating my appointment with Dr. Stanton on April 11. I pray all is well. George picked up Shirley.

March 28, Tuesday: Shirley feels stressed out as there is only 9 weeks left of school. Then it is her graduation. How the four years have flown by. Shirley has

been accepted to Northfield for a 5th year High School to transition into college. We hope and pray she perseveres in her education.

March 29, Wednesday: I called Jean this morning. She is doing well and in good spirits. My blessing of the day is what I accomplished around the house. Thank god I am feeling good.

March 30, Thursday: It is a blessing of being alive and going to morning Mass. I enjoyed my folk dancing class and having the energy to dance; I am grateful

March 31, Friday: George and I went to see Jean in the morning. How nice to her two sisters Mary and Gertrude. They are taking such good care of her. Jean continues to have good spirits, thank God. We went to the health food store; thank God for the health items to bring strength and healing to our bodies.

APRIL 2000

April 1, Saturday: My brother, Joe's 75th birthday party was today. He and Kay were completely surprised. It was a big blessing to be with loving sisters, brothers, nieces and nephews. Rosemary and Steve were wonderful hosts. The food was excellent. We are so blessed with the many good people and good things in our lives.

April 2, Sunday: I had a bad night. I did not sleep well. I had intestinal discomfort. It was a quiet day and a beautiful spring day. Days like this are so appreciated after the winter months. The change of the season is the beauty of God.

April 3, Monday: I attended morning Mass. At 10 am a small group of us met together. It was like a small Christian Community. A nice group of women met to share experiences with and be strength to each other.

April 4, Tuesday: I made an appointment to see Doctor Amara (my gynecologist). I am having a few problems which I need checked out. I went to see Jean and brought her vitamins. She is in good spirits. Thank God! Her sister Gertrude is taking good care of her.

April 5 Wednesday: I listened to Dr. Weil on the Larry King show. Dr. Weil mentioned how important it is to eat together at a meal. The word companion is derived from two Latin words meaning "with" and "bread". How interesting!

April 6, Thursday: It felt great to go dancing again. I did not think I would be able to dance as many dances as I did because of my discomfort. I only skipped the last dance. But I am anticipating my visit with Dr. Amara tomorrow.

April 7, Friday: I had my office visit with Dr. Amara. The examination showed a rectocele (dropped area of the rectum). It is common and can be repaired. I have to see what my CA125 is and what is causing the bloating of the abdomen, after Dr. Stanton's examination on Tuesday. I am praying and thinking positive and focusing on wellness. I just feel discomfort from the bloating abdomen.

April 8, Saturday: Georgann will be meeting Joe's parents today. She will spend the afternoon and evening with the family. This is a step forward.

April 9, Sunday: How nice it was to see Georgann and Joe again. I prepared a delicious brunch for all of us. It was nice, Aaron was with us. Aaron got a good price on a computer for Joe. It was great of him to bring it to the house, so they can take it back to Santa Monica, this afternoon.

April 10, Monday: I am anticipating my three month check-up with Dr. Stanton, tomorrow. I like these sayings from the Celestial Seasoning Tea box: "Our own heart and not others' opinions of us, forms our true honor." "Leisure, some degree of it, is necessary to the health of our spirit."

*****April 11, Tuesday:** My meeting with Dr. Stanton was NOT good news. My CA125 is up to 120 and the norm is 30/35. With the symptoms I am having: swollen abdomen, abnormal bowel movement—most likely cancer. SHOCKER!! Only three months after stopping Chemo, can this be? It is hard to believe. And, I was feeling so good. How do I face each coming day? I am trying to face each day with hope; appreciating all the good and beautiful things I am surrounded with. Of course, I have my moments of downers, but "Down" I will not stay!!! Thank you, God. I went to the lab to have my CA125 repeated.

April 12, Wednesday: Beginning to feel drained physically. Not fun—limited in what I can do. The blessing—I have George by my side to help me. Thank God!

April 13, Thursday: The Holy Spirit inspired me to make my appointment with Dr. Tang, ahead of time. Thank God, I have an appointment with him Good Friday at 2:30 pm. I will be spending my Good Friday services (April 21) driving to Stanford, Palo Alto, and at the doctor's office.

George drove me to the cancer group meeting in Santa Rosa at Sue Macredy's European Day Spa. Linda and Sarah, two oncology nurses were there plus 6 women cancer patients. The two hours we were there were so worth while: each receiving a 15 minute foot massage and instruction from Sarah on different therapies for our emotional and mental well-being. What an opportunity and a blessing for these instructors to give us their time. How cute of Linda to say, she had something for me before I left. It was a metal of the Blessed Mother which had been blessed by Mother Teresa in India. It was given to her by a good friend. Linda not being Catholic thought I would appreciate it. The friend worked as a volunteer with Mother Teresa a number of times. She had ten medals and to

think one would end up in my hands, especially at this time in my life. Thank you, God.

April 14, Friday: I received A CUTE MAGNET Guardian Angel from Norine and George. I placed it on our fridge where I can see it. Norine is the angel. Her prayers are constantly with me. She sent also this cute Vera the Mouse Card. How special! I began today the Essiac herb tea.

April 15, Saturday: I slept fairly well; I woke up around 8 am. It was a quiet day. We enjoyed two wonderful movies Yentel and Fiddler on the Roof. I take the Essiac tea twice a day, 2 fluid ounces of the brewed Essiac with 2 ounces of filtered boiling water. Today is Aaron's and Norine's birthday. God bless them!

April 16, Sunday: Aaron arrived around 10 am. We took him out to a brunch for his birthday. It is such a blessing to have him around. He went to the store for me, as I needed a few items for the bean soup I was making. I was pleased to have the energy to prepare the soup. It turned out delicious. I am glad my spirit was not down, but was able to be grateful for the positive things of the day. I had a good laugh about something with George. The laugh felt good, even though physically it was uncomfortable. What a blessing to enjoy a good movie on PBS, the classic, David Copperfield, a British presentation.

April 17, Monday: I handled my cat-scan well. I will receive the results on Wednesday when I see Dr. Stanton. A really sweet nurse, Jackie, helped me take the cat-scan. She mentioned the fluid from abdomen can be drained anytime it becomes unbearable. I will look into it tomorrow.

April 18, Tuesday: I got the OK from Dr. Stanton to have the fluid drained. The 2 pm appointment was quite an experience. Dr. Widder was very nice. It is quite a procedure. I did get a local shot in the abdomen but still felt the tug of the hose. I anticipated more pain, but it did not happen. Thank God, I did feel some relief.

*****April 19, Wednesday:** My meeting with Dr. Stanton was not hopeful in a sense he could only recommend more chemo or search for an alternative. I am strongly leaning towards alternative medicine. I receive another beautiful Vera the mouse card from Norine.

April 20, Thursday: Holy Thursday: When I told Nario and Heidi (two friends) about Dr. Stanton's report. Heidi remembered a friend of theirs an artist who had ovarian cancer and chose alternative medicine. Her name is Micki Voisard. She wrote a book, Cancer then Healing. We ordered it. Heidi called her and explained my situation. I spoke to Micki over the phone. She is very committed to alternative medicine, a proper diet, proper mental outlook, and determination.

April 21, Friday: Good Friday: We spent the good part of the day traveling to Stanford Medical Center in Palo Alto. The outcome of the visit with Dr. Tang,

after looking over my record is the cancer is minimal and suggested chemo or radiation. I am not leaning this way. I dread having the chemo drug into my body. I am praying for the right decision. What is right? It has to be as I see it in my mind and heart.

April 22, Saturday: Holy Saturday: I received a package from Norine with a darling ceramic magnet bear Angel with two of my Vera the Mouse Cards. God bless her for her thoughtfulness. She is an "Angel." From the Holy Saturday services: Stand, O stand firm; and see what the Lord can do.

April 23, Easter Sunday: What a glorious morning: the bright sun shown early morning. We arrived at Johnny and Sue's at 1:00 pm. It was a joyfilled and pleasant Easter day. All the brothers and sisters were there. How nice! There where 27 of us, children and adults celebrating the day. It was a great blessing to be privileged in being part of this loving family. It was very nice for Johnny and Sue for being so generous to open their home to us. God bless them, Jesus' risen presence was there with in the love we shred for each other. Happy birthday to Ann!

*****April 24, Monday:** I felt pretty good and did a number of errands in town. Vi, from Roseville called in the afternoon. We spoke for an hour. She invited us up for a visit after we came back from San Diego. We received the literature from Livingston's Medical center. I have decided, after reading the literature, to attend the two week program for the non-toxic therapies. I am going by my gut feeling with much prayer and hope.

April 25, Tuesday: I started the day feeling uncomfortable and drained. This is the first day I felt this way since the recurrence. We decided to go to San Diego as soon as possible. I will speak to Norine and George tomorrow and then call the Livingston center. George will be attending with me as a caregiver. How blessed I am to have George—what a loving husband.

April 26, Wednesday: Less energy today! We are all set to go to Livingston, Monday. The plane leaves early Sunday morning. I checked everything out on the San Diego map. Thank you, God!

April 27, Thursday: Warren is a blessing; he took me out to a delicious lunch. I had roast rabbit and it was excellent. He is very thoughtful and generous. God Bless him!

April 28, Friday: I had a surprise visit from Jean. Today she is doing well. I spoke on the phone today quite a bit. I received a call from Jan and Carl from NJ, wishing me well. Also, best wishes from Maria from San Rafael, and also Lillis our old neighbor in San Rafael.

April 29, Saturday: Father Jack is 70 years old today. God bless him! All arrangements are now made for our animal caregivers. The family has been so generous. Even Sofi and Rich are coming one evening to stay over night. Early rising tomorrow! Val and Les from St Leo's brought me a little glass figurine of a blue bird and a beautiful book on Mother Teresa, her life and work, with beautiful photos.

April 30, Sunday: We rose at 4:45 am. I was already awake. Dear Joe and Kay were ready to take us to the airport. How special of them to do this for us. (Editor's note: Ann had to be assisted with a wheel chair at the airport. She was too weak to stand or walk.) We rented a nice black Ford ranger. We drove to Norine and George and found a note saying the blood vessel in George's eye burst. Thank God George was doing fine, but needs a laser treatment on Monday. So nice to see Norine and George again! We will live with them for the two weeks. God bless their generosity!

