



# THE COMPASSIONATE FRIENDS

## NORTHERN NEVADA CHAPTER

Carson City, NV

November 2011

### Chapter Leader's Message

Halloween is over. The trees have changed color, and it has snowed. Thanksgiving will be here soon. Then, Christmas comes next and then a New Year. Time seems to go by too fast. For the newly bereaved families, the holidays go too slow and probably wish they were over. Try not to plan too many things or make commitments. Always remember the good times. Our children have left us with many memories we will never forget.

At our next meeting, we will discuss some helpful ways to deal with the holidays and how our past holiday experience have gone.

REMEMBER the fond memories of our children and siblings.

*Forever loved and remembered,  
Delores*

### Newsletter Editor's Message

I can't believe it's already been a year since I began editing this newsletter. Where does the time go? Somehow, those days that seem to never end turn into months that fly by. Thank you for this opportunity; I have found a lot of solace in selecting poems and articles each month, I hope you have found some to be helpful and supportive.

*Georgette*

***Life's unfairness is not irrevocable;***

***we can help balance the scales for others, if not always for ourselves.***

*Hubert H. Humphrey*

### STEERING COMMITTEE

Chapter Leader  
Delores Sherman

Treasurer/Mailing List/Memorial Page  
Kathy Schultz

Newsletter Editor  
Georgette Riley

Members  
Betty Kalicki  
Jo Saulisberry  
Cathy Silva, Delegate  
Sonja Strom  
Reynese Peterson

Hawthorne contact:  
Petra Wilson  
Fallon contact:  
Judy Dunning

Regional Coordinator  
Gene Caligari

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### SPECIAL DATES

#### November 12<sup>th</sup> Chapter Breakfast

Meet at 10am at Q's Steaks, Bar-B-Que & Salads in Carson City for a no-host, delicious breakfast and chat.

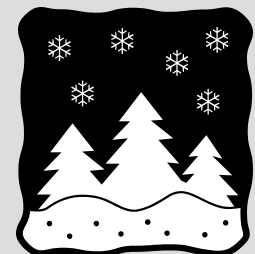
Q's is located at 230 Fairview Drive, Carson City, NV 89701 (corner of Hwy. 395 & Fairview Drive) (775) 841-7227

#### November 29<sup>th</sup> Carson City Meeting

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

#### December 11<sup>th</sup> Worldwide Candle Lighting

6:30 - 8:00pm  
St. Paul's Lutheran Church  
1201 N Saliman Rd  
Carson City, NV



#### December 20<sup>th</sup> Carson City Meeting

Potluck/Ornament Exchange  
7:00 - 8:30pm  
Carson Tahoe Cancer Research Center  
1535 Medical Parkway

## ***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.

### ***November Birthdays***

***Rick Beaty***

Sister: Cathy Silva; Brother: Joe & Angie Beaty

***Sedona Rose Blair***

Parents: Nicole & Jamie Blair

***Joseph Robert Caputo***

Mother: Joseph & Jeanne Caputo-Young

***James (Jimmy) Davis***

Mother: Gayla Davis McDonald

***Paula L. Holmes***

Mother: Janae Holmes

***Jessica Brooke Loomis***

Mother: Lynn Loomis

***Michelle Jacoboni***

Parents: Ron & Judy Jacoboni

***Robert James Nielsen***

Parents: Millie & Irv Nielsen

***Micah Lynn Pullin (son)***

Mother: Kristin Pullin

***Julie Rodriguez***

Mother: Sonja Strom

***Matthew Ryan Silva***

Grandmother: Reynese Peterson

***Dean M. Stout***

Parents: Millie & Earl Stout

***Cody Michael Tyzbir***

Grandmother: Carolyn Tyzbir

***Evan Vorreyer***

Grandparents: Harold & Barbara Zaroff

***Paul W. Watkins***

Parents: Nancy & Bob Watkins



### ***November Anniversaries***

***Michael Allen***

Parents: Knowles & Helen Allen

***Candice Beam***

Parents: Michael & Debbie Beam

***Stephanie Lou Beavers***

Parents: John & Nancy Beavers

***Sedona Rose Blair***

Parents: Nicole & Jamie Blair

***Melinda Brown***

Parents: Darryl & Rita Brown

***Brandon Bryant***

Mother: Sunny Bryant

***Benjamin Griffith***

Parents: Pat & Mary Griffith

***Joseph Ingenluyff***

Parents: Mike & Laura Ingenluyff

***Thomas Richard O'Connell***

Grandmother: Deborah Jones

***Micah Lynn Pullin***

Mother: Kristin Pullin



## **November Again**

Leaves are turning the shades of autumn,  
Then falling, one by one, to the misted ground below.  
Summer flowers have faded and died,  
The sun hides behind dark and dreary clouds.  
It is November again.  
Was it so long ago that this month brought warm  
Thoughts of THANKSGIVING together?  
The smell of wood burning, walks in the nippy air?  
This is the month you left us  
And all the warm glow of November went with you.  
All that remains are the chrysanthemums  
Planted in a special memorial garden for you  
Ready to burst into beautiful shades of yellow and  
orange.  
They symbolize one more year without you  
But our love has not diminished.

