

Yesterday, Today & Tomorrow



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Volume 23 Issue 1 March, 2026

ABN: 412 610 911 81

Founded in England by Rev Simon Stephens 1969

Australian Founders Lindsay & Margaret Harmer, 1978

WA Patron Graham Mabury OAM Cit WA FECU BA (Hons)
Grad. Dip. Ed.

Welcome

WELCOME to the March issue of the newsletter. I hope you find it interesting and helpful. Topics include two of our major annual events, the "Walk to Remember" coming up on March 8, and the Mothers Day Lunch which will be held on Friday May 8. These events are so important. Just gathering together with other bereaved parents helps to normalize our grief. Sometimes, especially if we are newly bereaved, we can feel so alone & isolated. We never forget that feeling when, even in a crowd of people, you feel very different. "how can they be going about doing everyday things when this HUGE trauma is happening in mine". It's such a comfort to be with others who do understand.

I encourage you to attend the walk if you can and to bring family and friends with you. We walk to honour the ones who left us too soon. Our first walk was held in 2006 so this is the 21st time that we have organized this event. That's a fantastic accomplishment for the volunteers! We have a great team who work well together, so well done everyone, to have given bereaved parents and individuals the chance to gather & honour their loved ones in this way.

The Mothers day lunch invitations will be sent out soon. We are very grateful to the Soroptimists International Mandurah club for once more sponsoring this lunch. We invite a member of the club to attend and see for themselves how helpful it is for the bereaved mothers and grandmothers to gather together before Mothers Day to honour the child who is no longer here with us. It's such a difficult time of year for us and again it helps to know we are not alone.

These events are organized by our wonderful volunteers and currently we are in need of more. If you are a bereaved parent, sibling or grandparent, who is over two years in your grief journey, please consider becoming a volunteer. We have a vast array of tasks to choose from and each is important. This is a lovely way also to pay forward the support given to you when you most needed it. All are trained and you have the knowledge of being part of an important response to other families after a child has died.

Margot McAllister, Mother of Kevin, Nana of Jackson

For all Bereaved Mothers

I wish you a gentle Mothers Day, for I know how you feel.

I know how you miss your child. Your heart I wish I could heal.

For those who lost an only child, I know your pain today.

For I once walked in your shoes, my tears fell like rain.

I know your hearts so very much, my heart feels the same.

We'll always miss our child on every Mothers Day

God bless each and everyone of you.

Sharon Bryant, Andys mom, TCF Okanagan Valley, Canada



PAST EVENTS

CANDLELIGHT MEMORIAL SERVICE

We held a beautiful service on Sunday 14th December at the Church of the Way in Coodanup.

This is always an emotional event, but one which enables us to spend time with the memory and photographs of our children who died too soon.

Coming together with other bereaved parents & families helps us to go on to celebrate Christmas.

Reverend Jacqui was very impressed with our beautiful service and she added to the beauty by singing a lovely song.

Thank you Rev. Jacqui



International Children's Memorial Day

Our "Flowers on the Water" event on 25th January was lovely. 24 people gathered (plus a baby and 2 dogs). It was a perfect morning to gather on the grass by the estuary. Black swans, ducks and dolphins were on the water. We hold this event to commemorate the start of TCF, with the first support group in Coventry Hospital, England, over 50 years ago.

After a reading, we walked out on the jetty listening to the song of John Williamson. We had a quiet few moments before throwing our flowers on the water.

We then enjoyed breakfast of yoghurt, fruit, muffins, piklets, croissants and fruit juice.

Group facilitators training

On Wednesday 11 February I had the pleasure of presenting a training session on the topic of "Support for suicide bereaved".

The aim of the session was to equip the facilitators with the knowledge and skills which help to respond effectively to those whose loved ones died by suicide.

Two volunteer facilitators from Peel Grief Support were included and attendees came from our TCF Merredin, Busselton, Armadale and Ocean Reef chapters.

Thank you all for your attendance and your willingness to learn and continue to improve your skills to help others.



