



Connect With Others....

The Families of September 11th online chat program brings together families living in different locations, to connect and share common experiences. Participants meet family members from California, Hawaii, New York, Massachusetts, Florida, Alaska and other states. Regardless of the geographic distance between members, many of the issues and concerns are similar. It is a friendly and kind environment, where members provide insight and support to one another. The chats help to break the sense of isolation some family members may feel. New participants are welcome to join the programs.

Dr. Donna Gaffney, a licensed mental health professional and noted trauma specialist, facilitates the chats. Designated topics reflect requests from members, previous chats, important issues, or current events in the news.

Over the last three years, covered topics have included: ♦ Growth and Resilience: Integrating Loss in Our Journey of Healing ♦ September 11th Families: A House Divided, a House Created ♦ Managing Anxiety Leading up to September 11th ♦ Faith, Hope & Spirituality ♦ When Friends Try to Help You 'Move on'...Words of Wisdom and Courageous Actions ♦ Information Overload - The Good, the Bad & the Ugly ♦ Managing Expectations for the Holidays ♦ Dealing with Media Coverage of September 11th-Related Events ♦ Children & September 11th: A Chat for Parents, Caregivers & Advocates.

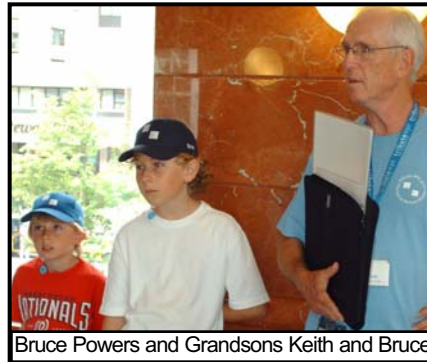
You can enroll in upcoming chats on Nov. 15th at 7:45 PM, and Dec. 11th at 7:45 PM at: www.familiesofseptember11.org/chat.aspx. Or call Janie Wong, program coordinator, at 212-575-1878.

Pentagon Survivor Retraces Steps Home

"To honor those I knew and all 184, I walk home from the Pentagon every September 11th," said Bruce Powers, one of the Tribute Center volunteers. Bruce remembers the friends he lost and all those who died on September 11th each anniversary by tracing his steps home from the Pentagon. "Subways, buses, and cell phones froze in Washington as in New York in the aftermath of the attacks. My goal was to get away safely and let my wife know I was OK. I walked a half-mile to a landline phone, and then began to walk home. I phoned my wife about each mile as I walked. After 3-4 hours, I had covered the 7 miles. I repeat the route I used that day in 2001; it's an ordinary commercial street named Columbia Pike through Arlington, Virginia. One at a time, members of my family have accompanied me on these memorial walks each anniversary. My daughter and two grandsons have been among them."

The exterior damage to the Pentagon was repaired in time for the 2002 anniversary

of the attack. A memorial to the 184 victims will open just outside the Pentagon on the 2008 anniversary; its progress has depended on private fundraising. "When my turn came to contribute, I chose to give \$184. I plan to continue my annual memorial walks as long as I am physically able, and will now set out from the new memorial alongside the Pentagon," said Powers.



Bruce Powers and Grandsons Keith and Bruce

He was wrapping up a 40-year career with the Defense Department when AA Flight 77 hit the Pentagon. "I was inside — about 100 yards from the point of impact — but unhurt. I exited safely with colleagues, but my office was destroyed by smoke and water. I learned about the Tribute Center and its walking tours from USA Today in September 2006, went on one of the walks in October, and was encouraged by the docent of that tour to join the program. I trained in January, and have been guiding tours ever since. I come up monthly from Washington for that purpose and I'll continue that, too."

A Quarter-Million Good Deeds Pledged in Honor of September 11th

The sixth anniversary of September 11th was a day of remembrance and a day of action. This year over a quarter-million good deeds from around the world were posted on www.myGoodDeed.org to honor all who died on September 11, 2001, with 125,000 good deeds posted on September 11, 2007 alone. As many as five million people were believed to have participated in observing September 11th as a day of charitable service. Good deeds ranged from purchasing school

supplies for a family on welfare, assembling care packages for soldiers overseas to rescuing turtles that crossed the road. One person donated one of his kidneys to a stranger, as part of a series of transplant surgeries to help a seriously ill September 11th rescue worker. Good deeds were posted from all 50 states and the "my Good Deed" site had visitors from more than 150 different countries. "The number and variety of

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RESOURCE CORNER

Mental Health and Substance Abuse

1-800-LIFENET

Free & Multilingual. Available 24/7.
Mental health professionals help
find mental health and substance
abuse services.