MAY 2002

May 1, Monday: It was a good feeling to arrive at Livingston Medical Clinic (This clinic closed in 2004 because the lack of money.) It took us 25 minutes from Norine's and George's home to reach Livingston. My first impression of the Center was good, well organized, clean and efficient. The Staff was pleasant and professional. Doctor La Beau reviewed my records and examined me and was very nice. I met some very nice people who were there for the first time as well: Pauline from Arizona and her caregiver Anna; Kathy and husband Dan from the Bay area. I have much hope for healing and improvement. God bless us all.

May 2, Tuesday: It was a fruitful day at Livingston. The food was well prepared and appetizing. We are all becoming well acquainted. Chris the nurse gave us a demonstration on how to administer our own injection, this will be interesting. Janet the nutritionist was excellent; I enjoyed her lectures very much. What a blessing and how fortunate George and I are to have been invited to stay with Norine and George. They truly are our "Angels."

May 3, Wednesday: We arrived at Livingston's at 7 am so we could review a tape. I gave my own injection. I did very well. The psychology class was

instructive. It was giving by Chris Christenson, PHD. Georgann will be with us tomorrow. It will be good to see her.

May 4, Thursday: I was blessed with a good sleep. I am grateful. Our nutrition class with Janet was very instructive. The diet proposed to us is very, very important. The psychology class stressed how important it is minimize stress events. I picked up George and Norine a gift; it is a heavy figurine of a cute angel sitting on a smiling turtle, something for their garden. They loved it. Georgann arrived around 7 pm. How nice to see her and how nice of Norine and George to invite her. It is such a blessing to be surrounded with such LOVE!

May 5, Friday: One week will be completed at the end of this day. Norine and Georgann came to visit Livingston and our sick friends. I gave them a little tour of the Center. How nice, the Centered invited them for lunch. The whole group enjoyed Norine and Georgann. I did fairly well with my injections. We stopped at Whole Foods and picked up some good food. Our evening was fun. We went to see Keep the Faith a really cute movie. We even played a game of Phase 10.

May 6, Saturday: We slept in till 8 am. I felt good. Norine and George took us for a nice ride to Pacific Beach. We walked the boards. How wonderful to breath in the ocean air. We walked the pier with cottages on it. It was a fun day, and evening.

May 7, Sunday: Norine and George went to participate in a run for Literacy. We attended Mass at St. Gregory church. The day passed quickly. I did make some homemade spaghetti sauce for Monday's night's dinner. We were invited to Donna and Larry's home for dinner (Norine and George's friends). What a blessed evening, such nice people.

May 8, Monday: This will be our last week. I have a feeling that it is going to pass quickly. It was a good day at the Center. I gave myself three injections. We enjoyed our pasta dinner. I wrote all my thank you notes and other notes. I felt good when I finished writing. George helped me with the post cards. We all retired early. We all had a good sleep.

May 9, Tuesday: The weather is cool. I had a good day at the Center. I met with Chris the psychologist. We spoke on the importance of a spiritual life, an attitude of hope, living in peace and not stress. The Darkfield presentation was very interesting, viewing the activity of the red and white blood cells of some patients which are healthy and sickly. We took a walk to the post office; it was a little too long. I became exhausted. George had to walk back to the Center and pick me up with the truck. I met a nice man while waiting. It is interesting how certain circumstances, allows us to meet people we would never come in contact. It is a blessing in life.

May 10, Wednesday: It was a busy day at Livingston. I met with Doctor La Beau. We went over my tests. I improved in some areas. My immune system is still low and the CA125 is up over 300, the test was taken on the first day at Livingston. We had a good meeting with the psychologist. He talked about the importance of a spiritual outlook on my cancer sickness. I also met with Janet for last instructions on my diet. What a blessing to have experienced such a wonder staff.

May 11, Thursday: There are two days left. This second week has passed so quickly. It was not a busy day at the Center, like yesterday. I had a visual meditation class with the psychologist. It was a good feeling to be quiet and still, for about a half hour.

May 12: Friday: It was our last day. It was about getting things together, all my supplies to take home with me. I saw Dr. La Beau for the last time. He was very encouraging. It was hard to say goodbye to the group. We did bond during the two weeks. Norine and George had a delicious Salmon dinner prepared for us. We have been blessed with such good conversation each evening over a delicious meal. We played Rummy Cube after we finished the dishes. It was so much fun. Norine and George really enjoyed it.

May 13, Saturday: It is sad to leave Norine and George's good company and hospitality. George and I were able to fit in a walk before we left for the airport. We said our sad goodbye and left for the airport at 11 am. Before we knew it we were up, up and away. Joe and Kay came to pick us up. How nice of them! What a blessed and loving family. We arrived about 2 pm.

May 14, Sunday: It was good to get home, in a way. The challenge is now in my hands. I want to give it all I have, with God's help. I can do it. I must give the Livingston program at least 6 months. We will return for one day after 6 months for a reevaluation. I hope and pray all will go well.

May 15, Monday: I woke up to face the challenge. I gave myself the injections. Thank God I am able to do this. George and I drove into Santa Rosa to pick up our organic carrots for our carrot juice. I was exhausted when we arrived home.

May 16, Tuesday: How blessed I am to have found a nurse, Sally Huston. It was through our neighbor Elise whose sister is a nurse. She came in the afternoon to introduce herself. What a nice person. Another blessing! She will start tomorrow.

May 17, Wednesday: It was hard to get into the swing of cooking a vegetarian diet, giving myself the injections, and Sally arriving to administer the I.V. However, all went well. Sally is so efficient and confident. The days are passing so quickly.

May 18, Thursday: It was a day off from injections and I.V. I am blessed in feeling quite well.

May 19, Friday: There is good article on Father Jack in today's newspaper. I will save it in this book.

May 20, Saturday: I took only one injection this morning. I cleaned the house. We attended 5 pm Mass. How blessed it is to attend Mass again.

May 21, Sunday: It was a beautiful Sunday morning. We took a walk around the square in town in the late morning. It was nice not to be too busy. After lunch we decided to visit Jean and Bud. We had a good visit.

May 22, Monday: I am in my second week into my program. I feel I am doing quite well. It is a challenge: creating vegetarian meals, certain days, certain injections. **It surely beats chemo! Sally is such a blessing. She is an Angel.**

May 23, Tuesday: It was a special blessing today. I attended the cancer group in Santa Rosa from 2-4 pm. Our instruction was in Yoga. Bonnie, the instructor was great; and then I won a free facial. How nice! I truly need one.

May 24, Wednesday: Each day has its blessings. I was able to go for a 20 minute walk. I am feeling quite well. A bird has been perched on the railing of our front deck singing so beautifully. It then flies up on the eucalyptus tree and in a little while comes back and repeats the show. I wonder if it is one of George and Norine's birds, from their back yard, coming to say, "Hello," Ha, Ha!

May 25, Thursday: I went to Mass. I thank God for this blessing. I drove into San Rafael for a haircut. I visited the JCC. It was great to visit with Elizabeth, Lee Ann and to see Michael and visit Kindercare. The room looks great. I went to lunch with Gail and sat by the pool. It was a beautiful day.

May 26, Friday: I did my stretching and then took a 20 minute walk. Sally is attending her daughter's graduation this weekend. Elise's sister, Ingrid, will come to tomorrow to administer my I.V. How blessed I am to have two good nurses.

May 27, Saturday: I had my I.V. at 8 am. It is a blessed Saturday. It is a clean up day.

May 28, Sunday: We went to Mass. I got to see some of my church buddies. The day passed too quickly. At 5 pm we went to Nerio and Heidi's house for dinner. Sophie and Rich were also there. It was a wonderful blessing of good friends and good food. It was a delightful evening. Their new home is lovely. The view is magnificent and we got to see a spectacular sunset.

May 29, Monday: It is Memorial Day. It is a quiet day. Ingrid came to give me my I.V. at 8 am. The holidays always pass too quickly.

May 30, Tuesday: George took me to Westlake Joe's for our Portola Jr. High luncheon. How nice it was to see the group. We only had 7 showed up, but it was fun. Vi came down from Roseville. I received a package from Norine, a few items of my favorite character Vera the Mouse. Norine is such a blessing of thoughtfulness.

May 31, Wednesday: I like the verse: There is so much good in the worst of us. Sally has returned to give me my I.V.

JUNE 2000

June 1, Thursday: Another verse I like: "If you don't like something, change it; if you cannot change it, change the way you think about it." Cancer is that way.

I went to the rosary group at 7 pm. There were wonderful women from St. Leo's. There were four women and one man. It was such a blessing to spend this time to Mary's devotion.

June 2, Friday: Today is Evelyn's birthday. God bless her. She is 82. I had the blessing of Sally's care today. She is so faithful and conscientious. I received again, my favorite "Vera the Mouse Card" from Norine and George. They think of us and we also think of them.

June 3, Saturday: It is a blessed new day. The day passed so quickly. George and I drove to Petaluma to the Health Food Store. This is where we now do most of our shopping. It is a blessing to purchase good, quality food. Aaron arrived early to pay a visit. It was so nice to see him. We attended 5 pm afternoon Mass.

June 4, Sunday: I went for a morning walk. It is an ordinary Sunday. It is filled with many simple blessing. I wake up to a lovely husband; a lovely home, to call our own, and two beautiful children who are on their own. Thank God for all my blessings.

June 5, Monday: Sally was here at 10 am. I called Doctor La Beau about the pain on my side below the rib cage. He advised me not to take the enzyme pills for three days. Also, to do an exercise by pressing the tips of the left hand fingers into the sore area while sitting and bending over and take deep breath. I hope this will make a change.

June 6, Tuesdays: I thank God for my blessings: I am able to get out of bed, to eat my breakfast and function throughout the day. In spite of the slight pain on my side I am feeling well. A big blessing!

June 7, Wednesday: I received a beautiful poem from Val Matthews. I went to Mass today. Val has been such a blessing with words of encouragement in cards, prayers and expressions of her love.

June 8, Thursday: This evening is Shirley's Baccalaureate Mass. It was nice, Carmen and Georgie, Shirley's brother, accompanied us. The gospel reading was my favorite Matt. 6:25-34.

June 9, Friday: SHIRLEY'S GRADUATION: We gave her a set of luggage for her traveling to Northfield, Mass., in August. George attended the graduation with Carmen and Shirley's grandmother. I did not feel good. George said it was a lovely graduation.