*Pat Dodge, TCF Sacramento, CA  
In memory of her son, Scott*

*Reprinted from the Newsletter of the Tuscaloosa, AL Area  
Chapter of The Compassionate Friends,  
November-December 1987*

## **Alone**

I rather like being alone.  
Sometimes I'm alone alone.  
Sometimes I'm alone in the midst of a crowd.

I am more comfortable alone alone.  
Than surrounded by people.  
In case I need to cry.

Alone, I'm not pressed to explain  
or endure feeble attempts to comfort.  
Or the irritated,  
"Aren't you over it yet?"

*Mary Vandever, TCF South Bay LA, CA  
Reprinted from the South Bay LA, CA Chapter of  
The Compassionate Friends, December 1996*

## **Love Gifts**



*Betty Kalicki in memory of her daughter  
**Kara***

*Betty and Jim Epley in memory of their son  
**Larry***

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

### **Special Notices**

The Carson City Park Foundation is accepting names for the Memorial Wall in Mills Park. The suggested donation is \$100.

If you move for the winter (or summer) months, please let us know your current address. This allows you to continue to receive the monthly newsletter. Email changes to [kathy@tcfcarsoncity.org](mailto:kathy@tcfcarsoncity.org).

## ***Grief and the Single Parent***

The death of a child is an unanticipated, shocking, devastating event in any family. In the single parent home, the death of a child or children can be more difficult than in the two-parent home. Families have a difficult enough time coping with this life passage – the added burden of making arrangements and paying expenses. When adults have gone through a life crisis like divorce, the stress of dealing with the necessary arrangements presents another barrier on the long road of restructuring the single's life.

We may be on speaking terms with the ex-spouse and that is helpful to a point. Those who are not on speaking terms are faced with even greater stress. The emotional ties that at one time connected us to this lost child are no longer present, yet to many it points up the hurt of the past. Survivors search for something or someone to blame. (In two parent homes, divorce is up to 80% after the loss of a child.) Widows/ widowers are confronted with the compounded griefs. Unfortunately, most of us do not get through life with only one crisis. Dealing with the past rekindles the hurts of the past.

As parents, we would be well advised by the legal system and counselors to make an effort to be amicable and/or courteous to the ex-spouse; papers must be signed. Grandparents, siblings, relatives and friends are also in grief. We must deal with them all. Who can our remaining children turn to if not us for guidance through these crises?

If you have a companion who has suffered this loss, be patient. If you are the parent who has lost a child, ask your companion to be patient with you. The grief process is longer than you can know. This life passage is not something we want for any of you. The death of a marriage is not comparable to the death of a child. Often the widow/widower or the divorced person may remarry. There are entirely different emotions to be dealt with.

Many of us survive but will forever have emotional scars. Stand by us and we will be forever grateful. Many of you have done that for me. Unfortunately, for several, I am now trying to stand by you in your loss. In our singleness, as a friend, you are invaluable.

*Jacque Stockhausen, TCF St. Louis, MO  
Reprinted from the Newsletter of the Winnipeg, MB  
Chapter of The Compassionate Friends,  
November-December 1993*

## ***How to Explain***

How to explain,  
to those who don't understand,  
it's a struggle for me today;  
trying to live without Amber.

I gather to me strength gleaned  
from many days muddled through,  
from copious tears I have shed,  
from the many, far too many,  
who have walked this way before me,  
and now light my way.

There will always be a time,  
a moment,  
a day, maybe even a week,  
when I long for my child,  
when a prayer or memory just isn't enough.

I know I will emerge,  
eventually,  
a little more at peace with the world.

