



# THE COMPASSIONATE FRIENDS NORTHERN NEVADA CHAPTER

Carson City, NV

December 2011

## Chapter Leader's Message

*...That Their Light May Always Shine*

Sunday, December 11th will be the 15th Compassionate Friends Worldwide Candle Lighting. A 24-hour wave of light around the world will honor children, brothers, sisters, and grandchildren whose memories we treasure in our hearts.

Our ceremony will be held at St. Paul's Lutheran Church on Highway 50 and Saliman. Please join us for the lighting of candles at 7 p.m. Candles will be provided, and please bring a picture of your child or sibling. Refreshments will follow.

The December meeting has been changed to the third Tuesday, December 20th. We will have our annual potluck and ornament exchange. Please bring a dish to share, and a wrapped ornament to exchange with a Compassionate Friend. Include your child's or sibling's name on the ornament, and the year they were born and died. This is a time to share memories of your child or sibling. My Christmas tree has many memories of Compassionate Friends children who have gone too soon.

*Forever in our hearts, and never forgotten,  
Delores*

Let this Christmas be gentle for you  
Give yourself the gift of peace;  
Let the magic spin your private cocoon  
With a hope that will never cease.  
Remember your children tenderly –  
Let the light of their love shine through  
For in the wonder of magic  
of Christmas time

They are sending their gifts to you:

Sweet Hope  
Sweet Peace  
Sweet Love



*Dana Gensler, Lindsay's Mom, TCF South Central Kentucky  
Reprinted from the Newsletter of the Kansas City, MO/KS Chapter  
of The Compassionate Friends, November-December 2005*

## SPECIAL DATES

**December 11<sup>th</sup>**

### **Worldwide Candle Lighting**

6:30 - 8:00 p.m.

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 - 8:30 p.m.

Carson Tahoe Cancer  
Research Center  
1535 Medical Parkway

**January 31<sup>st</sup>**

### **Carson City Meeting**

7:00 - 8:30 p.m.

Carson Tahoe Cancer  
Resource Center  
1535 Medical Parkway

## STEERING COMMITTEE

### Chapter Leader

Delores Sherman

### Treasurer/Mailing List/Memorial Page

Kathy Schultz

### Newsletter Editor

Georgette Riley

### Regional Coordinator

Gene Caligari

### Members

Betty Kalicki

Jo Saulisberry

Cathy Silva, Delegate

Sonja Strom

Reynese Peterson

*Hawthorne contact:*

Petra Wilson

*Fallon contact:*

Judy Dunning



### The National Office

PO Box 3696

Oaks Brook, IL 60522-3696

(877) 969-0010

[www.compassionatefriends.org](http://www.compassionatefriends.org)

## **December Birthdays**

**Tomoah Khalif Jon Anderson**  
**David Manual Fulghum "Festus"**  
**Erin Hackman**  
**Adina Jacoboni**  
**Kara Lee Kalicki**  
**Michael Kronowitz**  
**Ryan "T.J." Marich**  
**JonPaul C. Martens**  
**Jeff Martin**  
**Shelly Mott**  
**Michelle Shaw**  
**Special Child**  
**Corey Wetenkamp**  
**Kelly Williams**

Parents: Tansey Smith  
Mother: Vivian Casey  
Parents: Rick & Cecilia Hackman  
Parents: Ron & Judy Jacoboni  
Mother: Betty Kalicki  
Mother: Muriel Kronowitz  
Parents: Richard & Jill Marich  
Parents: Amber-Rose Aparicio  
Mother: Suzanne Fox  
Mother: Stephanie Mott  
Parents: Sylvia & Jim Shaw  
Mother: Tammy Anstedt  
Mother: Joyce Wetenkamp  
Parents: Gary & Judy Williams

## **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 here.*



## **December Anniversaries**

**Tomoah Khalif Jon Anderson**  
**Chris**  
**James (Jimmy) Davis**  
**Eric D. Eisele**  
**Joshua Raymond Farler**  
**Bryan Harding**  
**Ethan Harmon**  
**Knox Justin Johnson Kolbe**  
**Michael Kronowitz**  
**Tim Lane**  
**Brent A. Lauderbaugh**  
**Jason Marshall**  
**JonPaul C. Martens**  
**Shelly Mott**  
**Jeff Poy**  
**Julie Rodriguez**  
**Leoma N. Vaughan**  
**K. Manley Vaughan**  
**Richard Young**  
**Special Child**