June 10, Saturday: We had to go shopping at Trader Joe's and the Community Market in Santa Rosa. We attended 5 pm Mass. I was happy that Fr. Jack officiated. Only two more weekends left until Jack will be officially retired.

June 11, Sunday: MONSIGNOR JACK O' HARE'S FAREWELL PARTY: What a great day, it was. Father Jack's spirit permeated the whole crowd, 1100 hundred people bought tickets. It was such a blessing to have had Jack as our pastor.

June 12, Monday: I am in the fourth week of my Livingston treatment. Sally has been so faithful. She is my biggest blessing. I have two more months of the I.V.

June 13, Tuesday: I rushed to attend 8 am Mass. When I arrived I saw it was the feast of St. Anthony. My devotion to St. Anthony goes back to my High School days. Warren arrived at 10 am. We went to Benziger's winery; we had a great ride on the tram through the vineyards. It was a beautiful hot, hot day; it was over a 100 degrees.

June 14, Wednesday: It was a blessed day! Barbara and Rachel Merek picked me up at 11 am and took me out to lunch. We went to Citti's in Kenwood. We had such a nice lunch and conversation. They are such lovely people. Their thoughtfulness and concern has always been there since my sickness. They even brought over a beautiful bouquet of carnations. So sweet of them!

June 15, Thursday: Today was a special day. My sisters and brothers and spouses came to Sonoma so we can all go to lunch. We had a delightful time at Della Santina's Restaurant. We enjoyed our meal and each other's company so very much, a wonderful blessing. It was a rare day! I am so happy I thought of ordering a delicious Bee Hive cake with coffee and ice tea, when we got back to the house. Thank God for my family!

June 16, Friday: Our thoughts are on whom will be the new pastor. The second article in our local paper printed a great picture at the farewell party. We will miss

Jack: his humanity, his friendliness with all his parishioners, and his Jesus-like spirituality.

June 17, Saturday: It was a great day. Georgann and Joe surprised us. They came all the way from Santa Monica. They arrived at 12 noon. How nice to surprise George for Father's day and also Joe's dad.

June 18, Sunday: It was so nice to have Georgann here on Father's Day. Aaron arrived Sunday late morning. We had a nice lunch on the front deck. Joe arrived from Santa Rosa about 1 pm. They left to return to Santa Monica about 2pm.

June 19, Monday: I am starting my second month with I.V. It will only be twice a week this month. Sally has been so faithful with giving me this treatment. I received a get well card from Rosemary. So thoughtful!

June 20 to June 22, Tuesday through Thursday: I thank God I am able to function in spite of the problem I have below my rib cage.

June 23, Friday: I had my cat-scan at 1 pm I was so pleased that Jackie at the hospital performed it for me. She is so sweet - another Angel in my m life. We saw a delightful movie "Color of Paradise, an Iranian film. It was a touching film about a blind boy's relationship with his grandmother and grandfather.

June 24, Saturday: We were invited to Vicki and Don's for dinner. They prepared a delicious lamb meal with brown rice and squash. We brought cut up fruit. They are such good friends. They are a blessing in our life.

June 25, Sunday: We are preparing for our camping trip Tuesday. This is along awaited trip as we had to cancel it last June because of my cancer surgery. We took a ride to check out Bartholomew Winery for the 4th of July picnic. It is a nice small but beautiful place.

June 26, Monday: A busy day with appointments: my dentist and Shirley's physical. It was nice to see Shirley again. She seems to be doing well. We spent time getting ready for the camping trip. Casini's campground is a place we enjoy very much.

June 27-30, Tuesday through Friday: We arrived about 12 noon. Our evenings were spent reading and playing card games. I had a good night sleep. I relaxed in the sun and took our walks with Bella each day. We also walked to Duncan Mills to shop. It was nice to take a ride to Jenner by the sea. How nice to enjoy a delicious fish dinner in the little town of Duncan Mills. It was so pleasant to camp. We never get tired of it.

JULY 2000

July 1, Saturday: We miss leaving Casini's, but we have to come back to reality. Aaron invited us to view the Race Track fireworks from Roche's Winery. Since the winery is on the hill looking down on the fireworks was really a great experience. It is the beginning of another 4th of July. God bless America! To be an American is truly a blessing.

July 2, Sunday: We attended the 11 am Mass. The name of our new pastor was announced in our bulletin: Father Lawrence Carolan. According to Father Jack, he is mellow and a relaxed person. God bless him as our new pastor.

July 3, Monday: I am so grateful for the blessing of sleep during the night and functioning during the day. I feel good but not great, but good. I can do light work and not get tired. I must learn to rest more than I do

July 4, Tuesday: Our 4th this year is going to be a small group. Evelyn and Frank are in Germany. Our picnic included Aaron, his two friends, Paul and Kevin; and Don and Vicki, and Joe and Teresa. We had a nice day at Bartholomew Park Winery. It was very personal and pleasant. It was so nice to be gathered together.

July 5, Wednesday: My appointment with Doctor Campbell was a positive one. He examined me for the fluid below the rib cage. As he said, thank God it is not a mass or tumor. He gave me an appointment for my August blood test. Thank God for the good news.

July 6, Thursday: It was an ordinary day of blessings: being alive, loving, enjoying life in its simple pleasures.

July 7, Friday: It was a day of appointments: George's dentist and my haircut in San Rafael. Nurse Thelma filled in for Sally. Sally went on vacation. What a blessing to have two lovely nurses administering my I.V.

July 8, Saturday: It was a very regular day, with many little blessings.

July 9, Sunday: It was Frank's 75th birthday party at his daughter's, Rosemary, home. It was a perfect day: the weather was ideal for eating outdoors on the back deck, overlooking the watery inlet. The food was prepared just right and the company was great. Frank was truly surprised. What a blessing to see the family gathered again!

July 10, Monday: I am beginning my 8th week of my I.V. George and I did a lot of grocery shopping in Santa Rosa. It was so nice to see Sally back from her vacation. Thank God for Sally.

July 11, Tuesday, It is our 30th Wedding Anniversary. It is amazing how fast 30 years have passed. In spite of some "ups and downs" it has been 30 years of

many blessings which we have been given to cope with our few difficulties. We had each other's love and commitment. This is truly a blessing. We received a nice bouquet of flowers from Georgann and Aaron. We had a nice dinner at the Deuce Restaurant and came home to watch a rented movie.

July 12, Wednesday: I received another Vera the Mouse card from Norine. Her expression of love is sent in these cards. The card is about hugs. How good it feels to receive hugs, in person or through the mail, the human expression of affection and love.

July 13, Thursday: I had n my first acupuncture today. I am preparing myself for root-canal teeth extraction on August 9th. It is twenty minutes of relaxation. Dr. Lipelt is a very pleasant person. It was nice to see Rose Cauchi; we stopped at her place of work World Antiques on the way to Sebastopol. I had my appointment with the oral surgeon Dr. John Jarvis. Our consultation went well. I have confidence in him.

July 14, Friday: It was a day I putted around the house. George had a full day of painting a house that he contracted to do. Sally arrived at 5pm for the I.V. Beginning this Monday it will once a week for a month.

July 15, Saturday: George and I went to see the San Francisco Giants take on the Oakland A's at the new Pac Bell Park. The trip to the game was organized by St. Leo's men's club. We had three buses for the participants. It was a blessing to be driven there in comfortable buses. How nice to see the new stadium. Too bad we lost.

July 16, Sunday: It was a relating and quiet day at home. Father Jack's sermon was a message on the prophets, which we all are. We have a message to relate to others and we must speak the truth. And, speaking the truth sometimes causes others to turn against us. Do we have the courage of our convictions? A YEAR AGO TODAY I HAD MY OVARIAN CANCER SURGERY.

July 17, Monday: I am beginning the 3rd month of my I.V. Sally gave me a special long needle injection. It is a special serum from Livingston.

July 18, Tuesday: I am concerned about Jean. She's experiencing nausea, she is anemic and weak. God help her. I was going to bring her communion, but she was not up to it.

July 19, Wednesday: I spoke to Ann and Evelyn. They are in Tahoe. I wanted to thank Ann for the subscription of the Daily Word. She reads it daily and I will be joining her. God bless her. What a delight; I had my facial today by Stacie-European Spa, Santa Rosa. She was excellent. What a nice blessing to have won a free facial.

July 20, Thursday: I had my second acupuncture with Dr. Lipelt. I trust it will assist the teeth extractions. I attended the rosary group at Mimi's. It was a great time for meditation and discipline. It was a blessing to be with such nice Christian group.

July 21, Friday: It was a blessed Friday. I felt well and had fairly good energy. HOW BLESSED IAM TO HAVE SOME QUALITY OF LIFE! George and I went to an evening movie "Perfect Storm". It had amazing visuals!

July 22, Saturday: It was a busy day of cleaning house. George was gone all day finishing up his paint job.

July 23, Sunday: Attended 9am Mass. Warren showed up at 11am to go out to brunch. He treated. He is thoughtful and generous, a very good friend.

July 24, Monday: Sally showed up again for my I.V. Nice to see her again. Rosemary arrived around 10am. What an "angel", she brought George and me supper, stuffed zucchini and lamb with little red potatoes and nice peaches for desert.

July 25, Tuesday: I helped out for an hour at the Ecumenical Bible School held at St. Leo's. I helped with the crafts. It was fun to be with the children. I went to lunch with Barbara and Rachel at Della Santina's. They are just two lovely people.

July 26, Wednesday: Today is the day for the teeth extraction. It all went well. Immediately after the dental surgery I went to Dr. Lipelt for a laser treatment to help the healing process. I had very little bleeding and very little pain. This was a great blessing.

July 27, Thursday: It was a quiet day. I spent recuperating. Thank God no pain and very little discomfort.

July 28-29, Friday and Saturday: I am happy to be alive. I am happy to be able to do the simple daily chores. Every minute of life is a challenge! How do we accept each minute and live it?

July 30, Sunday: We met Al, Linda and Toli for a picnic at Spring Lake. (We were foster parents, on weekends for a year, for Al when he was about 9 years old.) The weather was pleasant. They were happy to be introduced to Spring Lake. Al looked great, well guilt and setting many goals for himself and family. Linda looked good. Toli is very pleasant, 13 months old. I am so grateful that we got together.

July 31, Monday: Sally arrived for my I.V. George has been busy with the paint job.