MOTHER'S DAY LUNCH

Friday 8th May

11.45 for 12 noon start.

Sponsored by

"Soroptimists International" Mandurah

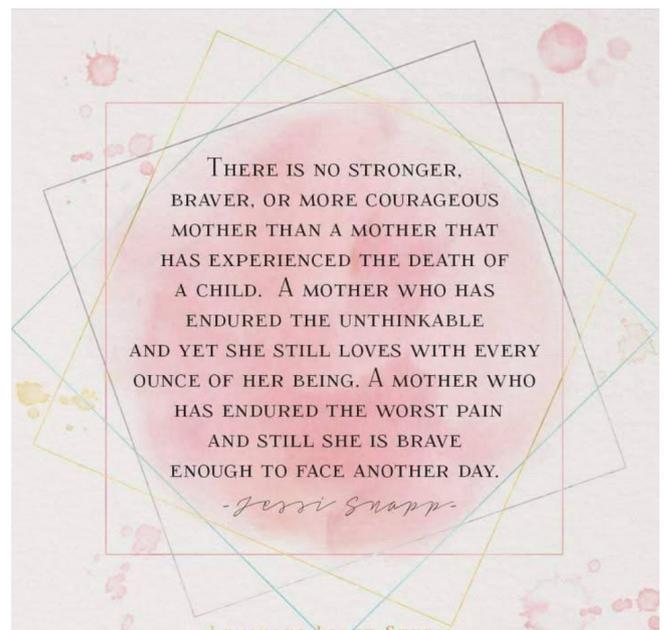
Invitations will be sent out to Members.

Entry is \$10 with a buffet lunch and dessert.

There will be raffles—tickets will be \$2 each or 3 for \$5.

The lunch gives us the opportunity to meet and make friends, sharing and caring for each other.

We welcome our mothers, sisters and grandmothers.



Yesterday, Today & Tomorrow

COMING EVENTS

2026 “ A Walk to Remember”

Sunday 8 March 2026

9.30 for a 10a.m. start



Many bereaved families have had our support over the years but there are others who do not even know that TCF is here and so try to struggle through the horrific grief alone.

The memorial walk has three purposes.

To provide a beautiful memorial event

To raise funds to provide our services

To increase community awareness of TCF and the services we provide.

If we have lots of walkers and lots of publicity, we will achieve our aims and bereaved families of the future will know we are here for them. Friends and relatives are welcome to attend.

The walk flyers with pledge forms will be sent out to you. Please register to attend so that we can cater for you with the Mandurah Lions Club sausage sizzle and with our bottled water.

The walk starts at 10am. We walk behind our piper Dave Sinclair, from Dalrymple Park, along the lovely foreshore to the MPAC. We stop there to take photographs etc. then return to socialize over the sausage sizzle.

We carry hearts and plant them in our heart shape on return.

We welcome anyone who is grieving the loss of any loved one and feel free to bring friends with you.

Can't attend the walk?

We know that not everyone can participate in this event. Perhaps you can help to raise funds by making a donation, all over \$2 are tax deductible. If you wish to have your child's name included, then for a small donation the name can be written on a blue or pink ribbon and worn during the walk.

Remember

From our TCF Mandurah base we provide free grief support services to families throughout this huge state of W.A. Our work has been recognized by awards but is not funded so we need your help to continue.

To register please contact the office on 9535 7761 or email tcfmandurah@bigpond.com



Yesterday, Today & Tomorrow

On Grief and Dreams

Fifteen years ago our Ryan accidentally drowned in Peru.

Had he lived on normally, as most young people do, he would turn forty this May.

And so on one January morning my dear wife Glenda experiences a protracted and distressing 'Griefmare' focusing upon our absent Ryan, clearly an anticipatory "anniversary reaction".

The emotional burden of my wife's dream is that she needs to prepare the party for Ryans approaching fortieth birthday! Just in passing, we two agree that Ryan does not have so-called "birthdays" any more. To us the term "birthday" seems more for living people. We recognize that Ryan retains both his "birth-date" and his death-date".

