

The Redside Foundation supports commemorating our Idaho guiding community members who are no longer with us. Attached is a series of questions we hope you will find helpful in honoring a beloved Idaho guide. It is not mandatory to know all of the answers to the following prompts, they are merely suggestions to aid your process of documenting a cherished community member.

Additionally, we have attached a list of resources should you or someone you know need additional support. If you have any questions, comments, or concerns please feel free to get a hold of us at info@redsidefoundation.org.

Recommended Process - Writing a Farewell

This series of prompts is not mandatory, but merely a way to assist in your process of honoring someone dear to the Idaho guiding community. We recommend you give yourself adequate time and space to answer these questions as authentically as possible. For some people this may be all in one sitting, for others this might be over the course of several weeks. We encourage you to use these questions as a way to collect your thoughts and write in an unstructured way. Once you've answered everything, we ask that you utilize the memories you've generated to create one comprehensive piece of writing in their memory. If this process does not fit your particular inclinations, we would still like to honor your commemoration, and encourage you to submit in whichever way feels most authentic to you.

Submissions should be sent to <u>info@redsidefoundation.org</u>. Please keep all final pieces of writing under 1000 words.

Name:

Years of life:

Brief Biography:

-Where did this person grow up? -What achievements were they most proud of? -Where were their favorite places to live?

-Who were their favorite people to spend their life with?

How did this person find guiding?

-Who did they work for?-How often did they guide?-What was unique about them in the community?-Did they have a favorite aspect to guiding?

How did this person impact you/others?

Does a specific memory, habit, quirk, or quality of this person resonate strongly with you?

What did they do outside of their guiding life?

Include any pictures/poems/etc. of this person you would like to share. Please attach up to 4 supplemental items with submission and we will do our best to incorporate them.

Resources

The Redside Foundation PO Box 8734 Boise, ID 83707 <u>info@redsidefoundation.org</u> <u>www.redsidefoundation.org</u>

Confidential Redside Guide Helpline: (208) 740-1192

Idaho Suicide Prevention Hotline:

(800) 273-8255 www.idahosuicideprevention.org

www.suicidepreventionlifeline.org

Grief Resources

https://www.psychologytoday.com/basics/grief