AUGUST 2000

August 1, Tuesday: I went to Mass and immediately after went to the Bible Summer Program called the Market Place. It is Ecumenical. A number of Christian churches took part. It takes place every four years at St. Leo's.

August 2, Wednesday: A happy 68th birthday to me! Sixty-eight years on this earth. It does not seem that long. I have been truly blessed with a special life: wonderful parents, people with a deep faith, simplicity and loving and loving siblings who have always treated me with special affection. They have all played a big part in my life helping me to become who I am. How they have especially showed me tremendous love this past year. I thank you God for these many blessings.

August 3, Thursday: I thought over the many phone calls and cards, a surprise plant from florist all for my birthday yesterday. To be thought of and loved makes life happy and one grateful.

August 4, Friday: Rachel came over early so we can make Gnocchi together. It was fun and we had a good conversation. We made 265 Gnocchi. I froze them. And, Rachel picked up 200 the next day for her family to enjoy. They never had them before. I also made them a red meat sauce to go with them. They appreciated the treat.

August 5, Saturday: It was an ordinary day. It was house cleaning and so on. I thank God for the blessing of feeling good with some energy.

August 6, Sunday: There was a special Mass this morning and Father Jack's farewell and welcoming Father Larry. Fathers Jack and Larry concelebrated the Mass and the children were part of the liturgy. They danced around the altar and both priests play their respective instruments, Jack the harmonica and Larry the piano. It was nice to have Aaron with us at Mass and we sat with Bill and Sally and their friend Jean. We will surely miss Jack. George, Aaron and I went to Della Santina's for a delicious lunch to celebrate my birthday. Aaron and Georgann gave me lovely gold earrings. So many blessings have come my way: members of St. Leo's, wonderful family, and having a friend like Sally.

August 7, Monday: I had my last I.V. today. Three months, of having them, have passed so quickly. How much I appreciated Sally's kindness, efficiency and faithfulness. I thank God for this blessing.

August 8, Tuesday: Today is a blessed quiet day at home as George went into San Rafael for a job. The days are always busy doing this and that. Thank God I can be as active as I am.

August 9, Wednesday: I went to Mass this morning. I went to San Rafael for my haircut and went to the Jewish Center afterwards (Ann was employed and retired from there). I had a nice talk with Elizabeth; I saw Michael, Lee Ann and Deana. I had lunch with Gail and caught up with all the news of her son's wedding. It is a blessing to keep in touch with friends.

August 10, Thursday: I spent the day with old friends. Wanda and Ray and Virginia arrived about 11am. We had a nice lunch at the Depot Restaurant near the Sonoma Square. How nice of Wanda and ray to treat all of us. We came back to our home for a nice desert and coffee and conversation. It was such a nice visit.

August 11, Friday: I met Linda, the ecology nurse from Petaluma, at Citti's restaurant in Kenwood a 12 noon. I wanted to treat her to lunch for all she has done for us cancer patients. She has also been a blessing to all of us. I did attend Mass for Jean who is not doing well. She is having Chemo.

August 12, Saturday: It is a blessed day to be alive and to do my weekly Saturday chores.

August 13, Sunday: George picked up Shirley and her brother Georgie to spend an overnight with us. Georgie worked on some summer school work. He admitted how nice and quiet and serene our home is in order to do his homework. We are happy that they enjoyed themselves.

August 14, Monday: George had to take Shirley into the city to the INS doctor for a physical, plus a number of other stops. I got things ready for our camping trip tomorrow.

August 15, Tuesday: We left for the Campgrounds around 12 noon. We arrived about 2 pm and got settled in our spot. Casini's is a blessing to us. It is a nice to get away from the routine. It is so peaceful, quiet and relaxing, a total different atmosphere. We enjoy it so much.

August 16 to 18, Wednesday to Friday: We woke up around 730 am. Bella is such a good dog. She slept on her pillow in tight quarters with no complaints. After breakfast we'd take a walk. Twice George made a camp fire; the mornings it was extra cool. It got warmer as the sun came out. I tried to catch up on my letter writing. I wrote a nice long letter to Sister Mary Celine at Graymoor. On Wednesday we went to the beach and I went in for a swim. It had been over a year since I swam. We would take at least three walks a day. In the evening George played some card games with me. Something he does not do at home. I

really appreciate him being a good sport, at least, on vacation. Thank God for this blessing in our lives.

August 19, 20, Saturday and Sunday: I cleaned up after our camping trip. It was a quiet weekend.

August 21, Monday: I went for my blood panel test, plus the CA 125. I hope all goes well.

August 22, Tuesday: I prepared for Georgann's arrival tomorrow evening. How nice to be able to visit with her.

August 23, Wednesday: We went to visit with Joe and Kay. We spent a very relaxing day. How nice to visit Joe and Kay. Kay made a nice salad for lunch, all organic. God bless her. I even took two little naps. George was busy painting Joe's house. In the evening we had a nice dinner with Aaron at his apartment. George and Aaron went to pick up Georgann at the Oakland airport. It was great to see her.

August 24, Thursday: Georgann and I took the Ferry boat into S.F. to lunch with Heather. It was a fun day walking the financial district and watching all the people hurrying about.

August 25, Friday: Georgann and I went shopping at the Napa outlet stores. It was another fun day and a special blessing to with my daughter. We even went to the movies in the evening.

August 26, Saturday: Georgann did some house cleaning for us, how nice of her. George and I went to Santa Rosa for our supply of organic carrots, for juicing. Georgann spent the evening and overnight with her friends.

August 27, Sunday: Georgann came home late morning. We took her into Aaron's as he was going to take her to the Oakland airport. It was such a blessing to have her with us these past few days.

August 28, Monday: I saw Doctor Campbell to review my blood panel. It showed I was anemic. It is another thing to deal with. He was concerned about my low blood count and suggested iron pills.

August 29, Tuesday: I spoke to Dr, La Beau at Livingston about my anemia. He warned me about taking iron pills because they can cause constipation. We left for Roseville to visit Vi and Vince. I consider this a blessing to visit old friends. They have a lovely home with a pool, a very homey house. Vi had a lovely lunch for us, with desert later on. Vince played the accordion and he plays well. Her sister Vicki stopped by. I had not seen her for 40 years. We had a delightful day.

August 30, Wednesday: It is Shirley's last day in San Rafael. She will be taking off for Northfield, Mass. early morning. We hope and pray all goes well with her leadership scholarship. What an opportunity!

August 31, Thursday: We went to visit with Marge, a great friend in San Rafael. She had a delicious rack of lamb dinner for us. What a great evening. She is an inspiring person.

SEPTEMBER 2000

September 1, Friday: The build up of water in my abdomen is beginning to bother me again. I am quite bloated. Dr. La Beau suggested I get back on the I.V. I have to put vitamin C into my system. It is Sally's birthday today.

September 2, 3, Saturday and Sunday: Preparing for our camping trip to Casini's on Tuesday.

September 4, Monday: I began my I.V. this morning. Sally is my "Angel". She was willing to continue administering the procedure.

September 5 – 8, Tuesday to Friday: We left for Casini's late morning. It felt good to get settled at our campsite. The weather was beautiful all week. I could not walk too much because of my abdomen. It is so uncomfortable and not able to eat a full meal. In spite of this I still enjoyed our camp trip. George was a good sport and played card games with me in the evening. We had some good competition. When we arrived home I called about my sonogram. The nurse was good enough to fit me in Monday at *am. Thanks be to God.

September 9, 10, Saturday and Sunday: My regular appointment for my drainage is Thursday. How I wish I can have it sooner. We'll see? The real discomfort is not being able to eat my normal amount of food. The abdomen is becoming so large.

September 11, Monday: I went for my sonogram at 8am. It went well. I received wonderful news that they had an opening for my drainage. It was so good to feel comfortable again, without this fluid. I did feel weak after the procedure. George was with me and I remained in the hospital for another hour eating a breakfast which they had ordered for me, that I could not eat.

September 12, 14, Tuesday thru Thursday: These 3 days was felt as if I was recuperating after delivering a baby. My abdomen was sore. But that God my appetite was returning.

September 15, Friday: I woke up feeling I some energy. Sally came to do her thing. My sonogram showed that my major organs were fine. This was a big blessing.

September 16, Saturday: We went food shopping in Santa Rosa. We buy everything organic. We are going to make a trip to Tahoe. We will be with my brothers and sisters and their spouses. It will be at Ann's cabin at Northstar.

September 17, Sunday: Aaron arrived late morning to help his dad and also me doing some jobs around the house. He is a wonderful blessing. Rose Cauchi arrived about 2pm to visit and have dinner with us. She made a delicious apple pie. Rose is also a blessing as a good friend and a relative. We consider each other as cousins, being we have the same cousins and grew up together as children. Our families were close friends.

September 18, Monday: Aaron loaned us he Grand Cherokee to drive up to Tahoe. We left at 11am. We made very good time. We stopped at Colfax for a little lunch. We arrived at Northstar at 2pm. The family was out at the back deck playing cards when we arrived.

September 19 -21, Tuesday to Thursday: Ann and Flemming invited all of us to take advantage of their cabin. What a blessing to be in such a beautiful place in California. The house is so comfortable. There were 8 of us. We did the meals together, cleaned together and recreated together. How precious are the times we have when we are together. George and I left 11 am Thursday. It was a pleasant return trip. Thanks be to God!

September 22, Friday: I felt sort of down. At times today, I had to think of my blessing to bring myself out of my self-pity. Thank God I came out of it. I took Bella for a short walk early evening which felt good.

September 23, 24, Saturday and Sunday: Aaron came to pick up his car late morning. He brought our old car back all cleaned up and waxed. How good of him to do this. God bless him for his thoughtfulness. Our Sunday passed quickly.

September 25, Monday: The day was a blessing, in a sense, I was able to take a short walk. I changed all my silk flowers from the spring colors to the fall colors. I wanted to do this for weeks. I became really exhausted about 2pm. So, I did rest.

September 26, Tuesday: Sally came. First time I saw her since her mother's death. She has accepted her mother's death with such faith. I saw Mary Dixon at the Sonoma Market again. We plan to go out for lunch to talk about her experience of her Vision Quest.

September 27, Wednesday: Warren arrived to take me out to lunch at 12 noon. He brought us some of his homemade soup and some of his dried flowers. What a generous person. We had a delicious lunch at Della Santina's and then we walked the Square.