As we mourners know, grief creates its own internal calendar. Our wounds remain recorded forever in brain and body, and so our traumas are replayed back to us according to that annual calendar of loss. It is a natural, subconscious process. Whether or not we are aware, this cycle of inescapable memory affects us all every year. We have loved deeply, lost tragically and nature will never let us forget it. Clearly Glenda's dream is an anniversary reaction, triggered by this approaching landmark, driven by her continuing sense of loss, based upon past parenting patterns, and augmented by forms of wish fulfilment centered around our missing man.

The main point is that we grieving parents may well experience such powerful emotional responses within our nightly dreams. Each mourner will endure their own cycle of regular anniversary reactions, though with reducing intensity over time. Freud suggests that we can learn from the themes of our dreams. Perhaps we should detect any significant lessons as to our deepest feelings, authentic intentions and desired directions. Some claim that dreams are more than dreams. And that visionary insights may be revealed within them. Whether or not that is true, let us all explore any anniversary dreams with a view to what we may positively glean from them.

Dr David Wiles, Step-dad of Ryan

Dreams or visits?

The article written by David reminded me of some of the dreams that I have experienced. As a bereaved mother I do look forward to dreaming of my son Kevin, because that is when I can see him and interact with him in some way, and yet it happens rarely.

My first dream of him was of he and I walking together along a beach. I said "Oh Kevin you're here, can I hug you?" and he replied "no mum, you can't because I'm not real" I woke up crying but still grateful to have had that experience. Another dream showed me Kevin boarding a plane with papers lining the steps. This made sense as he was a printer.

A few years ago I had surgery and when I came fully awake I had some tissues in my left hand, the nurse had placed them there because I had tears running down my face. This was because as I started to come out of the anesthetic I had seen Kevin walking away from me. I thought I was calling to him to come back but apparently I hadn't made a sound, and was just crying silently. Although he hadn't turned around I was filled with love and the knowledge that somehow he had been with me.

In 1975 I had a dream about my beloved paternal grandmother. As the eldest grandchild I was named after her and we had a close relationship. We were so sad when my family left Scotland in 1961 and we hadn't seen each other since then although we wrote regularly. My dream felt very real and I woke with a strong feeling of happiness. I remember saying to my husband that Gran was very happy because Grandad was with her again. When my parents told us of the telegram they received the next day to say that granddad had died we were not surprised.

Dreams? Visits? Imagination? Wishful thinking? I don't know but have heard many anecdotes of the similar experiences of other bereaved parents and I'm sure that these are meant as comfort for us.

Margot McAllister

Mother of Kevin, Nana of Jackson

Thank you Tina

Tina Pearce has stepped back from volunteering with TCF due to health reasons. To my knowledge, Tina would be the volunteer who has served TCF for the longest time, over 40 years. This is an amazing tribute to her son Ian who was only four when he died of epiglottitis in October 1981. Tina was one of the original five who established the Mandurah branch in response to the request of the TCF WA President. She has been involved in many areas including committee, fundraising, group facilitation, telephone supporter, office manager and her special task since 2002 has been to select and send anniversary cards to bereaved parents. Tina's words on these cards have brought comfort to many of our members.

For years, Tina was the organizer of our annual Mothers Day lunch which was appreciated by all who attended. Her quick wit and humor brought much laughter and when we think of Tina this makes us smile. She has been given several awards over the years and each one was well deserved. Her husband Eddie has been a constant strong supporter of her work with TCF. Tina often referred to him as the "Raffle King" because of the many raffles he ran to bring in much needed funds. Prior to retirement, Eddie often conducted a raffle at his workplace, he & Tina ran a popular meat raffle at the Last Drop tavern in Warnbro for years and for the past twenty annual "Walk to Remember" events they have conducted a one day raffle.