Parents: Tansey Smith  
Sister: Camile Strauch  
Mother: Gayla Davis McDonald  
Brother: Steve & Marianne Eisele; Parents: Don & Darlene Eisele  
Parents: Jim & Brenda Farler  
Mother: Sandra Harding  
Parents: Ken & Duana Harmon; Grandparents: Chuck & Shirley Evans  
Mother: Helen Johnson  
Mother: Muriel Kronowitz  
Father: Don Lane  
Mother: Myra Lauderbaugh  
Parents: Jean & Phil Marshall  
Parents: Amber-Rose Aparicio  
Mother: Stephanie Mott  
Parents: Myrna & Robert Poy  
Mother: Sonja Strom  
Parents: Judy & Carl (Deceased) Dunning  
Grandparents: Judy & Carl (Deceased) Dunning  
Mother: Karen Young  
Mother: Tammy Anstedt

## **Candles in December**

My sadness seems reflected in the music that I hear.  
Every young one's glowing face reminds me you're not here.  
Shoppers crowd the festive stores; emotions all run high  
This world I was a part of once, before that sad July  
This season's meant for happy times, for love, warm hearts and cheer.  
But grieving families 'round the world remember those not here.

We struggle through the season, lighting candles to proclaim  
Our children aren't forgotten, 'round the world our candles flame.  
I slowly pass through gates thrown wide one clear, cold Christmas Day.  
No toys or playthings do I bring - those gifts of yesterday.  
I carry with me just a polished heart of granite made  
And walk with grief to where she lies in a silent, silvered glade.

"Merry Christmas, Love," I whisper - the quiet words seem so forlorn.  
"I've brought my heart for you to keep, my gift this Christmas morn.  
It is filled with all my love, though this one's carved of stone.  
I'll place it here - it will be near - you'll never be alone.

We parents don't forget, My Love; this month we will unite  
To honor all we we'll light a wall of candles through the night.  
The world will know our memories glow with love that's deep and true  
We'll stand as one, and 'fore it's done the Heavens will know, too.

Please keep my gift, Beloved Child, close to where you lie,  
And know my love surrounds you 'till the day I too shall die.  
On the fourteenth of December my candle's flame will light  
I pray you'll see the love we'll free into the starry night."

*Sally Migliaccio, Tracey's Mom (TCF 1997)  
Reprinted from the Newsletter of the South Lake Tahoe, CA  
Chapter of The Compassionate Friends, November-December 2002*

**After my brother's  
funeral someone  
told me that I was  
handling my grief  
well.**

**"No," I responded, "I  
am not doing well at  
all. If I were, I would  
crumple up on the  
floor and let my grief  
flood this room.**

**As it is I am stoically  
holding it all in  
because there is no  
one here who would  
be comfortable if I let  
it out."**

*Doug Manning*

*from Don't Take My Grief Away*



## **Love Gifts**



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

*Ruth Pintar in memory of her daughter  
**Catherine***

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

## **Thank You**

*The Northern Nevada - Carson City chapter of The  
Compassionate Friends is funded solely by contributions.  
There are no dues or membership fees. The donation of  
a LOVE GIFT is a very special way of remembering and  
honoring our children. Thank you for your generosity.*

## **Death from a Grandparent's Point of View**

The death of a child is the most tragic thing that can happen to anyone. I lost my grandchild through death, and only a grandparent can understand the love a grandparent has for a grandchild and the loss that is felt when the child dies. For a grandparent, it is a double loss. Not only is your grandchild gone, but you also watch your child die each day. The smile that was always on her face is no longer there. The hurt is so deep and the questions so many. You feel helpless as a parent. You can't kiss the hurt away as you did when he was a child. You have no answers for her questions, for you don't understand the many feelings that you are experiencing yourself. Each day you hope and pray for a little ray of sunshine to show on his face. You search for a little something to say or do that will comfort her. It seems that there is no end to the suffering.

As time goes slowly by, the healing process begins. In time, a ray of hope will show on her face and a smile will make his eyes light up again. She will turn to you for what little comfort you can give to her. There will always be a part of you that is gone, but in time you can learn to live with the part that is still here.