September 28, Thursday: Pat Piccki's funeral was this morning. I felt for Walt and the family as she was doing so well after her surgery. Life is so fragile. Father Jack gave such a warm eulogy.

September 29, Friday: We attended Sally's mother's funeral at the Methodist Church. It was a beautiful ceremony. Many of the family spoke about her wonderful and strong character. It sounds like Sally takes after her Mom.

September 30, Saturday: We attended Alexa Cauchi's wedding today. We picked up May and drove down to Saratoga for the ceremony. It was a traditional wedding. It was outdoors at a very beautiful Villa now a city park, Villa Montalvo. It is a very beautiful spot. We wish them well.

OCTOBER 2000

October 1, Sunday: I felt very exhausted today. We had to go to Santa Rosa for carrots and more organic foods. The day was extra hot. The evening sky was beautiful" it was clear and made the crescent moon extra bright with a bright lone star directly below it. The sun had just gone down which made a silhouette of the hills, trees and horse. A blessing to enjoy! Sally came and administered my I.V. George was able to remove the needle from my arm so that she did not have to stay the full time.

October 2, Monday: I attended Mass this morning. I felt drained today. I did gain three pounds. Thank God! I'm up to 128 pounds.

October 3, Tuesday: I took my 15 minute walk right after lunch. It was a beautiful fall day: warm, but definitely autumn air; trees are beginning to turn. What a pleasant day to be able to walk! I saw Jean right before she was leaving for chemo. Her face looked fuller. She has little energy. The presidential debates were today. Gore vs. Bush.

October 4, Wednesday: Feast of Francis of Assisi. This is my favorite saint. He had great simplicity and love for life: all of nature and each human being. He saw God's presence in all things. I had the privilege of going out to lunch with Mary Dixon. She told me about her experience with Vision Quest: her loneliness in the wilderness. Her purpose was to truly see her new role in life as older mother and grandmother. She is a beautiful creature of God: blessed with a generous heart, humble, sweet and very prayerful.

October 5, 6, Thursday and Friday: Enjoying the blessings of the beautiful fall days. I went to see "Meet the Parents". It was enjoyable film – very humorous.

October 7, Saturday: We attended the 5pm Mass. The sermon was about finding the child within us. Less we become as imaginative about our self-mystery as children we will not be able to enjoy the full expectation that is becoming.

October 8, Sunday: We left for Sacramento to attend Vi and Vince 25th wedding anniversary. It was a wonderful reception. It was a complete celebration. Father Benny, the Franciscan priest who was at St. Paul the Shipwreck when we were teenagers was there also. The music, the food, the people were all so great. George and I danced. But I became exhausted. What a blessed event.

October 9, 10, Monday and Tuesday: George has been busy as a bee painting. God bless him! He is painting Elise and Pat's house across the road. Sally came for the I.V. It is always nice to visit with her. She is blessing.

October 11, Wednesday: I attended the coping with cancer group. There were 7 of us. I felt good to be there. I have not been there for over a month. The stories helped us to cope. Many heroic people there!

October 12, Thursday: A busy morning doing this and that. I also had a quiet time for about a half hour, it always feels good to meditate. At 4pm I had PRAYER AND MEDITATION SESSION WITH Christina. She is a remarkable woman: a good listener, prayerful and generous. Shirley's 18th Birthday today!

October 13, Friday: Sally was on time again to give me my treatment. She had to leave early so George removed the needle. He does so well. We went to Heidi's and Nario's for dinner. Sophie and Rich were also there. We had an enjoyable evening. We taught them how to play Phase 10. We played a few rounds.

October 14, Saturday: It is a normal Saturday: cleaning and so on. Don and Vicki were going to take us to dinner but Vicki got sick. So, George and I decided to keep the reservation. We went to Miratage and had a delightful meal.

October 15, Sunday: We attended Mass. I am praying for God's wisdom in our decision making, in little and big decisions. Sunday seems to me to be the shortest day of the week. This seems weird.

October 16, Monday: Sally came to do her thing. As always, we had a good conversation. My blessings are many: George works so hard for us; to live in this beautiful area of Sonoma; to enjoy this lovely autumn day. And, I am lucky to have two wonderful children; a loving family; a loving parish community. Thank you God, my God!

October 17, Tuesday: We had a lovely day. Evelyn and Frank arrived about 10am to spend the day with us. We had a nice lunch at Citti's. Then we walked the square, as the weather was a blessed autumn day. We then enjoyed a cup of coffee and Danish at home. We then went to visit the Viansa Winery. It has such a beautiful view of the valley from its location on a hill. It was a great day. It was so nice that Evelyn and Frank came and spent the day with us. They are so thoughtful and generous.

October 18, Wednesday: I decided to have my cat-scan a week earlier so that I can have the fluid drained the following week. I am hoping to be more comfortable for our trip to Mendocino and to Livingston in San Diego. The fluid build up was faster this time.

October 19, Thursday: I had my cat-scan today. My favorite nurse Jackie did the procedure. She has all the virtues of a gentle, considerate, personal and loving nurse.

October 20, Friday: The fluid is building up fast again. I received a copy of my cat-scan. There is much medical jargon. I hope Dr. La Beau can put in terms so I can understand when we go for my check up at Livingston.

October 21, 22, Saturday and Sunday: It was a normal weekend. Aaron came for dinner. It is always a joy to see him and visit with us.

October 23, Monday: Sally came! Afterwards sally and I went to Point Reyes and I treated her to lunch at the Station House. She had never been there before. After lunch we drove to Stinson Beach and walked the sand a short while, sat and enjoyed the sun and ocean air. It was a glorious day for me! I thank God for my many blessings.

October 24, Tuesday: Went to the hospital to have the water drained. It took a good hour. It is always less stressful when Jackie is assisting. A gallon of reddish fluid was drained. Amazing! It felt again as if I just delivered a baby, I have very little energy.

October 25, to 27, Wednesday to Friday: I had very little energy these few days. I spent all my time recuperating from the drainage. Sally arrived to administer the I.V.

October 28, Saturday: I am truly looking forward to our trip to Mendocino on Monday. The change of scenery and being at Little River Inn by the Ocean is always a joy and a delight for my spirit.

October 29, Sunday: Aaron brought his car for us to use on our trip. It is generous of him to let us use it. Warren arrived at 5pm for dinner and to stay

overnight as he will be house-sitting for us. He is such a good friend and such a blessing in our lives.

October 30, Monday: How nice of Sally to come early to give me my I.V. We were delayed as I received three phone calls from Kathy Taylor (JCC), Dr La Beau and Carol Hirsch (Dance instructor). Dr La Beau is prescribing 2 more pills for my immune system, a reaction from reading my cat-scan.

October 31, Tuesday: Halloween and All Saints day: How great it is to be here at Little River Inn. The waitresses had on some interesting costumes. The weather was cool in the morning, so we enjoyed a nice fire in our wood stove. Of course we enjoyed the Inn's breakfast. We relaxed in our room in the morning. We went to the Town of Mendocino in the afternoon. I was not able to walk as much with my lack of energy. Came back to our room and rested before our sumptuous Halibut dinner.

NOVEMBER 2000

November 1, Wednesday: It was an overcast morning. We lit a wood fire. Our breakfast was delicious. I had Olie's Swedish pancakes with a well made coffee-late. We enjoyed our morning reading, we walked the grounds. We went to town in the early afternoon. We walked the shops. I bought Warren some nice Mendocino chutney, jams and so on. I found some placemats and napkins for Norine and George. We always enjoy the quaint town. The town has a unique atmosphere of the past. We came back to the room to rest. The chef was sweet to make up a veggie pasta dish for us. Delicious! We viewed the movie "Racing with the Moon" with Sean Penn, Nicholas cage and it was filmed in the Town of Mendocino. It was a delightful day.

November 2, Thursday, The anniversary of Mama's death: I had a relaxing morning before we headed home. I made reservations for Little River Inn "Same Time Next Year," God willing. We hope, dream and think positive. We went up to Fort Bragg. We visited the North Coast Brewery and bought Aaron a 6 pack. We took highway 20 from Fort Bragg to Willets on a 33 mile whiny road. We arrived home about 4pm. It was a delightful three days. Thank you God for our many blessing!

November 3, Friday: I woke feeling quite drained. I was not able to accomplish much. I cooled it for the day. We did rent a sweet movie "Return to Me." It was a tear jerker nut an enjoyable movie.

November 4, Saturday: I received the results of my blood test. My blood count is still down especially my iron. What a downer. I was hoping it would be better news. I must increase my iron pills. I could not attend Mass because my blood count is very low. I do not have much pep.

November 5, Sunday: My energy is still very low. I am not even able to go for a 1 minute walk. I am anxious about our trip to San Diego.

November 6, Monday: I did my errands. I was exhausted afterwards. I received the results of my CA 125, not good, 925. It is another downer. BUT I CANNOT LET THIS NEWS BRING ME DOWN. I must think positive, must have hope, hope in Livingston. Thank God we are leaving for San Diego the day after tomorrow. I am looking forward to seeing Joe and Georgann on Wednesday and Thursday. Then we will drive back to San Diego on Friday.

November 7, Tuesday, Presidential Election: We are preparing for our trip to San Diego., Santa Monica. The packing went smoothly. We are ready for our trip. (Wisdom is better than wit.)

November 8, Wednesday: We woke up at 4am to be ready to leave at 6:30 for Marin. Aaron will pick us up at the Corrillo house at 7am. Our flight is at 11am. Because of the fog the flight was delayed till 1pm. We arrived at San Diego. We picked up our nice rental maroon mercury. We left about 3pm for Santa Monica. We hit much commute traffic. We arrived at Georgann's about 6pm. It was great to see Georgann and Joe. They both looked great. We enjoyed a good organic meal at a health restaurant.

November 9, Thursday: We had a nice day with Georgann. She did not have to work. We did some shopping. We drove around the area of Santa Monica. We both cooked up a good Lasagna meal. How nice it was to cook up a meal with my daughter. We enjoyed the evening by watching "Mission Impossible II."

November 10, Friday: We did a little shopping in the morning. We went out to lunch. We enjoyed our few last moments with Georgann. We left for San Diego around 1pm. The traffic was thick. We finally made it to Norine and George again. It is so pleasant to be in their pleasant home. Norine prepared a lovely lamb dinner for us. We were all quite sleepy and retired at 9:30pm.