On a personal note I will greatly miss Tina. She and I have worked together since the late 80s. We were not social friends but our ideas and efforts for TCF gelled beautifully and when things were tough and we were emotionally drained or stressed, we were there for each other with support and a listening ear. For that I thank her and TCF Mandurah owes her much gratitude for all that she has done over the years. She avoided having photographs taken but I've located some that she was in.



Left to right

Surprise award for Tina.

Farewell to two great volunteers

With TCF founder Simon Stephens, Gary, Margot & Emily.

Enjoying a cruise holiday with Eddie.

10th anniversary of Mandurah TCF, with state Patron Graham Mabury, President Gary Withers & Mandurah MLA David Templeman.

Incoming committee members

10th anniversary cake cutting with Emily Pinnell and Margot McAllister; three original TCF Mandurah team.



Poems & Articles

Mother Mother

Tough day ahead? Some of us will welcome in Mother's day bitter sweetly. Some of us will ignore it completely choosing to avoid difficult comments or painful questions. And still, some of us will face it head on whether we like it or not.

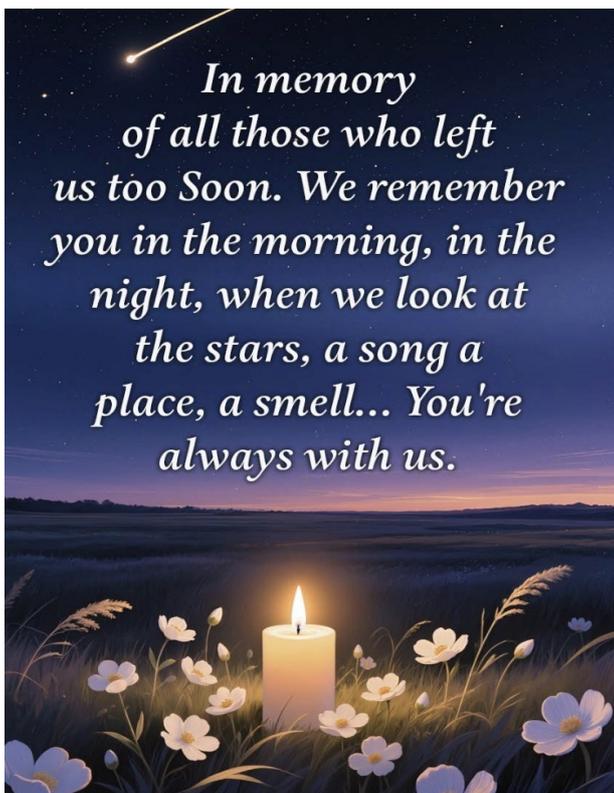
At my job, for example, it is the busiest day of the year and I have to be there all day. Once more I will be subjected to "Do you have kids?" "How many children do you have?" etc. Of course I have seasoned replies but I can't be honest so as not to ruin their special celebration and furthermore; alienate potential return customers. So I will suck it up and just smile and walk away.

We don't always have the opportunity to avoid questions or slip away. I have bills to pay and my business comes first. I can say that there may be some strategies in these kind of situations should you be in a similar one. Some of our chapter members have learned to give themselves permission to speak honestly, to leave the scene without explanation, to bail out of obligations or to simply do what they need to do in order to come to terms with the tortuous grief we live with every day.

Other strategies suggest creating a distracting event, whether it be a project, a day trip or private time with family. Once we can figure out how to regroup, we can overtake those emotions. Any holiday can be emotional, filled with memories of those we have loved and lost.

by ~ Rosanna Mark

Lovingly lifted from TCF Okanagan Valley Regional newsletter, Spring 2013



*In memory
of all those who left
us too Soon. We remember
you in the morning, in the
night, when we look at
the stars, a song a
place, a smell... You're
always with us.*



SWEET CHILD

When a light is as bright As the light you shone
There's no such thing As truly gone.
When a smile is as precious As the one you
wore
You nestle in hearts Forevermore.

When one so loved Is taken too soon
The love that is left could outshine the moon.
So much love with no place to be truly at peace
So we love you more bittersweet release.