*Ruth Eaton, TCF Savannah, GA*

*Reprinted from the Newsletter of the Kansas City, MO/KS Chapter of  
The Compassionate Friends, March 2005*

## **Hanukkah Thoughts**

At this season of lights,  
We remember the light you brought into our lives:  
The light of your laughter  
The light of your wit and intelligence  
The light of your love  
May the time not be distant when  
the memory of these lights  
Will illumine our hearts and minds  
And eradicate the darkness therein.

*Stephanie Hesse, TCF Rockland County, NY*

*Reprinted from the Newsletter of the South Lake Tahoe, CA Chapter of  
The Compassionate Friends, November-December 2000*



## **Still**

It's ALREADY been a year – or maybe,  
It's ONLY been a year since you left us and  
I still listen at night lest you have a nightmare,  
Or are trying to sneak in late from a date.  
I still look for lipstick around the milk container  
And the empty roll of the toilet tissue holder.  
I still look for your laundry when starting the washer,  
Or check the dryer to see if it's still full.  
I still check the dishwasher and start to complain  
If it's not been emptied – after all, I filled it.  
I still listen for the "Nothing noises" –  
Your blowing your fake nails dry, or  
Tapping a pencil to music from a stereo played too loud.  
The stereo is silent now and the quietness is deafening –  
Crashing about my ears with a harshness  
Like no noise you ever created.

I still remember your stories – like the cat  
And the story you gave to keep it.  
Each time he looks at me, I can still see you  
Loving and caring for that little thing,  
So young his eyes were still blue.  
He still climbs on my lap and fusses for attention –  
Like you used to sometimes do.

We still see you driving that ole Honda car –  
Adding up the miles by picking up friends and running  
To the mall – but 208 miles was a little too many;  
Considering it's only 4 miles each way.

We're grateful for these memories that still linger on;  
Some are happy, full of joy and wonderment, while  
A few are angry and full of hurt, but  
They're all we have left of you now –  
That and the love that's still in our hearts.

*Judy Moore, TCF Orange County, CA*

*Reprinted from the National Newsletter  
of The Compassionate Friends, Winter 1995*

## **How Will We Be Changed**

No one chooses most of the events that happen in life. No one chooses to be born at a certain time. When I graduated from high school, the economic conditions and employment possibilities were far different from those faced by this year's graduates. No one can choose their parents, and few choose to be bereaved parents. In some things, the only choice we have is in how we will respond. Our child is dead; there is no way that fact can be changed. But we are alive – ours is the life for which we are responsible: Responsible to God, to ourselves, and to the child who is dead.

Every event changes us. The question is, "How will we be changed?" The death of our child changed and is changing us. The question is how.

When we think about how we change, some interesting direction words are useful. How about "growing" or "shrinking?" Does the death of our child make us grow and become more human and more what we hope to be, or does it make us pull back inside ourselves, afraid to reach out to new experiences, because we are too afraid to hurt?

How about "deeper" and "shallower?" Does the death of our child deepen our understanding of the possibilities of human life and love, or make us retreat to the safe shallows of well-lighted and known waters?

How about "open" and "closed?" Does the death of our child open us to another tragedy and give us compassion for those who hurt as we do, or does it close us in on grief, so that it starts to eat away at our insides?

TCF says that it merely offers friendship and support to bereaved parents, but it seems to me that it is more than that. TCF is a group of bereaved parents who have chosen a direction, which I describe as "growing, deepening, and open." To be sure, we are in different stages; and it is we as individuals who determine our direction.

Perhaps we need to learn to speak more directly to others who seem to be changing in other directions. There are those who are afraid to grow for fear that they will move away from the place where their child was. Others are afraid to be open because they don't know that when they let others' pain in, they also let their own pain out.

Maybe that's what the line in TCF's statement of purpose is about – "positive resolution of their grief." How can grief be resolved positively? The answer is in the positive ways we change. Our child did not die for us to die, too. Our child was moving to deeper and deeper understanding – can we do less? Our child was being opened every day to new experiences and different people. Why not continue that in us?

We did not choose the event, but we choose the direction. One of the central verses in the Old Testament is, "I have set before you this day life and death; therefore, choose life." It seems to me, that in facing death, The Compassionate Friends have chosen life.

