We found Eve’s recipe for Nasi Goreng (Dutch Spiced Rice) in the 1960 City of Hope Cookbook. My wife Karin was helping her friend Bonnie sort through her mother’s things. Bonnie’s mom Barbara had passed away recently; before she died, Bonnie wanted to make sure she had the recipe to her mother’s beloved brisket. Barbara loved to prepare home cooked brisket on Friday nights for the people she cared about the most. During the final days in the hospital, Barbara told Bonnie the recipe was in a City of Hope cookbook.

Flipping through the cookbook that was obviously put together as a fundraiser, they found the recipe that Barbara had submitted. On the opposite page was the recipe from Eve.

Eve is my mother-in-Law, Karin’s mom. Barbara and Eve didn’t know each other at the time they each submitted recipes to raise money for City of Hope Hospital. It would only be later -- 15 years later -- that their daughters would become best friends. It just shows that when you put something out into the world, you never know how far it will travel or how close to home it might stay.

When we told her about the find, Eve had no recollection of donating the recipe for the cookbook but immediately recognized the dish. When we spoke of going through Barbara’s things, she said, “I’ve been thinking about my own legacy lately.”

Eve lost her cousin this year (a painter and sculptor) who left behind an abundance of artwork - which may be what got Eve thinking about what she herself would leave behind. Eve’s legacy, like Barbara’s, and yours, and mine, will go light years beyond a recipe in a cookbook. Each remnant is just a small part of the whole.

Our legacies are immortal in the accomplishments of our children and grandchildren; the memories that live on after we are gone; the lessons we have taught through our achievements and through our failures. We all leave legacies through our daily acts; legacies that reflect aspects of our lives, our values.

For me, and for many of you, one important aspect is spondylitis. In SAA’s annual reports and website you’ll find names of people who remembered the Spondylitis Association of America in their wills or through other planned gifts. My name and Karin’s are there. This will not be our entire legacy - our children and eventual grandchildren will carry on much of what we’ve passed on to them. But like every good recipe, every ingredient makes the finished dish more savory and rich.

Please consider a planned gift to the Spondylitis Association of America. As with Eve’s recipe, you never know how far it will travel, or whom it may touch.

Contact me to hear easy ways to make a gift - legacy@spondylitis.org, (800) 777-8189, ext. 231, or let us know of your planned gift by calling, emailing or using the enclosed envelope.

P.S. Feel free to also email me for my favorite brisket recipe. You won’t be sorry!