



THE COMPASSIONATE FRIENDS

NORTHERN NEVADA CHAPTER

Carson City, NV

January 2011

Chapter Leader's Message

Now that Christmas is over we will be beginning a New Year. At first it hurts to go into a New Year without our child. It's hard to enjoy anything when our child is missing out on all of it. I have found that I live for the memories of Tommy. At our next meeting I would like us to reach out and share the memories of our children.

Also at our January meeting, a reporter from the Nevada Appeal will be on hand to hear our stories of how Compassionate Friends has helped us. Of course, we always respect your privacy, and if you do not wish to participate in this discussion, the regular meeting will be conducted in a separate room.

You are not alone. We are all walking with you and wish to be supportive of you in your grief. See you at our first meeting of 2011.

Our children are forever in our hearts.

~Delores

SPECIAL DATES

January 31st

Carson City Meeting

7:00 - 8:30pm
Carson Tahoe Cancer
Research Center
1535 Medical Parkway

February 22nd

Carson City Meeting

7:00 - 8:30pm
Carson Tahoe Cancer
Research Center
1535 Medical Parkway

Newsletter Editor's Message

NEW for 2011: The newsletter is now available electronically as a PDF. Please email editor@tfc Carson City.org if you wish to receive your newsletter via email.

I am grateful for the opportunity to edit the newsletter each month, and welcome your suggestions, comments and materials. This is YOUR newsletter. Email your poems, essays, artwork or quotes to editor@tfc Carson City.org.

~GRR

STEERING COMMITTEE

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Delores Sherman

Treasurer

Kathy Schultz

Mailing List/Memorial Page

Kathy Schultz

Newsletter Editor

Georgette Riley

Regional Coordinator

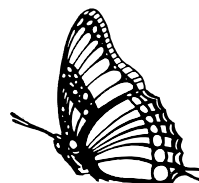
Gene Caligari

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Hawthorne contact:
Petra Wilson
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Judy Dunning

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www.compassionatefriends.org



Our Children Loved, Missed & Remembered

Our dear children, though gone from our sight, are forever loved and will always be remembered. We remember, with compassion, the parents and families of these precious children on the birthdays and anniversary days listed below.

January Birthdays

Melinda Brown

Parents: Darryl & Rita Brown
Grandparents: Barbara & Howard Brown

Brandon Bryant

Mother: Sunny Bryant

Steven David

Mother: Debbie David

Joseph Ingenluyff

Parents: Mike & Laura Ingenluyff

John Luna

Mother: Pauline Luna

Devon Lane Mondragon

Father: Dan Mondragon

Eric Nageotte

Parents: Ron & Carol Nageotte

Brandon Painter

Mother: Mary Painter

Jake Anthony Ikaika Pavao

Parents: Pat & JoAnn Pavao
Grandmother: Lorna Russell

Nicole Michelle Snyder

Parents: John & Patti Snyder

Tim Stephens

Parents: John & Connie Currier
Grandmother: Amy Hunter

Mark Vicich

Mother: Elaine Vicich

Tubal pregnancy

Parents: Rhiannan & Taylor Peart

Catherine Ann Pintar

Parents: Mike and Ruth Pintar

January Anniversaries

Kelly Barr

Mother: Linda Barr

Adrian Richard Conway

Mother: Tammy Holycross

Erin Hackman

Parents: Rick & Cecilia Hackman

Jacob Allen Kenton

Mother: Amy Cote

Eugene E. Newby

Parents: Ron & Esther Newby

April Schultz

Parents: Norris & Kathy Schultz
Grandmother: Vi Haberland

Tim Stephens

Parents: John & Connie Currier
Grandmother: Amy Hunter

Justin Royce Talley

Parents: Teresa & Larry Alexander

Albert Troy Winkler

Mother: Nancy Winkler
Father: Albert Winkler

Heather Youngblood

Parents: Donna & Jim Schumacher

Tubal pregnancy

Parents: Rhiannan & Taylor Peart

Catherine Ann Pintar

Parents: Mike and Ruth Pintar

This is YOUR newsletter. Email your poems, essays, artwork or quotes to editor@tcfcarsontcity.org.

Wish You Were Here

You'd be nineteen if you were here
But why you're gone still isn't clear.
Your things are still all in your room
As if you'd be returning soon.
Spongebob waits there by the door.
Your shoes are still there on the floor.

Your friends are all young women now.
They're working jobs or college bound.
Sometimes we see them and they say
We miss her so, wish she had stayed.

Your boyfriend's in the Army too
And by the way, he still loves you.
You thought his love was not so true
And that some other girl he'd choose.
But near two years have passed on by
Still to your grave he goes to cry.

Your niece and nephews miss you too,
And talk of the things you used to do.
Your Mother's going to be alright
And doesn't cry so much at night.
She puts the flowers on your grave,
And scrapbook pictures tries to save.