November 11, Saturday: We enjoyed a breakfast together. It was a relaxing morning. George and I cooked up a good vegetable soup while Norine and George had other things to do. After diner we enjoyed a good game of Skip-Bo.

November 12, Sunday: We had a delicious breakfast of organic frozen waffles and soy mock sausage. Norine and I went to Henry's to do some shopping. We got ready to attend the play "Same Time, Another Year" the actors did a great job. We then went for a delicious fish dinner at Café Pacifica at Old Town San Diego. It was an enjoyable evening.

November 13, Monday: We left for Livingston at 7 am. It was a good feeling to see the staff at Livingston. There were two new helpers in the kitchen. George began his prevention program and I had my blood test (Darkfield) and met with

Doctor La Beau. We left about 11am. George and I cooked up a good pot of chili with tofu. It was enjoyed by all. We retired early. Early rising tomorrow morning!

November 14, Tuesday: We arrived at Livingston at 7am. I had my Darkfield test before breakfast. I had a delicious organic breakfast. Then we met with Dr. La Beau. He is concerned with my high CA125, 928. It is the highest since before my surgery. My soldier cells are not strong enough in doing their job, helping the immune system to overwhelm the cancer. If the Ca125 does not go down we might have to reconsider chemo. I hope that it does not come to this. George and I cooked some potato salad to serve with Boca burgers. We presented Norine and George with their gift. They like the placemats, napkins and matching napkin rings. George appreciated his bottle of wine and birthday card. We will miss Norine and George when we leave tomorrow.

November 15, Wednesday: We said our goodbyes. We will return in 6 months. Both Norine and George are gracious to say we are always welcomed. They were wonderful hosts and made us welcomed. The plane left on time. It was a good flight. Don Clark was good enough to pick us up at the Airporter's depot in Larkspur. It was a good feeling to arrive at home. All the animals seemed content.

November 16, 17, Thursday and Friday: We settled in after our San Diego trip. We are looking forward to Georgann coming home on Sunday. In the evening we rented a movie, The Patriot. It was a good film.

November 18, Saturday: I talked a lot on the phone during the day. Many of the family called about the trip Livingston. I want to concentrate on giving myself time to stretch and lift light weights. I hope to give myself time to meditate, pray and read. God willing I will be able to fit it into my daily schedule. I must!

November 19, Sunday; Georgann arrived! Aaron picked Georgann up at the airport and Georgann has his car to use. What a nice brother. Shirley arrived at 9am. It was nice to see her. She will be staying with us for two nights. She enjoyed talking to Georgann. Nice to see they hit it off.

November 20, Monday: George and Shirley left very early for Sacramento for her exam. It was nice being with Georgann. She was a big help in the morning and early afternoon. She went to visit Denee late afternoon for an overnight. George and Shirley came home from their long trip. We played some games and then retired for the day.

November 21, Tuesday: Carmen picked up Shirley at 9am. It was politics all over the news. It was all about Florida and the recount.

November 22, Wednesday: Georgann was home all day. She made the pies for me to take to Michael's and Joanne's for Thanksgiving. In the afternoon we took a ride to the outlet sores. What a blessing to have her with us this week.

November 23, Thursday, Thanksgiving Day: We attend the early Mass. It is my traditional way of saying thanks to God for our many blessings. Georgann is spending the day with Joe's family. Aaron drove us to the Thanksgiving Day event. It is a great day because so much love is expressed within our family. There were 33 of us.

November 24, Friday: It was a quiet relaxing day. We attended Jordan's playoff football game. There were 20 family members there to wish him well. Sat to say Jordon's team lost. Aaron came home with us and stayed the night.

November 25, Saturday: Georgann, Aaron and I went shopping in Napa. I found a nice zipper sweater and rain boots which I needed. We had a nice Salmon dinner around 1 in the afternoon. Joe picked up Georgann to go to the movies with him and his parents. It was a very nice day.

November 26, Sunday: We took Georgann to the Airporter in Petaluma. Georgann was off to Santa Monica. It was so nice to have her for the week. She was a bi help and a big blessing. God bless her.

November 27, Monday: The holiday is over. I miss having Georgann around. The house is quiet. It is back to the routine.

November 28, Tuesday: We had a pre-Christmas luncheon with our Portola group. How nice of George to drive me to Westlake Joe's. He then went to Toni and Don's for lunch. It was nice of Vince to drive Vi down for the occasion. It was good to see her again. It is so amazing the memory she has of our childhood and youth.

November 29, Wednesday: I am pleased with myself. I have been stretching, lifting weights just about everyday. Also, in the afternoon I am relaxing and reading and resting. I feel so much better when I fit this in my daily routine. Thank you God for this blessing!

November 30, Thursday: Each day is passing so quickly. There are so many things that I want to accomplish but I do not reach my full goal. I should be grateful what I do accomplish. Mary Gibson's memorial Mass was this morning. She was very thoughtful towards me when I become sick. RIP.

DECEMBER 2000

December 1, Friday: EACH DAY IS REALLY A CHALLENGE. I have to take so many vitamins and pills which I need to take. Keeping to my diet is another chore. A positive outlook is also so important and a joyfilled spirit. Thank God for George he keeps me up in this area. I don't know what I would do without him. He is such a blessing in so many ways. Thank God for the roof over our head and a nice warm fire in our stove on this cold night. Our blessings are many. Thank God for our faith. "Live today fully and you create a lifetime of meaningful memories."

December 2, Saturday: Rose picked me up around 12 noon and took me out to lunch. We went to Zino's on the Square .It was a delicious lunch and delightful conversation. It was nice to walk the Square. Rose is such a faithful friend, always keeping in touch, calls to see how I am doing. And to give up her Saturday to take me out to lunch is an act of love. God bless Rose.

December 3, Sunday; First Sunday of Advent: Aaron arrived at 9am. The three of us went to Petaluma to cut down our Christmas tree. We cut down an eight foot tree. The sent of the pine smells so good. Aaron then treated us to a nice lunch at an Armenian Café in downtown Petaluma. What a special day. We kept our twenty year tree cutting in tact. It was nice to have Aaron with us.

December 4, Monday: I had an appointment with Dr. Campbell. George came with me to thank him for his cooperation with Livingston. He did not say much about my report.

December 5, Tuesday: My colonic treatment was at 3pm. Judith was all set for me. I felt the treatment more this time than last time. It was more a discomfort. Thank God I was fine afterwards.

December 6, Wednesday: I had lunch with Mary Dixon at Della Santina. Mr. Della Santina welcomes me always with a warm greeting. We had a delightful lunch and as always a nice visit. She enjoyed her candle gif and bookmark which I made for her.

December 7, Thursday: It was a blessed day to catch up with house work. Vi called in the afternoon and we spoke for over an hour. I attended the evening rosary group. There were 8 of us. This rosary devotion has been with me since the beginning of my sickness. "Mary, pray for us."

December 8, Friday: I and mired Mary today. Her big feast today! Warren arrived at 1pm to go out for lunch. We went to Garden Court, always a good lunch there. We walked the square afterwards. Warren left us many Christmas sweets. George and I went to an evening movie. Billy Elliotte a delightful British film.

December 9, Saturday: George was able to place our big tree in its stand. It is a beautiful tree, and well shaped. I hope to get the lights on the tree tomorrow. Jean is not doing well at all. After our visit on Monday she has failed each day. The end is near. God give her peace and comfort as she is preparing to become fully one in Spirit with you.

December 10, Sunday: I have not been to Mass for awhile as my blood count is down. I do miss it and the people. But I thank Val for she has given me a number of hosts so I can celebrate the Eucharist daily if I wish. We put the lights on the tree. The tree looks beautiful.

December 11, Monday: We were hoping to decorate the tree, but we did not get to it. I was not feeling up to par. George was busy doing other things.

December 12, Tuesday: We went shopping at Trader Joe's. Bought May some goodies. Afterwards I went for my colonic treatment with Judith in the town of Graton. Judith is such a pleasant person. She plays a CD by a spiritual folk singer as she gave me my treatment. It is so relaxing and beautiful.

December 13, Wednesday: I was going to go shopping with Sally but she still has a sore throat. So George was good enough to take me to Santa Rosa, at Mervyn's. I did well with my energy. We stopped at Citti's for lunch. I am so happy today.

December 14, Thursday: Today we are going to San Francisco to celebrate Toni's 80th birthday at DeGo Mary's restaurant in Bay View area. All the sisters and brothers and spouses will be there. It was nice that Aaron could join us. I have four siblings in their 80s. Bud, Jean husband, called early this morning to inform us that Jean had died today at 3am. RIP.

December 15, Friday: I had my appointment with Dr. Amara. It was a six month check up. He said there is a sack of fluid under my rib cage. We cannot do anything about. Don Clark and Vicki arrived at 12 noon we all went to the Armenian Café in Petaluma and had a good Mediterranean lunch. It was like I was back in Malta. We walked to old town of Petaluma, but I tired quickly. We came back to the house to have a little desert. It was such a fun day with such nice people. Thank you God for this blessing!

December 16, Saturday: I spent the morning taking my injections and enema. I did not have much energy, but I needed to do some errands. Thank God I was able to accomplish them. I enjoyed the wonderful Boston Pops Christmas Concert in the evening. The music and talent is such a blessing to ones ears, so delightful.

December 17, Sunday: I did not feel much up to par today. I forced myself to take a walk. I needed to do this. George and I put a number of ornaments on the tree. This pleased me. The day passed too quickly.

December 18, Monday: Toni is 80 today and May is 84, Evelyn 82, Sam 81, God bless them. How wonderful to have them in my life for so many years. It is a tremendous blessing.

December 19, Tuesday: We attended Jean's funeral. It was a beautiful service. So many people spoke of Jean's love for art and books, and strength of character. Yes, she was a wonderful soul, which is now with God.

December 20, Wednesday: I attended the coping with cancer group's Christmas luncheon. It was held at Vicki's home outside of the town of Sonoma. There were 13 of us. They are pleasant to be around. We are very open about our coping.

December 21, Thursday: I finished all my Christmas shopping. There will be no baking for me this year. I do not have the energy. I will miss it. I did not do it last year either. The last treatment of Chemo was December 22, 1999.