Until then,  
I will slog through the mud of my grief,  
trying to live without Amber

*Judith Vasas, TCF Winnipeg, MB  
Reprinted from the Newsletter of the San Diego, CA  
Chapter of The Compassionate Friends,  
January-February 1995*

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***The passage of time alone does not  
cause our grief to end,  
but its softening touch helps us to  
survive***

*Wayne Loder*

Our son's birthday is coming,  
Why does his mother's pain deepen?  
Why doesn't she realize that he's gone?  
Her pain can't help, only hurt her even more.  
After all, it's just another day.  
He is dead, it's just another day.  
If only she could be as strong as me.  
Unfazed by his birthday.  
He is dead, it's just another day.  
It is so clear; life must go on, though he is dead  
Everyone should be strong, tough,  
                  macho like me.  
He is dead. His birthday will come and go.  
Worse now is the agony of  
                  not hugging him.  
My lips tighten to a grimace,  
Tears fill my eyes, roll down my cheeks.  
I wish his mother could be macho like me.

*Dick Shaw, TCF Stamford, CT*

## ***A Tear Fell***

I rode by your school by chance today  
And I just happened to look that way.  
The boys all had their ball caps on;  
then I remembered my son was gone.  
Just when I thought I was doing so well,  
Before I knew it - a tear fell.  
Then on Sunday as I sat in church  
I looked around and missed you so much.  
I saw other boys in their Sunday suits  
And I remembered you were just as cute.  
People all think I'm doing so well;  
They don't know today - a tear fell.  
When I'm reminded of what might have been  
It gets too hard to hold it in.  
When life will catch me off my guard,  
That's when I seem to be hit so hard.  
It seems all roads lead back to you  
As I take each day and try to get through.  
They say time makes it better, but I cannot tell.  
I only know today - a tear fell.

*Carolyn Bryan, TCF Orange Park, FL*

## ***For We Have Lost Our Child***

God gave us this very special person  
To love and care for, to watch grow up  
To watch the wind blow through her hair.  
For we only had four very special months  
with this very special child.  
I cannot cry  
because I know our child is in a warm place  
and God will keep her warm and safe from harm.  
I need not worry about this very special child  
because she is safe and warm in God's arms.

*Tanya Whitehead, TCF Cheyenne, WY  
Reprinted from the Newsletter of the Cheyenne, WY  
Chapter of The Compassionate Friends, December 1992*

## ***Olivia's Candle***

To our beloved Olivia, whose  
                  life-light burned so briefly  
You are forever a part of us  
                  as we remember and relive  
The joy with which we discovered you and  
The sadness with which we accepted  
                  your departure.  
The light and the love you lit  
                  in us burns on...

*Patti Williams, TCF Northeast Georgia Chapter  
Reprinted from the TCF Anthology, WE NEED NOT WALK  
ALONE - AFTER THE DEATH OF A CHILD, Edited by Mary  
Cleckley, Elizabeth Estes, and Priscilla Norton, 1990*

### ***Welcome New Members***

We welcome new members to our chapter of The Compassionate Friends. We're sorry you have a need to be with us, but we hope you feel you have found a safe place to share your grief and will return. It often takes a few meetings to feel at ease in a group setting. Please try attending three meetings before deciding if TCF is for you. *Each meeting is different and the next one might be the one that really helps.*

Meetings are generally held the last Tuesday of every month, 7:00 - 8:30pm, at the Carson Tahoe Cancer Resource Center, 1535 Medical Parkway, Carson City, NV.

## **To My Sister**

You touched us all  
You loved us all  
Forever giving  
Forever caring  
Forever forgiving  
Never wanting in return.  
Blessed are those who shared your life  
Rich are those who carry your memories  
Please rest now  
Your chores we will finish.  
'Til we meet again

*Cindy Keltz, The Sibling Newsletter Arlington Heights, IL  
Reprinted from the Newsletter of the Cheyenne, WY  
Chapter of The Compassionate Friends, December 1993*

## **To The New Me**

The holidays are coming and I'm afraid to face that fact. How will I ever get through Thanksgiving, Hanukkah, Christmas and the beginning of a new year without one who was so vital to my life? It is still several weeks before the time when everybody will expect me to be merry and happy. Yet, I dread that time as though it were tomorrow.

I know it is illogical, knowing how much I loved and cared, for me to expect there to be "fun" days in the immediate future; instead I will accept that I have been wounded and I must take the time to recover from my deep emotional wounds.

I hope I will be wise enough to recognize that what I am feeling is normal. I will try to remember that those parents, who have suffered the loss of a child earlier than my loss, have given me the hope that it will be better; that my family will survive to go on to better days. I will look forward to that time and try to be patient.

*Mary Cleckley  
Reprinted from the Newsletter of the Atlanta, GA Chapter  
of The Compassionate Friends, November 1993*

## **Why Are There Saturdays?**

These are the days when there is no routine. It used to be my day for catching up, for doing chores for the rest of the week ahead.