And me, I'm still the same old Dad,
The same old routine like I had.
I work real hard to make a way
To pay some bills and pass the day.

I'm not as funny as before
My world's not happy anymore.
I don't let on the pain I feel
But deep inside the hurt is real.

Time passes by year after year,
Life goes on with seldom a tear.
One wish I have, a wish so clear
My wish most of all, I wish you were here.

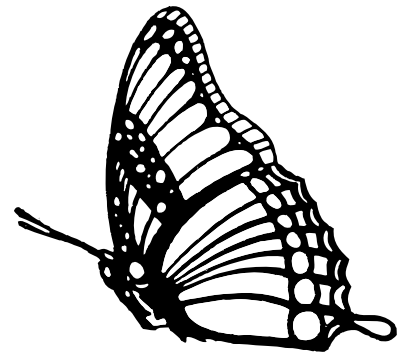
~Dad

*Steve Tutt
TCF Tyler, TX*

Newly Bereaved ... Burden of Grief

As I struggle with words to find answers
Reading and writing my pain
The pages grow blurred before eyes that are tired
From this crushing emotional drain.
The relief that comes from the writing
Parallels what I feel when I read—
To open myself to the torture of loss
Seems to soothe this unbearable need.
There's no pleasure in life at this moment
It's an effort to get through the day
And I labor to stay above water...
But the shoreline is so far away.
So I pick up a pen or a book about grief
And it serves as a raft for a while.
And I hope, as my tears fall on pages of pain
That I'll learn once again how to smile.
As I swim toward the shore of acceptance
I pray for the peace of belief
That heaven's your home and you're waiting for me
Then I'll finally be free of this grief.

*Sally Migliaccio
TCF Babylon, NY
From Tracey, An Extraordinary Child*



TCF National Organization Now On Facebook

Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. Or, you can log into Facebook and search for The Compassionate Friends/USA.

"We want this to be both an informative and supportive place for those of us who are mourning the death of a child, sibling, or grandchild," says TCF's Executive Director Patricia Loder. "All are welcome to leave messages and talk about the child and their grief. As in our meetings, we especially appreciate shared insights about anything that has brought you comfort, hope, or some measure of peace."

Our Facebook page will provide a forum for free and open conversation. While messages will be reviewed, they will not be screened before they are posted. So we are asking members to be gentle and respectful of one another and to use common sense in their posts—no offensive language, no overt selling of products or services and no religious proselytizing. Also, keep in mind that all opinions expressed are those of the individual poster and do not necessarily reflect those of The Compassionate Friends, Inc. or its sponsors.

In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

In the near future, TCF will also be expanding our social media presence in Twitter. Watch for an announcement. These social media initiatives are important to TCF because they will help increase public awareness about our organization and better enable us to fulfill our mission to help bereaved parents, siblings, and grandparents.

For more information, you may call TCF's National Office toll-free at 877-969-0010 or write Wayne@compassionatefriends.org.

Grieving is as natural as crying when you are Hurt, sleeping when you are tired, Eating when you are hungry, Or sneezing when you nose itches!

It is nature's way of healing a broken heart.

Rabbi Earl Grollman



Why Butterflies?

Since the early centuries of the Christian Church, the butterfly has symbolized the resurrection and life after death. The caterpillar signifies life here on earth; the cocoon, death; and the butterfly, the emergence of the dead into a new, beautiful and more free existence. Frequently, the butterfly is seen with the word, "Nike," which means victory. Elizabeth Kubler-Ross movingly tells of seeing butterflies drawn all over the walls of the children's dormitories in the World War II concentration camps. Given the intuitiveness of children, she concludes that these children knew their fate and were leaving us a message.

The Compassionate Friends has adopted the butterfly as one of its symbols – a sign of hope to us that our children are living in another dimension with greater beauty and freedom – a comforting thought to many.

*From an unknown TCF member
TCF Tucson, AZ*

Ask Dr. Paulson-January 2011

Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, We Need Not Walk Alone.

Q. My twin sisters were killed in an automobile accident three years ago. My parents have put pictures of them all around the house and talk about them all the time. I think they are so afraid I'll forget them that they force it on me all the time. Our house is beginning to look like a shrine. What can I do?

A. Over the years I have heard one thing more than anything else—the fear of forgetting your loved one. Not only the fear parents (spouses, etc.) have that in their pain and attempts to avoid the pain of memories, the loved one's memory will be erased completely by their children (or spouses). There's another fear, and that is the fear of forgetting how they laughed, what they'd do when they were excited, the sound of their voice, the things they liked, etc. Anything that can stimulate those memories is sought after, and if you hear new stories about them from acquaintances and friends, those quips are like little gems that are treasured and stored away. So if you could look at those pictures not as a shrine or as something to compete with, but instead as a way of stimulating memories of their laughter, how would that change the relationship that is developing between you and your parents? And how would it change the way you remember your sisters? You just may end up looking at everyone (you included) differently.