<http://www.mhaofnyc.org>
(click on LifeNet)

9/11 Service Guide

List of non-profit agencies with
services for those affected by
September 11th.

www.redcross.org/september11/help
(under Resources click 9/11 guide)

Safe Horizon

1-866-689-HELP (4357)

TDD 1-800-810-7444

Ellen Fader 212-747-8581

Counseling for those affected by
September 11th and referrals.

www.safehorizon.org
(click on Get Help)

Committee for Hispanic Children and Families

Vanessa Ramos

212-206-1090 x 303

Case management & mental health
support.

www.chcfinc.org

(click on *Family Health Education*)

Faithful Response

516-679-0080

Free, faith-based mental health
programs for Long Island
residents.

www.faithfulresponse.org

St. Vincent's Health Center

212-346-2582

Free, mental health counseling,
healing services and stress
management.

Mount Sinai Medical Center

1-888-702-0630

Free, confidential medical
monitoring examinations for
workers and volunteers.

www.wtcexams.org

Thank you to the Sponsors of the 2007 Tribute Center Teacher Awards



The first annual awards were made possible through the generous support of: the Brooke Jackman Foundation, Inc.; the Christopher Slattery September 11th Memorial Foundation; the Greg Richards, Larry Polatsch, Scott Weingard Memorial Fund; the Michael J. Armstrong Memorial Foundation; the Mullan family in memory of Firefighter Michael D. Mullan; the Welles Remy Crowther Charitable Trust; Staples, Inc.; and the September 11th Families' Association.

A Touch of Love

On the morning of September 11, 2001, forensic DNA expert Elaine Mar was on a flight from New York's LaGuardia airport to San Francisco. She took off close to the same time that United Flight 93 left Newark for the same destination, so Elaine was indeed fortunate to find herself grounded in St. Louis. Yet, on that morning, Elaine had no idea that in the next five years she would become a central figure, and a truly outstanding unsung hero, in the September 11th recovery effort.

Elaine was soon named the supervisor and manager of the World Trade Center DNA Identification Unit of NYC Office of the Chief Medical Examiner [OCME] led by Dr. Charles Hirsch. During the recovery effort, many scientists and technicians rotated through the OCME, but Elaine was the sole individual whose only job – for more than 4½ years – was identifying September 11th victims. Elaine was wholly dedicated to the unprecedented effort of giving names to the

remains of thousands of loved ones. She managed the most complex DNA investigation in history, but despite the scale of the project, she never lost sight of the people most affected: the families. She routinely attended family meetings to give progress reports and met with individuals to review the cases of specific families. With only a few exceptions, every identification from the World Trade Center that was made or confirmed with DNA went through Elaine Mar's hands. Incremental advances in DNA science were critical to the identification effort, but even more necessary were tools to manage and organize the avalanche of forensic data that continues to be collected to this day.

A company in Michigan worked closely with Elaine's team to develop groundbreaking new software called the Mass-Fatality Identification System. Elaine worked closely with the company president, Howard Cash, to study the DNA profiles and find more

efficient and effective ways to process that data. Elaine and Howard's working relationship went from deep mutual respect to personal friendship and finally to love. On March 4, 2006, they were married. The Governor of Michigan performed the ceremony, and Lee Ielpi was Howard's best man. This September, six years after the events that brought them together, Elaine and Howard welcomed their first child, Raphael Mar Cash.

If you have been touched by the efforts of the OCME, then you have been touched by Elaine. She would love to hear from you. We will be happy to send her your congratulations and thoughts via e-mail: kgrieger@911families.org.



My Good Deedcontinued from page 1

this year's *myGoodDeed* pledges were remarkable," said David Paine, founder and president of *myGoodDeed* Inc. "Transforming September 11th into a national day of voluntary service is a wonderful way to acknowledge the significance and impact of the events of that day in our nation's history in a constructive way."

In New York City on September 11th, as part of the *myGoodDeed* campaign organized by New York Cares, 95 volunteers from five different companies -- Citi Group, Morgan Stanley, Jones Apparel Group, MTV, State Street Bank and Senator Clinton's NYC staff -- painted murals and revitalized the playground, garden and other outdoor areas at PS145, an elementary school that serves 700 students, of which 89 percent receive free lunches. "We encourage people to continue their good deeds

throughout the year to help their neighbors and community," said Jay Winuk, who founded *myGoodDeed* with Paine following the death of his brother, attorney and volunteer firefighter Glenn Winuk, who perished in the line of duty on September 11, 2001. "We can all do something to help others in need."

