



M.W. Story 21

May 12, 2018

Bonnie Rasmussen



Wife and mother of four grown daughters and grandma of eight darlings. Written for her daughter, Mary Rasmussen (L).

Passionate, Diligent Daughter

I am sitting here reflecting the day before Mother's Day about how blessed I am to have daughters. I think I could write a whole book about my daughters and how special they are to me, but first I will start with another Mama Wins story. I know this I can actually finish...a book might be a stretch for my procrastinating self.

This story is about Mary. I love writing these stories because I can focus on one topic. One of the things I love about Mary is how she prioritizes family time while dealing with food allergy challenges. Last summer Mary and her husband, Paul, said they wanted to buy a trailer right away so they could more easily take family trips. Their oldest daughter was only eight at the time, and they realized they only had 10 years before she graduated high school. I thought it was so cute that they were thinking ahead on how fast the next 10 years would fly and wanted their children to have lots of fun family memories. I also thought it was a great idea since their youngest daughter has a number of food allergies which make it harder to travel. With a travel trailer they can control more easily exposure to food allergens. I never appreciated until several of my grandchildren developed food allergies, how difficult some things like travel can be between restaurants and hotels and



airplane travel. With a travel trailer, they don't even need to stop at restaurants while traveling.

Mary and Paul encouraged us this year to buy a trailer too, so we can join in the family fun! The snow hadn't even melted when discussions of camping trips started. Our first camping trip with them this year was just an overnight last weekend. I have never done much camping so our first camping trip with our pop up trailer was like a practice run. Thankfully, Mary provided most of the food and I had a chance to get organized. I got lots of tips from Mary and made a list of things I need before our next trip. Packing and preparing for a camping trip does take time and effort, and Mary happily does it.

Camping is such a great way to spend time with children. I am so thankful to be included. I love playing games like corn hole and cards with my grandchildren. There is also nothing like the laughter and squeals of delight around the campfire while toasting marshmallows.

Mary does an amazing job keeping their daughter safe from severe food reactions while still having fun. I am so impressed by her knowledge and discipline to keep her safe. She is working with an allergist and hopefully will eventually lower her risk to some of the allergens. Mary's passion about food allergies even has her now involved in our church to offer more choices of snacks so children with allergies are also able to join in during the after service "cookies and crumbs" social time. She wants everyone to be included and have safe choices which I so admire.

Mama
Wins

As our family did an allergy fundraiser walk last weekend in St. Paul, I chatted with Mary and kept smiling. She has blossomed into a role of making a difference in her family and in our community on food allergies. I am so thankful for her diligence and passion. My level of awareness has grown exponentially. Thank you, Mary, for teaching me and working to improve awareness and protect people with allergies. Thanks, too, for including us on your camping adventures so we can fill our grandchildren with lots of fun travel memories too! Family camping will fill our memory books!