Reprinted from *We Need Not Walk Alone, the national magazine of The Compassionate Friends*. Copyright 2003-2010.

I Saw You

A Tribute to my Sister, Lori Lee Smith

I saw you today in the morning dew
As brilliant as a sea of shimmering diamonds
I shared the most amazing sunrise with you today
A million shades of red so random in their perfection
I heard you today in the laugh of my children
An enchanting melody a thousand angels strong
I walked with you today and we talked about everything
...and nothing all at once
I saw you today in the changing of the leaves
The colors of your life, the close of one season
And the ushering in of another
I sat beside a stream with you today
The peaceful flow, steady and constant
I saw you today ...and you were perfect
And rest assured ...I shall see you again

*Avery Smith
TCF Ada Area Chapter*

Ideas for Writing Your Story or Journal

Recently, several new TCF members have asked me for suggestions about what they can do at the early stages of grief and what helped me in my experience in those earlier days of grief when my son, Bobby, died. In thinking about that, I remember my journal and what a meaningful and effective way of venting that was for me. As you may know, very often our close friends think we should be "moving on with life" or "letting go," etc. Unfortunately, for me, they just didn't get it. So, I looked back through some past newsletter issues and found an article on ideas for writing your story or journal – I hope you find it helpful:

Bereaved parents who have written about their loss unanimously agree that writing unleashes enormous stress and pain. In my own experience, I recall one night when I locked myself in the bathroom and wrote a long letter to my son, Bobby. It was my chance to express my feelings without having them diminished by well-meaning and caring people around me trying to be helpful. I will never forget the pressure that letter released for me. Although the letter was not saved, the positive result was everlasting.

Have you ever thought of writing your story or keeping a journal? You may find it helpful to clarify your thoughts about your child by recording your feelings in the form of a letter. Write a letter to your child, expressing your thoughts and feelings about the following:

- A special memory that I have about you.
- What I miss the most about you and our relationship.
- What I wish I'd said or hadn't said.
- What I'd like to ask you.
- What I wish we'd done or hadn't done.
- What I've had the hardest time dealing with.
- Ways in which you will continue to live on in me.
- Special ways I have for keeping my memories of you alive.

Choose one or several ideas that have significance for you or start at the top of the list and work your way down. These topics may serve to help you come up with your own ideas, specific to your situation and relationship. Give yourself this exercise as a gift. If you would like to share your writing at a TCF meeting, please do. You never know how many other parents will be touched and benefit from your experience.

*Pat Akery, Chapter Leader
TCF Medford, OR*

Benchmarks

Good bye would be too difficult,
Although I know you are gone.
Instead, I keep you in my heart
And your memory lives on.

I have redefined my purpose, son,
Since you are no longer here.
With your death I faced a choice
To die, exist or to live free.

My life has changed forever, child,
I'm redefined each week,
You would call these "benchmarks"
Of goals set and then achieved.

And so I set my benchmarks,
Achieving many, reshaping some.
But everything is different now
Except your mother's love.

*Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF Katy, TX*

This is YOUR newsletter. Email your poems, essays, artwork or quotes to editor@tfc Carson City.org.



Love Gifts

Jo Saulisberry in memory of son Tracy
and granddaughter Danielle

Cathy Silva in memory of daughter Danica

Kathy Schultz in memory of daughter April

Delores Sherman in memory of son Tommy

Sonja Strom in memory of daughter Julie and son Scott

Phil Norman in memory of sister June

Millie & Irv Nielsen in memory of son Robert

Suzanne Fox in memory of son Jeff

Betty Kalicki in memory of daughter Kara

Pauline Luna in memory of son John

Ruth Pintar in memory of daughter Catherine Ann

***“... in memory of the children we love, miss and
remember every day.”***

It's Only Memories

On that day you had to go 22 years ago and
See the pretty white snow and
It was like time stood still
It's only memories.

I still see that cute little smile and
Hear that funny little giggle and
Still wait to hear your voice over the phone
To say Mom I'll be home
It's only memories.

I still see you three looking under the
Christmas tree to see what's for me
It's only memories.

I still look back on our trips to Disneyland
That was some fun and good times
It's only memories.

It's hard for me to look at pictures and
See you there and not really here
It's only memories.

I miss you each and every day and
Another birthday coming your way
It's only memories.

*Tim, Happy Birthday
Love you much
Always Mom*

*Connie Currier
TCF Carson City, NV*



***There is a sacredness in tears.
They are not the mark of weakness,
but of power.
They speak more eloquently
than 10,000 tongues.
They are the messengers
of overwhelming grief,
of deep contrition,
and of unspeakable love.***

Washington Irving