



The Takeoff- April 2020

Today has been two years since Zach was taken from us so tragically. Throughout the past two years we are often told how amazingly our family has handled all of this and how well we have dealt with our grief. Since the very beginning of this journey we reminded ourselves that Zach would not want us to stop living. We learned quickly that life would never be the same but we would get through it if we all stuck together. It has been two years of figuring out our new norm. That new norm changes from day to day, month to month and sometimes by the minute. From that, we have learned to take things in stride. Learned not to sweat the small stuff. Learned the importance of making life count every day. Learned to work hard and stay focused. Learned the importance of togetherness with those who mean the most to us. Learned that you never know how big of an impact you can have on someone's life, from even the smallest gestures. Learned that whatever you do in life, make sure it makes you happy. Learned that curiosity brings growth. Learned that drive and passion can inspire others. All of these statements are excerpts from previous inspirational letters. We continue to strive every day to remember to keep living, living in the best way we know how while always keeping Zach close in our heart. A painful reality often creeps up when we look at photos and realize that those are the last photos Zach will ever be in, the memories of Zach are in the past and there will not be new memories made. However, as one of our last letters reminded us "A life is like a garden. Perfect moments can be had, but not preserved, except in memory." We all deeply cherish every memory each of us have of Zach. While there will always be sadness we can also now bring laughter into our days.

We have endeavored to create something that would make Zach proud. Creating the Tailwinds of Hope-The Zachary Capra Memorial Foundation has provided us with a different kind of comfort. This past year, this Foundation has allowed us to come together as a family, bring pieces of our relationship with Zach together to create something amazing to honor Zach. This foundation is part of our healing process, giving back to the community that he was a part of is important to us. Allowing others to strive and move in the direction that will make them happy in doing what they love brings us comfort, knowing we are a part of their dreams. Remembering wonders will remain beyond reach unless you reach for them. We sincerely hope what we are doing will help young individuals strive in the direction of their dreams.

Last month's inspirational letter included a quote that was so fitting we wanted to include it again, it is a perfect reminder that having Zach in our life was amazing, losing him was awful. He made our everyday lives heartwarming from the dinnertime facetime chats, constant encouragement to those who needed it and always making it home for the big things.



L.R. Knost quote: "Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and the awful it's ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living heart-breaking, soul-healing, amazing, awful, ordinary life. And it's breathtakingly beautiful."

~ Let your hope not your hurt shape your future ~

-John and Patsy Capra
April 4, 2020