*Dennis Klass, Professional Advisor, TCF St Louis, MO  
Reprinted from the Newsletter of the South Lake Tahoe, CA  
Chapter of The Compassionate Friends, March/April 2001*

### **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.

Even in the fleeting time that the two of us were three,  
You taught us of the purest form of love that there can  
be

- of a mother for her baby
- for the new life that she bore
- for the miracle love created.

How could anyone ask for more?

Short-lived was my chance at motherhood,

because you could not stay

And I would give almost anything to see you smile today.

*Sharon S. O'Keefe, TCF Richmond, VA  
Reprinted from the Newsletter of the Kansas City, MO/KS  
Chapter of The Compassionate Friends, May-June 2005*

## When Words Become Gifts

On Thanksgiving Day 1994, two of my three young adult sons, Erik and David, were killed in a freak car accident. Years after the accident, my husband and I were at David's college for a holiday event. I was in the dessert line when a woman came up to me and said, "I saw your name tag. Are you David Aasen's mom?" After doing a double-take (it had been some time since I had been asked what used to be a rather common question), I replied with much appreciation, "Yes, I am!"

With those three almost magical words, this person gave me five gifts: Her first gift was **saying David's name**. Instead of just thinking to herself, "Hmmm, I bet that's David Aasen's mom, but I better not say anything," she said something. Her second gift was **sharing a story with me** about how her daughter, a classmate of David's, still treasures the friendship she and David shared. **Acknowledging that I'm still a mom** was her all-important third gift. While my sons' deaths have resulted in my becoming a bereaved mother, death cannot take away the fact that I am, and always will be, Erik and David's mom. The fourth gift was **permission to share a bit of my grief journey with her**. Since their deaths, I explained, there haven't been any truly easy, carefree, feeling-on-top-of-the-world days, but taking each day as it comes has been the most "doable" way for me to go on. **Her questions and manner did not make me feel obligated to cover up my grief**, which was the fifth gift. I felt valued for my honesty, and my integrity remained intact.

The warmth of those five gifts has lingered on in my heart and has comforted me. As I reflect on the experience, I marvel at how a few simple words had such an impact. I have come to the conclusion that most bereaved parents want nothing more than the opportunity to talk comfortably with others about their children. Just being able to share stories about our sons and daughters in a safe place, along with the permission to mourn in our own way and for as long as we need to, even for a lifetime, is what matters most to us. The real treasure comes when others introduce our children's names and stories into an everyday conversation. Knowing our sons and daughters are remembered and live on in the hearts and lives of others is a measure of the meaningful legacy that our sons and daughters have left to us and to the world.

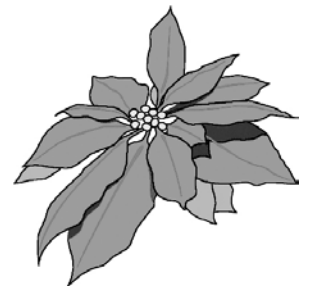
*Nita Aasen, St Peter, MN in We Need Not Walk Alone  
Reprinted from the Newsletter of the Kansas City, MO/KS Chapter of  
The Compassionate Friends, November-December 2005*

## A Father's Lament for a Son

Let me try again. All these things I recognize. I remember delighting in them – trees, art, house, music, pink morning sky, work well done, flowers, books. I still delight in them. I'm still grateful. But the zest is gone. The passion is cooled, the striving quieted, the longing stilled. My attachment is loosened. No longer do I set my heart on them. I can do without them. They don't matter. Instead of rowing, I float. The joy that comes my way I savor. But the seeking, the clutching, the aiming is gone. I don't suppose anyone on the outside notices. I go through my paces. What the world gives, I still accept. But what it promises, I no longer reach for. I've become alien in the world, shyly touching it as if it's not mine. I don't belong any more. When someone loved leaves home, home becomes a mere house.

*Nicholas Wolterstorff  
(After the death of his 25 year old son.)*

*Reprinted from the Newsletter of the South Lake Tahoe, CA  
Chapter of The Compassionate Friends, March/April 2001*



## Someday ...

Someday it won't hurt so bad and I'll be able to smile again,  
Someday the tears won't flow quite as freely whenever I think of what might have been,  
Someday the answers to "why" and "what if" won't be quite as important,  
Someday I'll be able to use what your death has taught me to help others with their grief,  
Someday I'll be healed enough to celebrate your life as much as I now dwell on your death,  
And someday, maybe tomorrow, I'll learn to accept the things I cannot change...  
But for today... I think I'll just be sad.