Sweet child you were here for so little time
But the hole that you left grows ever wide

Donna Ashworth 'loss'



Yesterday, Today & Tomorrow

NOTICES

TCF Mandurah Office will be closed for

- ◆ Labour Day 2nd March
- ◆ Easter break 3rd—6th April and
- ◆ Anzac Day public holiday

Monday 27th April.

Should you wish to speak to someone please leave a message on 9535 7761 or phone Margot on 0427 777 810



We need a volunteer to assist in the office—are you free on a Monday, 10-2pm to take any phone calls and be able to respond to emails, do a little office work as needed.?

We also need a Funding Officer, oh! and we also need a Promotions officer.

We are not asking for much, just some assistance. Thank you.

Please ring Margot
on 0427 777 810

Memorial page

On our website we have a memorial page.

If you wish to have your child included on this page please send in to the office a photograph, full name, birth and death dates.

TCF Membership Reminder

Annual Membership Fee is now **\$35 for singles and \$60 for couples** and was **due on 1st July**. This is only payable after the first year of bereavement. This can be paid by cash, cheque, money order or directly into TCF Mandurah, Bendigo Bank BSB 633000

A/C # 157735895. Please state your Surname and send in your membership form.

Your membership entitles you to our services:

- Drop in Centre – Monday -Friday
10am—2pm, Wed 9am -1pm
- One on One meetings by appointment
- Monthly support groups
- Coffee mornings
- Telephone friends available 24 hours
- Home visits
- Memorial events
- Resource Library
- Quarterly Newsletter
- Information and referral
- Metro and Country contacts
- Community grief education

All our services are free of charge and provided by trained volunteers.

Thank you for your support.

Peel Grief Support

Often the death of a child is followed in later years by the death of a spouse or other loved one.

Peel Grief Support operates in a similar way to TCF and provides free services to any person who is grieving the death of any loved one.

This is a useful extra support group held on the second Thursday of each month.

Contact Mark on 0439800 857

Remembered With Love

March, April, May, 2026

Ryan ARCHER

27th May to 19th August

Left us 19th August. Learning about life and love and friendship, enjoying his world trip. He died in a thermal pool in Peru, alone, aged twenty-five years. Mourned and missed forever, Dave and Mummy. xoxo

Ivon Timothy BAKER

24th May to 2nd April

Loving remembered always

Christopher Glen BRIGHT

8th February to 20th March

You have taken a large part of our hearts. We will miss you always.

Andrew James DOY

1st March to 13th November

Son of Robert and Heather, brother of Jenny and Father of Caleb.

“Always in our thoughts and prayers; forever in our hearts; we miss you so much.”

Blake Joshua EVANS

29th March to 23rd July

Dearly loved grandson of Rosemary. I never got to say goodbye, my brave grandson. You could not run and play like other boys, so run and play with the angels and play your guitar in their band. Love always, Nanna xxx

Mark GALLAGHER

3RD May to 31 Jan

Forever missed, forever loved.

Cassy HILL

19th February to 9 12th March

Will be remembered with love always, sons Trae and Zeb, daughter Angel, husband Jason, brother John and Mum Lara.

Dale HILTON

3rd June to 7th March

Always in our memories and forever in our hearts. Keep smiling and laughing. Love Mum and Hayden

William (Bill) Joseph HUTT

12th March to 25th January

Dearly beloved son of Barbara and Bill [dec'd].

Loved younger brother of Jayne, Tim, Sally, Jill and Terry [dec'd]. “He’s just a thought away”.

Martin Andrew McKEICH

27th November to 19th March

Sad years have passed since you left us. Loving you is easy—we do it every day. Missing you is a heartache that never goes away. Mum, Dad, Darren, Vanessa, Natalie, Riley, and Phoebe and all your friends. xoxoxo

Daniel Silvio PENCO

16th March to 29th February

Susan Linda PENCO

25th November to 31st March

Son and daughter of Danica and siblings of Tania.