December 22, Friday: Aaron had a day off from work so he came to help me decorate and also did house cleaning. He was such a big help. He prepared the salad we are taking up to Heidi's and Nerio's for dinner. Nerio's mother from Italy was there as well as Rich and Sophie. We had a delightful evening.

December 23, Saturday: Georgann and Joe are flying in this morning. Aaron is picking them up. Aaron and I began to prepare the Apple pies for tonight's deserts. Joe's parents will be coming for dessert after our dinner together at Della Santina's. TONIGHT IS OUR FIRST MEETING TOGETHER! Connie and Bob are very nice people.: down to earth, friendly and warm. We had a delightful evening with both of them and the kids. Thank you God!

December 24, Sunday, Christmas Eve: It was a nice day. Georgann and I walked the Square. We had lunch at Boulangerie. We all went to the Children's Mass. It is a nice occasion to see the church packed and something meaningful going on with the kids. We had a light supper and dessert. We opened our gifts and enjoyed the evening. It was a blessed day.

December 25, Monday: We slept in and had a delightful blessing. It was a very relaxing! We had dinner about 4pm. Before we went to Rosemary's house we stopped in to see the Burnett family. This is a little tradition that somehow began. We had dessert with Rosemary and family and guest. It was another beautiful day with friends and family.

December 26, Tuesday: Day after Christmas is a low day for me. The cheers and excitement is silent. We have our tree and house decorations to keep the spirit alive. Georgann spent the day with her girlfriends.

December 27, Wednesday: Shirley and Georgie arrived today to spend an overnight with us. Georgie is cute and very likeable. They truly enjoyed their gifts. Shirley was in good spirits. They enjoyed the steak dinner I prepared for them. Georgann left early for the Airport; her flight took off at 9am. We will miss her. She was a blessing to have around.

December 28, Thursday: Shirley and Georgie slept in. After breakfast Georgie and I went shopping. He truly is a good kid. George took them back to San Rafael about 2pm.

December 29, 30, 31, Friday, Saturday and Sunday: The tree last days of the year 2000 were not normal days: the discomfort of my fluid build up. Also, there was an attempted murder at our rental on Friday. A father tried to kill his teenage daughter. However, the last day of the year was spent quietly. IN SPITE OF MY DISEASE IT WAS A GOOD YEAR. Doctor La Beau was right the Livingston program would give me a quality of life as I live with my cancer. All the previous days that I have recorded is evident of this great program from Livingston. Thank you God!

JANUARY 2001 Happy New Year

January 1, Monday: Toni and Don and family came for dinner. They brought most of the Lamb meal. We bought the cake and rolls. It was nice to meet Marlene's friend Gary. It was great to see Sue and Michael. They left about 6pm as most had to work Tuesday. It was a very nice first day of the year.

January 2, Tuesday: I went early for my blood test. George drove me. I went back to the hospital for the drainage of the fluid. The fluid did not drain well so the Doctor had to press on my stomach for about a half hour. I fill 2 liters with fluid. I was elated when that procedure was over with.

January 3, 4, Wednesday and Thursday: The drainage left me feel "out of it" these two days. My abdomen was sore from all the pressing. I even had chills and aching feeling throughout my body. This is the worst I ever felt after any drainage. I hope I feel better tomorrow.

January 5, Friday: I am feeling better today. Thanks be to God! My abdomen is no longer sore. Yet my energy is very low. It is not what it used to be. I did go out to lunch with Rachel. She will be leaving for Ann Arbor Michigan to go back to medical school on Sunday. She is a lovely young lady.

January 6, Saturday: The day passed quickly. I made a few errands late morning. I had a late lunch and then it was time to make the broccoli soup. I was exhausted.

January 7, Sunday: Aaron arrived at 11am to celebrate George's 66th birthday. We took a ride to Santa Rosa to buy organic foods. On the way back we stopped at Citti's for lunch. The pasta was excellent and Aaron said his chicken was very good. What a blessing to have Aaron celebrate with us. It made George very happy.

January 8, Monday: I was anxious to find out the results of my CA125 from Dr. Campbell. To my surprise it was very high 1,450. It is the highest it has ever been. I THINK I WILL GIVE IT ANOTHER MONTH BEFORE I CONSIDER CHEMO. This is a hard decision to make. I lean away from it more than I lean toward it. I will have to see what Dr. La Beau thinks about the matter. I pray that I make the right decision.

January 9, Tuesday: I finally put all the Christmas ornaments and decorations in their boxes and placed them back in storage. With George's help the house is all back in order again. Another Christmas has passed but the spirit of Jesus is with us: His light and message and love.

January 10, Wednesday: Today is my colonic treatment. The last one was three weeks ago. Thank God it went well. It is pleasant to be in Judith's company, the therapist.

January 11, Thursday: George is 66 today. We had a busy day, as usual. We went to dinner at Della Santina's. I had a lovely dinner. They treated us with a of Tiramisu dessert. George is such a blessing as a husband and a father. Thanks you God!

January 12, Friday: I received a call from Rose Cauchi to go out to lunch. She had never been to Citti's. This is where we had lunch. She enjoyed it very much. It is always fun to be with Rose. She is a good friend. We enjoyed browsing through Jonathan's Furniture with all its different menagerie of things.

January 13, Saturday: I received a special Vera the Mouse card from dear Norine. She is such a blessing with her thoughtfulness.

January 14, Sunday: It was quiet but always a busy day. I was pleased that George had the opportunity to go horse back riding with the riding club. My special blessing is that I will be leaving to visit Ann, Flemming and Ryan in Bakersfield. I am truly looking forward in being in their company. My thoughts are: how pleasant it is to have our animals as part of our family. They mean a lot to us as we care for them and enjoy them. There is Megan out Tennessee

Walker Horse; our many bantam chickens that roam the property. It is amusing to watch the roosters chase the hens, poor hens as well as the humming birds fly around the feeder. Leona our calico cat, very independent, but she is beautiful, and then there is Bella our American Staffashire Terrier. She craves our affection and gives much back, especially to George. She brings extra love in our home. Now I know why St. Francis appreciated God's animal creatures. They are truly a big blessing as part of our journey through life.

January 15, Monday, Martin Luther King Day: I am busy as a bee. I am getting ready to visit Bakersfield. I am now exhausted. I didn't think I was going to be able to sleep, but I did. Thank you God!

January 16, Tuesday: We woke up at 6am to make sure we have plenty of time to make the train. George drove me to Richmond. The train left at 11am. It was strange to leave George behind, but it will be a good change for both of us. George has to take care of all the animals. I will miss him. I enjoyed the train so very much as the train whisk along; a joy to the ear. It is good to look out the window to see the countryside and all the little towns. I have time to relax and write in my journal. I am about 3 hours away from my destination. Ann, Flemming, Ryan and the new puppy, Scarlet, were there at the depot to meet me. How wonderful to see them all. It is great to be with them. Of course Ann prepared a delicious dinner. What a blessing and how fortunate I am to have such a loving family.

January 17, Wednesday: We had a lovely, leisure breakfast. Ann and I did a little shopping before lunch. What great hospitality from the Hansen family. How fortunate I am. Ann and I began a good conversation and we talked till midnight.

January 18, Thursday: I had a good sleep and of course a great breakfast. Ann, the angel she is, washed my hair. It felt so delightful. She then set it for me. We went to Trader Joe's. I was able to rest when we arrived home. Ann prepared a great dinner, the minestra was delicious. Ann and I watched the "Patriot". We enjoyed it. It was late a night. It was a great day.

January 19, Friday: Georgann arrived around noon. What a blessing to see her. She seems great! After lunch we went to Mervyns. She and Ryan were able to have a good conversation. They rented a movie. It was a great day, again.

January 20, Saturday: Bush was Inaugurated today as the 43 President. Ann and Georgann and I went to a matinee movie to see "Chocolat", it was a delightful film. It had a good message for all of us. Ann cooked us a delicious tri-tip meal It was a nice relaxing meal.

January 21, Sunday: I had a very nice Holy Communion service with Ann Yesterday. It was a blessing and a spiritual uplift for me. Georgann left about 1pm. We will miss her. It was a nice Sunday.

January 22, Monday: Ann was gone all morning as she is involved with “Kids on the Block”. I relaxed, read and wrote some postcards. In the afternoon the weather warmed up. It was nice. We sat by the pool and had lunch. I had a beautiful afternoon enjoying the arm sun. We cooked together for the evening meal. It was fun to work with Ann and just to be around her. We rented an old movie to watch in the evening Dark Victory. What a delightful movie, Ann enjoyed it.

January 23, Tuesday: Ann and I took a 20 minute walk. Of course we had a great conversation. Ann treated me with another hair wash and set. She is so generous with her time. She is such a blessing to have her as my niece. We watch another old classic movie Now Voyager. Ann’s favorite of the films we viewed.

January 24, Wednesday: Flemming’s mom stopped to say goodbye. She is such a sweet person. Ann and I left for Cal Med Restaurant, Mediterranean food. It was a delicious lunch and her friend Ruth Klein came to interview me for a book she is writing. She was a delightful and interesting person. It is my last evening at Bakersfield. It was such an enjoyable week. Everyone made my stay so pleasant.

January 25, Thursday, Mama’s birthday: Ann and I took the 10 am train. To our surprise the train went only as far as Stockton. We had to board busses to our separate destination. George was waiting in Richmond. He knew nothing about the switch. He waited 2 hours. What a patience man. It was good to see him. I was not able to warm up once we got home. The house was cold. George had the wood ready to start a fire but even the fire did not warm the house.

January 26, Friday: I was surprised how exhausted I was today. I did even have the energy to unpack. It was an easy going day. We did a little food shopping and that was it.

January 27, Saturday: George went into San Rafael to work at the Corrillo house. Aaron went to help him. I was able to do a few things around the house. George is doing so much work on the rental house to get it up to par.

January 28, Sunday: Super Bowl Sunday: Baltimore and NY Giants. It was a quiet day. George had to work a few hours on the house.

January 29, 30 Monday and Tuesday: I felt good in the morning. I went to Mass. George is working on the house. I did a few things about the house.

January 31, Wednesday: Warren was arriving at 11am. I took him out to lunch for his birthday. We went to Della Santina. We had a delicious meal and walked the Square. I thank God for the blessing of being able to do these things. Warren brought us a number of baked goods: Valentine Heart Coolies, lemon cake, ginger bread cake and some chutney. He is a blessing and so generous.