*Steven L. Channing, TCF Winnipeg  
Reprinted from the Newsletter of the Kansas City, MO/KS Chapter  
of The Compassionate Friends, May-June 2005*

## **Myths about the Impact of Grief on the Marriage**

### **Myth 1. The same child died, so each parent experiences the same loss.**

Each individual mourns the relationship and person that has been lost. As parents, each of us has experienced our child differently and has had a unique relationship with the child. Therefore, both parents are mourning different losses, and these will be what will influence what one missed (e.g. one parent may miss the opportunity to talk with the child after school, while the other especially may miss watching football games on Sunday).

### **Myth 2. Spouses will tend to be more similar than dissimilar in their grief.**

At the latest count, people grieve according to 21 different factors, each of which influence any one grief response. Grief is highly idiosyncratic, as individualistic as a fingerprint. Spouses are no more alike necessarily in their mourning than are strangers. Loving one another, or living in the same house, does not make an individual respond to a loss similarly. Some major factors contributing to differences between parents include type and quality of the relationship with the child, sexual conditioning, personality and coping behaviors, past experiences with loss, social, cultural, and religious backgrounds, social support received, reliance on drugs and alcohol and physical health. Spouses will have to give each other wide latitude for their differing experiences of grief.

### **Myth 3. Once a couple can learn to manage their grief they will be back to themselves again.**

A major loss always changes the bereaved somewhat. Part of us dies when someone we love very much dies. Most of us continue on, but we are altered by the impact of the loss and to the adaptations to it that will be required of us. We not only have to learn to relate in a new way with our deceased child, we must also learn how to relate in a new way to the rest of the world, including our spouse, in new ways to accommodate the changes in us occasioned by the loss. Especially during the long period of acute grief, in which the absence of our child painfully teaches us repeatedly that he or she is gone. It may be very difficult to relate to our spouse because of our pain and distress. Couples who are successful in managing to weather this crisis together, (1.) Keep communication open as much as possible,

(2.) Recognize their distress and the changes in themselves, and work to express both in the healthiest possible fashion, (3.) Insure their expectations of one another are appropriate and give permission to grieve individually as necessary, and (4.) Find ways to slowly integrate all of the changes into the marriage. The duration of mourning varies according to the particular loss, its circumstances, the mourner, and the conditions surrounding the mourner. Nevertheless, it is now known that mourning a beloved person may take years of acute grief and that the long term mourning process takes much longer with some aspects of grief never being finished. It constitutes neither pathological or unresolved grieving, nor does it mean that acute grieving still persists. Bereaved parents must recognize that mourning the loss of a child will mean continuing throughout the rest of life to encounter times when the pain of loss is brought back, and the absence made more acute at the moment, which causes a temporary upsurge in grief. As long as this does not interfere too long with your continuing to move adoptively into the now life without the loved one, such reactions need not be incompatible with healthy adaptation for the rest of your life.

### **Myth 4. Loss only brings pain and devastation.**

Despite the agony of losing a child and the long-term affect of such a loss, many bereaved parents have worked enormously hard to develop some positive gains out of their losses (i.e. beginning support groups, reordering their priorities, developing better family communications, establishing closer relationships, etc.). While they never would have chosen to lose their child to achieve these gains, they are determined to choose healthy responses to it. You can do this as well.

*Therese Rando, PhD, TCF National Newsletter 1990  
Reprinted from the Newsletter of the South Bay/LA, CA Chapter  
of The Compassionate Friends, February 2001*

### **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 - 8:30 p.m., at the Carson Tahoe Cancer Resource Center, 1535 Medical Parkway, Carson City, NV.



**THE  
COMPASSIONATE  
FRIENDS**

Supporting Family After a Child Dies

The Compassionate Friends of Northern Nevada

**THE COMPASSIONATE FRIENDS**  
Supporting Family After a Child Dies

Light a candle for all  
children who have died

**Worldwide  
Candle  
Lighting®**

*... that their light  
may always shine.*

**Sunday, December 11, 2011  
7 PM Around the Globe**

**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 11th 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.