Always in our hearts, never forgotten, love Mama & Tania.

Jackson George PERRY-ELLIS

20th January to 5th May

Forever young. Son of Lorraine, grandson of Margot xx



Remembered With Love

March, April, May, 2026

Jamie PURSLOWE

Son of Craige. Our brave little man Jamie. The intensity of love for you never diminishes.

10th August to 15th April

Dean RADFORD

Every day we think of you. Thank you for the wonderful memories we have of you. You made us so proud. Wish you were here. Love and miss you, Mum, Dad Lance (dec) & Danielle.

11th January to 16th May

Brooke Lyn RICHARDSON

Miss you Brooke, You are my Sunshine.
Love from your Mummum, Granddad and Western Australian Family.

6th March to 4th December

Adam John ROBBINS

So many years without our beautiful boy. The pain of losing you hasn't gone away. Love and miss you, Mum, Dad, Jade, and Lucy. xoxoxo

19th December to 6th April

Geoffrey James STAFFORD

Dearly loved son of Rosemary.
My little blue eyed blonde angel in heaven with Nana.
The years have rolled by but I miss you each and every day. Love Mum

31st August to 5th May

Mark Van EIJNDHOVEN

Our precious son, fiancée, brother and uncle. Not a day goes by that we do not think of you. Mum and Dad.
Xoxoxo

19th December to 12th April

Joseph WALE

Our wonderful first-born child and loving big brother, you taught us much in your short life and have left a huge vacuum in our daily lives. You have left us with pain we wish no one ever has to live with. Love you always, Mum, Dad, Jane and Tom. You will live within us forever.

born 15th May to 27th September

Glen Alan WELLMAN

I will always love you, miss you and hold you close to my heart. You were a wonderful son. Love Mum.
Xoxoxo

born 2ND May

Jonathan Charles WINDSOR

Always in our hearts, never forgotten. Miss you so much beautiful boy—till we meet again. May your spirit rest in the peace that you didn't know in this life that passeth all understanding. Love you always. Mum, Andy, Xavier, Kathryn, and Laura. xoxoxo

born 26th May

The Butterfly of hope

What the caterpillar calls the end of the world

The rest of the world calls the butterfly



SUPPORT GROUPS

Evening Support Group Mandurah

When: First Thursday of the Month. Mar 5; Apr 2; May 7
Time: 7pm—9pm **Contact:** The centre on 08 9535 7761
Where: Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah
(Opposite Peel Health Campus)

Bereaved by Suicide Group Mandurah

When: Third Friday of the Month. Mar 20; Apr 17; May 15
Time: 10am –12noon **Contact:** TCF Office on 08 9535 7761
Where: Mandurah Lotteries House

Merredin Support Group

When: First Wednesday of each month
Time: 7pm—9pm. **Contact:** Anne - 0429 440 307
Where: 82 Barrack St, Merredin

Nedlands Coffee Morning

When: Fourth Thursday of each month
Time: 10am—12noon **Contact:** TCF office 08 9535 7761
Where: 77 Melvista Avenue, Nedlands

Ocean Reef Group

When: First Monday of each month (note change of day)
Time: 7pm—9pm **Contact:** Priya—0431 465 223
Where: Beaumaris Community Hall, 66 Constellation Drive Ocean Reef

Armadale Group

When: Third Tuesday of the month.
Time: 10am—12noon **Contact:** Cathy—0418 923 735
Where: The Armadale Uniting Church, cnr Avonlee Rd & Anton St, Armadale

**Please contact the office if you are willing to host an informal coffee morning.
Full training and support is provided**

Changed Your Contact Details

Please let us know if you have changed your telephone number or your address, or if you would like your newsletter e-mailed.
Please contact us on:-
tcfmandurah@bigpond.com

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Unsubscribe

If you no longer require the newsletter please e-mail or phone to cancel.
(08) 9535 7761



Telephone Friends - The Compassionate Friends

Please call a telephone friend whenever you need to talk "We need not walk alone"

