



From The Heart

From the Heart - Volume I - Issue I - May 2008

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Quarterly Newsletter published in memory of Joseph F. Garabet by

Joseph F. Garabet Foundation

A non profitable, charitable foundation dedicated to raise awareness among young adults to avoid bikes and automobile accidents.

During Joseph's short life on this earth, he left an indelible mark on his family, friends and he touched every one in a special way. The foundation, newsletter, and website are our own way to extend Joseph's memory after his departure.

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Contact Us:

General: Info@Garabet.com

Web: www.Garabet.com/Zuzu

Milia Garabet: mfgarabet@yahoo.com

Ghada Fahd: Ghada.g.f@coxnet.com

Naji Garabet: naji_garabet@yahoo.com

Rita Garabet: ladybugrita@yahoo.com

Thank you for being there for us

From The Heart is our attempt to keep Joseph's memory alive and share our love for Joseph with you, our friends, and family. Our pain was great after the loss of our beloved Zuzu, but each one of you shared the burden, carried the heavy cross on, and worked hard to bring some kind of normalcy back into our lives. Milia, Rita, and myself are forever grateful for your support since that day in October, the day where a young Angel won his Wing and is roaming free in the realm of heaven.

Thank you for the overwhelming Love and Support that you have showed us and showed Zuzu in every aspect of the tragedy, you filled our home and hearts with your presence and made Zuzu's departure less painful.



Thank you for your kind words, for your beautiful letters, for your frequent visits, for the prayers, for the books, for encouragements, to make our home your home, for offering a shoulder to cry on, for offering a hand that lifted our spirit and showed us a small ray of sunshine during the ugly storm.

Thank you for your generosity and helping us create Joseph F. Garabet foundation, the vehicle that will enable us to keep Zuzu's memory alive and our steadfast goal to celebrate his life and share his tragedy so no mother, father, brother, or sister, will relive our pain and sorrow. Zuzu had so many dreams that he did not get a chance to fulfill; the foundation will be dedicated to raising awareness among young adults and helping them avoid senseless accidents like the one that took Joseph's Life, it will also provide scholarships to young, achieving adults seeking to fulfill and academic dream—one that Zuzu did not have a chance to realize.

Once more, thank you for keeping the flame of Joseph's memory ardent and shining; I invite each one of you to help us continue and persevere. If our campaign is able to save one life, avoid one accident, evade one tragedy, Joseph's work, even after life, will be done.

No words of thanks can express our gratitude.

Fady, Milia & Rita Garabet

The First Six Months Milia Garabet

Six months have passed since I have physically seen my beloved ZUZU.

Six long months of emotional turmoil, heartbreaking and overwhelming sadness.

I ask God every day why did He have to break my secure shell and throw me into a strange, threatening world. My passion for life deserted me. All my dreams vanished and I walk in the shadows of a life that is not one I was hoping for.

Every day I wake up and try to act as though everything is normal, but I remain powerless in the face of this loss.

Before October 1st 2007, every day I imagined the unlimited possibilities that the future had for us, I anticipated the moments we would share and the memories we would create. Today my lost hopes and dreams are crippling me. I used to wake up to a morning filled with possibilities, challenges, hopes and shared dreams. Now I wake up to the cruel reality of spending another day without my ZUZU, whom I loved so much.

My mornings are sad, but despite the sadness in my heart, I reflect on the overwhelming support received from you, our family, and friends. The amount of love that every one of you shared with us is immeasurable. I am forever in debt to the unlimited support that you have and still are providing, the support that gives me strength to go on.

THANK YOU ZUZU for making me realize how lucky I am to be surrounded by such beautiful people.

GOD, I thank you for each one of them one by one and I ask you to protect them all from any harm.

The question that will keep haunting me, "What if I had one more day with ZUZU , what would I do?"

I would hug and kiss him and never let go, I would tell him how proud I am of him and the man he turned out to be, so loving and caring towards his family and friends. Every day I meet someone that knew ZUZU and was touched by him somehow. It makes me so proud! People tell me that everyone loved ZUZU and no matter how

many gave him dirty looks he would find ways to turn that around and make friends out of all of them.