MyGoodDeed is a non-profit grassroots initiative created with the support of September 11th family, volunteer and survivor member groups. It encourages individuals and organizations to perform good deeds and charitable service as a long-term way to remember and honor the victims, survivors, residents, volunteers and rescue and recovery workers of September 11th.

For more information visit: www.myGoodDeed.org

September 11th Memorials Around the World



The September 11th Memorial Garden - Grosvenor Square, London

Many Londoners gathered in the Grosvenor Square (across from the American Embassy) in the days after the attacks, so it is a fitting site for the Memorial. The stone includes an extract from the American poet Henry Van Dyke: *Time is Too Slow for those who Wait. Too Swift for those who Fear. Too Long for those who Grieve. Too Short for those who Rejoice. But for those who Love. Time is not.* Inscribed across the Memorial's front entrance is the phrase: "Grief is the price we pay for love", a quote from Her Majesty Queen Elizabeth II. A piece of steel salvaged from One World Trade Center is preserved in resin underneath the hand-

Sixth Annual Ground Zero Independence Ride

The *Ground Zero Independence Ride* was organized in July 2002 by Union Members, who worked at the WTC site during the recovery effort. To them, it wasn't enough to do their job, so they organized a motorcycle ride to help aid families. It is their way of saying "We Will Never Forget". The proceeds of the ride are given to Tuesday's Children, and Anderson House, in memory of Diane Nolan, a co-founder of the ride. The ride leaves from the

WTC site with a NYPD & PAPD police escort all the way up to Krucker's Grove in Pomona, NY, joined by police departments from various counties along the way. At Krucker's Grove the, riders enjoy an old-fashioned American BBQ with a variety of Live Music, Bike Games, Silent Auction, Custom Motorcycle Show and more! The next *Ground Zero Independence Ride* will be Saturday July 26th 2008 For more information go to: www.groundzeroindride.com



Many first responders from the rescue and recovery effort at the World Trade Center site are now suffering from a variety of health issues due to the contaminants that filled the air around the site for months after September 11th.

George Martin, a former New York Giants football player, created a *Journey for 9/11*, a non-profit organization, to help raise money for the health care of recovery workers.

On September 16, 2007, Mr. Martin began walking across America starting at the George Washington Bridge in New York City and ending at the Golden Gate Bridge in California, while stopping along the way in various states to promote the event.

To be part of the journey, go to: www.ajourneyfor911.info

Holiday Dates To Remember

Menorah Lightings

Rabbi Potasnik
December 4th - 11th
after sundown
Contact: Karen 212 983 3521

Midnight Mass

Fr. Brian Jordan
December 24th
11:30 pm

Tree Lighting

For Date Please
check our website.
www.911families.org

Pictures

To submit a picture of your
loved for the Christmans tree
or Menorah email photo to:
kgrieger@911families.org

All events are at the WTC site. Enter at Gate 10 behind the Path Station on Church Street.
Please bring your Memorial Park ID card.
If you do not have an ID card, you can contact the Medical Examiner's office at 212 447 7884.

Donations in Memoriam

Michael J. Armstrong

Welles Remy Crowther

Kazushige Ito

Brooke Jackman

FF Michael D. Mullan

Lt. Kenneth Phelen

Larry Polatsch

Gregg Richards

Anthony Segarra

Christopher Slattery

Yoichi Sumiyama Sugiyama

Scott Weingard

**Story Corps'
September 11th Initiative**

StoryCorps, a national oral history project by and for everyday Americans, invites family and friends of those killed on September 11th, survivors, first responders, residents, volunteers, and people impacted by the attacks to record and preserve their stories.

All interviews will be archived at the Library of Congress and in the National September 11th Memorial Museum for future generations to hear and remember.

For information and reservations, call 646-723-7020, ext. 202, or e-mail apaul@storycorps.net.

www.storycorps.net/special-initiatives/september-11th

**New Website Devoted to the
Health Impacts of September 11th**

9/11 Health, a public information website developed by New York City's Department of Health and Mental Hygiene (DOHMH), was developed to provide information about the disaster's health effects and to highlight the services available to those affected.

The site provides information about scientific research and services for people who have health problems related to September 11th.

DOHMH welcomes visitor feedback and plans to provide additional enhancements to this website over time. Visit the site at: www.nyc.gov/html/doh/wtc

September 11th Families' Association
22 Cortlandt Street, Suite 801
New York, NY 10007

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