NORTH OF PERTH: Priya 0431 465 223

ARMADALE: Cathy 0418 923 735

GRANDPARENTS Margot 0427 777 810

FATHERS Gary 0414 491 524

SUICIDE Margot 0427 777 810

MANDURAH Drop-In 08 9535 7761

KARRATHA Dee 0409 806 890

MERREDIN Anne 0429 440 307

GOLDFIELDS Lorraine 0497 687 201

FATHERS Peter 0447 741 219

BRIDGETOWN Christine 0409 882 639

TCF Interstate and Overseas Contacts

	<u>Telephone</u>	<u>Web Site</u>
ACT/QUEANBEYAN	(02) 6286 6134	www.thecompassionatefriends.org.au/ACT.htm
NEW SOUTH WALES	(02) 9290 2355	www.thecompassionatefriendsnsw.org.au
NORTHERN TERRITORY	(08) 8927 1320	
QUEENSLAND	(07) 3254 2657	www.compassionatefriendsqld.org.au/
SOUTH AUSTRALIA	(08) 8351 0344	www.compassionatefriendssa.org.au
TASMANIA	(03) 6261 4250	
VICTORIA	(03) 9888 4944	www.compassiontefriendsvictoria.org.au
UNITED KINGDOM	(08) 451 20 37 85	www.tcf.org.uk
UNITED STATES OF AMERICA		www.compassionatefriends.org
SOUTH AFRICA		www.compassionatefriends.org.za
SWITZERLAND		www.verin-regenbogen.ch

Some Internet Resources

www.dougy.org	National centre for grieving children & families; a non-profit resource
www.grieflossrecovery.com	Poems, articles, memoirs, memorials, links - professional site
www.silentgrief.com	For those who have suffered a miscarriage and later child loss
www.bereavement-poems-articles.com	
www.menslines.org.au	Phone: 1300 78 99 78
www.kidshelp.com.au	Web & email counselling
www.beyondblue.org.au	National depression initiative
www.parentsofsuicide-aunz.com	Suicide grief support internet community
www.mesotheliomaweb.org	Resource information & support
www.gonetoosoon.org	A forum for questions, answers and support from others with similar loss.
www.recover-from-grief.com	
www.gratefulness.org/light-a-candle/	Light a virtual candle and/or leave a message.

LIBRARY

We have a substantial library of resources at our Mandurah Drop in Centre, offering excellent **books, magazines, tapes, CDs, etc.** on grief issues associated with the death of a child/ren and siblings. All library resources are available for loan by our members. Access to the library is available by visiting the Drop in Centre. In return, we need our members to be vigilant and return these items back to the Drop in Centre so other TCF members are able to avail themselves of this useful service.



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Other Useful Contacts

Alcohol & Drug Support Link		08 9442 500
Department of Community Services (Child Protection & Homelessness)		1800 190 008
Helping Minds Rockingham		08 9427 7100
Coroners Counselling Services		08 9425 5200
Headspace.org.au	Support for people 12 to 25 struggling with mental health issues	1800 650 890
Palmerston Counselling Services	Drug and alcohol Related	08 9581 4010
Peel Grief Support	grief support services after the death of any loved one Mark	0439 800 857
Peel Community Legal Services		08 9581 4511
Relationships Australia	7 Cooper Street	08 6164 0570
Samaritans	Free Call	1800 198 313
Suicide Call-Back Services (SCDS) - Bereaved by Suicide National Free Counselling		1300 659 467
South Coast Women's Health Services – Rockingham	www.schs.com.au	08 9550 0900
SOLACEWA-Loss of Spouse	Sandra or www.solacegriefsupport.org.au	0488 991 084
Victim Support Services	Rockingham	08 9527 7699
Victim Support Services	Mandurah	08 9583 1120

If any TCF member has found an agency or counsellor, other than those listed, To be helpful, please advise us and we will consider their information for inclusion in future issues.

TCF Mandurah Sponsors 2025



Our Lady's Assumption
church



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