Why are there Saturdays?

These are the days when your brother and sister go off to visit your father and leave me alone with the whisper of the child who no longer lives.

Why are there Saturdays?

These are the days when I see your smile in the wagging tail of your devoted dog as she searches the house for you one more time and settles down for a nap under your old bed.

Why are there Saturdays?

These are the days I look for you. Sitting on a bench as I watch your twin play basketball, I search every face for those sparkling brown eyes and watch every step taken for your loping gait.

Why are there Saturdays?

These are the days when there is no routine. I use them as my days for catching up on the tears that will not come on any other day but swell under my breast until they flow down my face.

On Saturday.

*Georgiann Bertrand  
Reprinted from the Newsletter of the Kansas City  
(MO-KAN) Regional Chapter of The Compassionate  
Friends, January 2005*

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

## **Permission to Backslide**

Sometimes after a period of feeling good, we find ourselves back in the old feelings of extreme sadness, despair, or anger. This is often the nature of grief, up and down, and it may happen over and over for a time. It happens because we are humans; we cannot take in all of the pain and the meaning of death at once. So we let it in a little at a time.

*From "How to Go on Living," Peppers & Knapp  
Reprinted from the Newsletter of the Atlanta, GA Chapter  
of The Compassionate Friends, November 1991*

## **Number 13**

13 is not a good number

13 years ago, God called you home

13 years, your children and family have missed you

13 years, I've missed and needed a co-worker

13 years, I've missed you on my bowling team

13 years, I've missed my only daughter and best friend

13 years, you've missed nephews' births and they have missed out on their loving aunt

13 years, I've missed giving you gifts on birthdays and holidays

13 years, I've missed your hugs and notes written in my cards

13 years, I've decorated your grave for all the holidays

13 years you have spent Christmas with Jesus. Maybe you are a lucky 13 one. I will look forward to spending Christmas with you and Jesus.

Until then, you will always be loved and in our hearts, so we will have memories.

*In memory of Teresa (11/1/61-12/30/91)  
With all our love, Mom, Dad and your family  
Barbara Beck, TCF Independence, MO  
Reprinted from the Newsletter of the Kansas City  
(MO-KAN) Regional Chapter of The Compassionate  
Friends, January 2005*

## **Some Ideas I Have Found Useful During the Holidays**

- Realize that no matter what we do the holidays will come, and the anticipation is always worse than the actual day.
- Being in the presence of those who will let us talk freely about our child is best – very often, these are not relatives.
- You and your family come first; what is most comfortable for all is what should be done.
- Discuss with your children how they feel. Remember, this is a time of grief for them too.
- Don't force yourself to take on any more than you can handle.
- Try to use any support outlets you have, such as your spouse, friends, children and The Compassionate Friends.
- Remember those dear people who say dumb things? The holidays are no exception.
- Take time, maybe before dinner, to ask everyone to have a moment of silence to think of your child.
- Have everyone put a special thought about your child in his or her Christmas stocking to be read by anyone at anytime.
- Burn a candle all day on special days in memory of your child. I usually burn a candle whenever I want a special closeness to my son.
- Finally, give yourself a special gift this holiday season: Peace. You deserve it. You have to live to survive the loss of a love. Share this peace with those you love. It will make beautiful memories for all of you.

*Elaine Patizzolo, TCF Reading, ME*

### **NEW for 2011:**

This newsletter is now available online.  
Visit our website [www.tcfcarsoncity.org](http://www.tcfcarsoncity.org)  
and click on "Newsletters."

You can download PDFs of previous newsletters or  
subscribe to receive monthly newsletters via email.



# THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

The Compassionate Friends of Northern Nevada



## ***Worldwide Candle Lighting***

December 11<sup>th</sup>, 2011 will be the  
15<sup>th</sup> Annual Compassionate Friends  
Worldwide Candle Lighting.

St. Paul's Lutheran Church  
1201 N Saliman Rd  
Carson City, NV  
(just north of Carson City High School)

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe as they light candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, hundreds of thousands of persons remember children in a way that transcends all ethnic, cultural, religious, and political boundaries.

The Worldwide Candle Lighting is believed to be the largest mass candle lighting on the globe. It creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who are no longer with them.

The Worldwide Candle Lighting in Carson City will be held on December 11<sup>th</sup> at St Paul's Lutheran Church (1201 N. Saliman Rd) beginning at 6:30 p.m.

Candles and light refreshments will be provided. Please come and join us for this memorial to our children.