FEBRUARY 2001

February 1, Thursday: I had my 4th Colonic Therapy with Judith. It took a lot of energy out of me this time. I noticed it in the evening.

February 2 to 5, Friday to Monday: I was drained of my energy for three days, also uncomfortable in the abdomen area. On Monday I felt better. I had fairly good energy doing this and that. I did not even take a nap. Thank God for the good day. On Friday I did begin to feel some sensitivity on the side of my incision, a little swelling and redness.

February 6, Tuesday: I thought I have Dr. Campbell check out my side. I took some anti-biotic pills. It seems alright now.

February 7, Wednesday: George is still working on the Corrillo g house. New carpet in today! I went to Mass and saw Christine. She offered some prayer time with her. We met in the afternoon. She is truly a prayerful spirit. She is a blessing in my life.

February 8, Thursday: Called Kathy De Clerge in the east Bay. We met at Livingston, we both have ovarian cancer. She is much younger than me. Her CA 125 is 1500 and she is not doing well. She went back to chemo. We had a nice talk. We are planning to go out to lunch on the 19th. Thank God her spirits sounds good.

February 9, Friday: I had a haircut appointment. I met Vicki our real estate person to help rent the Corrillo house. I can't get over how nice George did on the house. It looks so great. God bless his hard work and, also for Aaron helping him. We then took Don and Vicki out to lunch at Willie's in Kentfield. Good food. We had a nice visit, great friends.

February 10, Saturday: I wrote some Valentine cards. I began to feel tired. Thank God I still can relax easily.

February 11, Sunday: Georgann's birthday: there were showers on and of. It was very cold. They are predicting snow. We called Georgann for her birthday, 29 years old. It is hard to believe. I remember the day we brought her home from Bridgeton hospital. We are anticipating her visit tomorrow.

February 12, Monday: We got snow on the near hills. So beautiful to see the snow! We picked Georgann up. So good to see her and have her with us a week.

February 13, Tuesday: Georgann drove me to Doctor Campbell office to pick up my blood results. It was the same, 1498. I am still anemic. I thank God it was not much higher. I DO NOT WANT CHEMO AT THIS TIME. I am blessed with an appetite and sleep well.

February 14, Wednesday: Poor Georgann was not feeling too good. Her fever did break. Aaron arrived around 4pm. We had a nice dinner to celebrate her birthday. It was such a blessing for the four of us to be together. It is always fun. Of course Aaron helped with the preparing dinner. The he and George did the dishes. How nice!

February 15, Thursday: Georgann and I went shopping. I was able to pick up a nice pair of Liz Clairborne jeans. We had a quiet evening. We watch the Barbara Streisand concert. What a performance! I like her very much.

February 16, Friday: Georgann and Aaron went into San Francisco to shop for her birthday. She picked out a beautiful silk top. Aaron truly treats her special which is nice for brother and sister to do. How nice they met May for lunch which pleased May very much. I am happy they thought of this.

February 17, Saturday: Georgann, George and I met heather, Hilary and her fiancée, Paul and Heather and Hilary's mom, for lunch. George will officiate at their wedding in August. They got a chance to meet George and talk plans over. This pleases George to be able to use his ministry.

February 18, Sunday: Georgann left to go back to Santa Monica. I felt kind of tired. The abdomen is sore again. I took a rest in the morning and also in the afternoon.

February 19, Monday: I received a nice card from Ann after my return from Bakersfield. Her words are so beautiful. Her sentiments truly moved my emotions and heartfelt love. Ann is my namesake and one of God's most loving and beautiful creatures, very exceptional.

February 20, Tuesday: Thank God I feel better than the last two days. I think I had a touch of the flu. I had chills, soreness and fatigue and no appetite. At last I was able to putter around. It is such a blessing to feel good. BUT I FELT A LITTLE BLUE FOR SOME REASON TODAY.

February 21, Wednesday: I woke up feeling much better. I have more energy and did not feel blue. I seldom feel this way. I had a prayer and energy session with Christine this afternoon. It is always an uplifting experience.

February 22, Thursday: We took a ride into Santa Rosa to food shop. I needed to rest in the afternoon. Then I made some spinach soup for supper. We went to

the movies in the evening to see "Crouching Tiger, Hidden Dragon". It was well done.

February 23, Friday: All set for Sally to come and administer my I.V. but she forgot. She will come tomorrow. To think I have to have 2 months of these injections twice a week, of vitamin C. What needs to done, this is what I must do.

February 24, Saturday: Thank God we have rented our Corrillo house. Sally came today. It is so good of her to do this. I felt really good today.

February 25, Sunday: It is not a good day for me. I felt very exhausted. George drove me to the store for food shopping. I really had to rest when we got back.

February 26, Monday: I felt a little better, buy not much energy. I played it cool for the day. I did have a dentist appointment.

February 27, Tuesday: We had a Mass said for Jean this morning. I was so happy I was able to attend. We went into see Alberta and Sam. Alberta was suffering from facial pain. We brought her some "Essential Oils" for it. Alberta had a nice supper for us, as well as for May.

February 28, Wednesday: Sally came for my treatment. She brought me ashes (Ash Wednesday) and also Holy Communion and we recited the rosary. I attended the coping with cancer group.

MARCH 2001

March 1, Friday: George went to meet Jin Siegal for lunch. Jim and George both belong to the Jesus Seminar Study Group. George went to hear Karen Armstrong talk in the evening. I am happy he had time to visit with friend: Jim, Dick and his wife Jo. I did not have much energy today.

March 2, Friday: We met George's friends for dinner in Sonoma. We went to the Amigo's Grill. It was very busy. We had an enjoyable evening, good conversation and good food.

March 3, Saturday: Sally came and hooked me up and then left and George removed the needle. I felt I needed to rest the whole day. Aaron stopped in the evening with Pal and Debbie.

March 4, Sunday: First Sunday of Lent: Aaron came for breakfast. Frank his friend arrived at 8am, a classmate from Chico State. They were going to some Engineering classes together. We had some heavy rain on and off.

March 5, Monday: Sally came she had to leave early so George remove the needle. George suggested we take a ride to Novato and go out to lunch. It was a nice outing and it felt good to take a ride. The hills were so beautiful and green. We enjoyed our lunch at Peters Italian Restaurant.

March 6, Tuesday: I me Mary Dixon for lunch. We went to a little restaurant called Wild Thyme. We had a pleasant time and talked about spirituality and life. We have to live in the present moment no matter what that moment is.

March 7, Wednesday; I went to Judith for my Colonic treatment and a therapeutic message. It was a complete relaxation moment. I felt as if I was cured. It was a nice blessing to experience her message. Spring is in the air!

March 8, Thursday: I had a visit with Dr. Campbell. He recommended that I continue to do what I am doing. I am still having problems with the water build up. It seems that it is unending.

March 9, Friday: Rosemary took me to lunch today and had a great visit. My nieces are so very special. Thank God for this blessing.

March 10, Saturday: George Picked Shirley and her brother to spend an overnight. I made another nice steak dinner for them. Afterwards we played a number of card games.

March 11, Sunday: I made some delicious French toast for breakfast. We all enjoyed it. We had deli sandwiches for lunch. George took Shirley and her brother back to San Rafael. Aaron came to dinner. It is always a blessing to have him.

March 12, Monday: I received a surprise package from Norine and George. It was a ceramic Vera the Mouse votive light holder. I appreciated her thoughtfulness so much. They are such a blessing. I went to Mass this morning.

March 13, Tuesday: I went to Marin for my haircut and came home to rest.

March 14, Wednesday: Sally came. Her lower back went out. So, she did not stay long. I notice the I.V. is making me groggy afterwards. I don't remember feeling this way before.

March 15, Thursday: I decided I need the water drained. Dr Campbell called back and gave me the OK. I had a cat-scan also.

March 16, Friday: I had the water drained today. It is not fun. But it has to be done. This time they used a sonogram to determine where to put the tube. They remove over a gallon of fluid.

March 17, Saturday, St. Pat's Day: I had a delayed reaction from yesterday. I have a lot of discomfort and very fatigued. I had to rest all day. I did not sleep well at all.. It was too uncomfortable. I had to go out and lay on the recliner.

March 18, Sunday: I am still sore and fatigued. Aaron came for dinner. We had corn beef and cabbage. I hope I can sleep tonight.

March 19, Monday: Thank God I perked up. The weather is very humid and warm, in the high 70s. I saw Dr Campbell today. He warned me to watch the inflammation in the kidney. My blood and iron are still very low. I MUST HOPE FOR THE BEST.

March 20, Tuesday: Vi and Vince came at 11am. Vi took me out to lunch while Vince visited some friends in the area. She is fun to be around; she is light in spirit. How nice of them to make such a long trip to visit.

March 21, 22, Wednesday and Thursday: Spring is welcomed. Nature is changing us also for the better. People are already in shorts and tank tops.

March 23, Friday: I received more recommendations from Dr, La Beau. There are so many things that I have to increase and do.

March 24, Saturday: Sally came. I felt good. I made a few errands in town. We had some showers today. The grass and hills are very green. I became exhausted again. I do not know the reason for it.

March 25, Sunday: I enjoyed some outdoor sun. Our new neighbor came over and introduced herself. Her name is Vernice Bruno and her husband is Jerry. They seem very nice. It is a blessing to have good neighbors.

March 26, Monday: I am excited about Evelyn and Frank's coming tomorrow afternoon. I am enjoying the warm weather. It is so nice to sit on the swing bench on the deck and sun one self.

March 27-29, Tuesday-Thursday: Evelyn and Elizabeth took me out to lunch. And, then I went back to the city to stay with Evelyn and Frank till Thursday. They are so much fun. We relaxed Wednesday. We watch a few movies. Sam. Alberta, Joe and Kay stopped in after Bingo to say hello. We went to an evening church social. Michael came to visit after work. George came Thursday. Frank had a great lamb lunch for us. I had such a beautiful time with Frank and Evelyn. God Bless them!

March 30, Friday: Sally came. I felt tired today. I rested on the front deck. I felt great to sit in the sun.

March 31, Saturday: I had lunch with Linda, Gennine and Lydia. They are great women. They are all involved in helping people like me with cancer.

ANN STOPPED HER WRITING OF THE DIARY. SHE STARTED TO WRITE HER MEMOIRS. I picked her story up in April 2001 till Ann died in August in my book ANN OF GREEN PASTURES.