ZUZU had so many dreams that he did not get the chance to fulfill such as going on a road trip with his best friend Alex, playing drums professionally, open Habibi Joe's restaurant , and most of all become, the best eye surgeon in the nation. May all your dreams come true and may God shower you with His Grace.



*Our angel was
born on
January 30th
1989*

*He earned his
wings on
October 1st
2007.*

Habibi Joe's Night Rita Garabet

Hello, everyone. We are planning for a **Habibi Joe's** evening at SINBAD, one of Zuzu's favorite hangouts in Glendora on Route 66, the first week of June, We do not have the exact date yet, but I will let you know ASAP once we have a firm date.

I invite all of you to visit the web site www.garabet.com/zuzu and use the blog to tell us more about your experience with Zuzu. Joseph was full of surprises when he was around, and we are learning so much about him through you, his friends.

Let us share these stories, pictures, and show everybody what we are really missing: the one and only Habibi Zuzu. See you at SINBAD, stay in touch.

Rita - ladybugrita@yahoo.com

Joseph F. Garabet Foundation - JFGF - Projects 2008

The foundation has a number of ambitious projects for 2008. We are counting on your support to accomplish them. Over the next few month we will need your help to begin the work on these projects, if you have any interest or any experience in the following area: Fundraising, Video Production, Public Speaking, Writing... please email fadyGarabet@yahoo.com or visit www.garabet.com/signup to signup and one of our program coordinators will be in contact with you with further details.

Scholarships:

We have budgeted \$1,000 per year for one freshman student in the US and another yearly \$1,000 for a student in Lebanon. These scholarships will be provided to achieving young adults to fulfill their academic dreams. Please sign up if you can provide any help on this project.

Awareness Campaign – “It is Ok to say No!”

This is one of the most elaborate programs that the foundation will offer, we need a lot of help to promote our campaign against lending and borrowing cars, motor bikes. We will need to produce web content, brochures, Audio-Visual presentation. We will also need public speakers to deliver the message of the campaign. We need to solicit celebrities in art, academia and public office to support and participate in the awareness campaign. Lots of effort is needed.

Time Line for 2008 Events

1st Annual Joseph Memorial:

- Wednesday Oct 1st 2008 - 4pm - Prayer and reflection at Forest Lawn in Via Verde,
- Wednesday Oct 1st 2008 - 7pm - Gathering at home for 1st annual memorial
- Friday Oct 3rd 2008 - 11am Announce of the 1st Year JFGF Lebanon-Scholarship at Notre Dame de Jamhour Church in collaboration with Maronite Outreach
- Saturday Oct 4th 2008 - 7pm to 10pm Fund Raising Dinner, announce of the 1st Year JFGF US-Scholarship
- Sunday Oct 5th 2008 - 11am at our Lady of Mount Lebanon - CA - viewing of the “It is Ok to say No!” power point presentation after mass.

In remembrance of Zuzu 20th Birthday, we will celebrate holy mass on Sunday January 30th 2009 at Saint Jude - Covina at 5pm. There will be a gathering in Zuzu’s memory after celebrating mass.

We will be releasing a new photo album with first time seen pictures and movies of Zuzu

JFGF— 2008 Preliminary Budget

The foundation has collected \$18,195 from around 150 families. Total disbursed to date is \$2,000 that was sent to Lebanon through Maronite Outreach Program, to be used for the scholarship program in Lebanon.

We are in need of your support to finance our ambitious projects, we are counting on your help to sponsor one or more project in donations and volunteer work.

Please be in touch with Milia Garabet mfgarabet@yahoo.com or Ghada Ghantous Fahd Ghada.g.f@coxnet.com for more information about the sponsorship programs.

“We can only continue through your support and help each in your own way”

Waiting at my door.



Every day since you were gone
I think of you from dusk till dawn
The days are empty without you around
The nights are endless and my sorrow profound

You left us suddenly in the prime of your life
Our hearts are bleeding as cut by a knife
The wounds are so deep and the pain so great
The scares will last till we meet our fate

We gained an Angel high in the sky
Yet your face will never meet my eye
But I know the day will soon come
Where we will hear the sound of the same drum

I know that for a while I will have to wait
As you will never be knocking on my gate
In heaven your spirit will fly and soar
And at the term of my life
Open the heavenly door

Joseph F. Garabet Foundation
918 Rose Drive
Glendora, CA 91741

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