



THE COMPASSIONATE FRIENDS

NORTHERN NEVADA CHAPTER

Carson City, NV

May 2012

Seasons Come and Go

Shhh ... Spring is coming. That means flowers will be blooming, birds will be singing, and our days will be getting longer. It is also a time when the calendar shows us it is Mother's Day and Father's Day. With so many mixed emotions, it reminds us of when we gave birth to our children and they became the center of our days. It is a special time when our children would make us gifts and give us those big hugs. For those who have lost your only child, this does not mean that you are not parents anymore, we will always be mom and dad. Our children gave meaning to our lives and no one can take that away from us. The trouble with the changes of the seasons is that we still feel the loss of our children, and that never changes. I have begun to appreciate again the smell of flowers, the chirping of birds, and the butterflies that stop by and enjoy the bushes in Chris' garden. I find this a sign of hope. This journey of grief sometimes leads us through rough places ... but the walk gets easier to travel when we reach out and find help. At The Compassionate Friends, you can find this help and people to lean on to offer you hope. Sometimes the path is bumpy, but as a seasoned griever like me knows, the path does get smoother. All that matters is that we keep walking, whether it is alone or we are leaning on someone. Come and share in that hope with us ... We need not walk alone.

Lucille Valliere, TCF Providence, RI
Reprinted from the May/June 2010 newsletter of the
Greater Providence, RI Chapter of The Compassionate Friends

SPECIAL DATES

May 29th

Carson City Meeting

7:00 - 8:30 p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway

June 26th

Carson City Meeting Annual Balloon Launch

7:00 - 8:30 p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway

July 31st

Carson City Meeting

7:00 - 8:30 p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway

**You don't heal from the loss of a loved one because time passes;
You heal because of what you do with the time.**

Carol Crandall
Reprinted from the May 2010 newsletter of the Sacramento Valley, CA Chapter of The Compassionate Friends

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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.

May Birthdays

<i>Michael Allen</i>	Parents: Knowles & Helen Allen	
<i>Joshua Michael Calland</i>	Parents: Larry & Cindy Marchant	
<i>Danielle Saulisberry Carpenter</i>	Parents: Dan & Neva Saulisberry; Grandparents: Chuck & Jo Saulisberry	
<i>Eric Daphne</i>	Mother: Kres Daphne	
<i>Larry A. Epley</i>	Parents: Betty & Jim Epley	
<i>Kelsey Foley</i>	Parents: Richard & Jody Foley	
<i>Andrew Gene Gialy</i>	Mother: Mary Knapp	
<i>Travis Gleason</i>	Mother: Debra Stewart	
<i>Samantha Harris</i>	Parents: Carl & Kelly Harris	
<i>Tim Lane</i>	Father: Don Lane	
<i>Brad E. Lauderbaugh</i>	Mother: Myra Lauderbaugh	
<i>Leah Matlack</i>	Parents: David & Barbara Neddenriep	
<i>Christiana Eve Medina</i>	Mother: Maureen Medina; Father: Dave Medina; Sister: Natalie Leist; Aunt: Jolene Tomko	
<i>James Reilly</i>	Parents: Shane & Pam Reilly	
<i>Michael Riley</i>	Mother: Kim Young	
<i>Tracy Ralph Saulisberry</i>	Parents: Chuck & Jo Saulisberry	
<i>April Schultz</i>	Parents: Norris & Kathy Schultz	
<i>Vickie Lynn Silva</i>	Mother: Reynese Peterson	
<i>Heather Youngblood</i>	Parents: Donna & Jim Schumacher	

Newsletter Items

Please submit your stories, poems and pictures for our newsletter. Newsletter items are free of charge, but donations are welcome to assist with printing and mailing costs. E-mail your newsletter items to editor@TCFcarsoncity.org. You can also mail your items to: 1111 Liberty Ct, Carson City, NV 89703. Or bring to a meeting and give your item directly to Georgette.

All submissions must be received by the 20th of the month to be included in the next month's newsletter.

Photos sent via e-mail must be in a .jpg format.

If you have not been receiving the newsletter monthly whether it's by e-mail or postal mail, please let Kathy know so that we can update/change postal or e-mail information.

May Anniversaries

Rick Beaty

Sister: Cathy Silva; Brother: Joe & Angie Beaty

Amber Bourge

Mother: Jeanne Hernande, Father: Kevin Bourge;
Grandmother: Donna Bachstein

Robert Bugajski

Parents: Andrzej & Teresa Bugajski

Shara N. Capron

Grandparents: Petra & Dave Wilson

Danielle Saulisberry Carpenter

Parents: Dan & Neva Saulisberry; Grandparents: Chuck & Jo Saulisberry

David Manual Fulghum "Festus"

Mother: Vivian Casey; Sister: O'Donna Fulghum

David Lawrence Gordon

Mother: Arline J. Gordon

Jesse Hunton Gould

Parents: Michael & Susan Gould

Samantha Harris

Parents: Carl & Kelly Harris

Austin Hawk

Mother: Jackie Hawk

Eric Scott Jahn

Mother: Bonnie Jahn

Elise Marie Lowe

Mother: Stephanie Snyder

Ralph Thomas (Tommy) Ricketts

Mother: Delores Sherman

Matthew Ryan Silva

Grandmother: Reynese Peterson

Vickie Lynn Silva

Mother: Reynese Peterson

Randy Tancrell

Mother: Karin Tancrell

Adam Wetzel

Aunt: Carla Wetzel

Jeremy Michael Bruce Woolman

Mother: Andra Gail Woolman; Grandmother: Maxine Woolman;
Aunt: Darlene Hatfield; Aunt: Barbara Wood



NEW for 2012:

This newsletter is now available online.
Visit our website www.tfcarsontcity.org
and click on "Newsletters."
You can download PDFs of previous newsletters or
subscribe to receive monthly newsletters via email.

Dearest Gail

How I long to touch you
To see your precious face
The sadness in my grieving heart
Passing time does not erase
All the time you suffered
You never did complain
You worried for the rest of us
While bearing all the pain
We hold you close within our hearts
And there you will remain
Please walk with us throughout our lives
Till, God willing, we deserve to meet again.
Love you always, Mom.

*Mary Hansen, TCF Tawatinaw, AB
Reprinted from the April/May 1996 newsletter of the
Winnipeg, MB Chapter of The Compassionate Friends*



Love Gifts

*Betty Kalicki in memory of her daughter
Kara*

*Stephanie Snyder in memory of her daughter
Elise Marie Lowe*

Concerning Grandparents on Mother's/ Father's Day

Grandparents hurt for themselves and also for their bereaved children. Many wonder what role to play when this time of year rolls around once again. Bereaved parents wonder how to handle the celebrations. Do I attend these functions to honor my parents while I am mourning my child? Do I make a spectacle of myself if I become emotionally unraveled during these ceremonies? Should I attend the gatherings or simply avoid them to save my sanity? I do not wish to hurt my parents' feelings and how long will they be alive to honor them?

There are no easy solutions to these problems. Each individual must decide what he or she can handle and that decision will have to be made on a yearly basis. What is helpful for one might be detrimental for another. Time may help to ease the pain and alter the decisions that are made. An honest discussion about the situation with those involved will help to ease the hurt feelings. Try to plan other times with grandparents and let them know you love them though you may not be able to celebrate these special days.

*Kay Bevington, TCF Van Wert, OH
Reprinted from the May/June 2003 newsletter of the
Winnipeg, Manitoba Chapter of the Compassionate Friends*

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

Letting Go – Holding On

Someone recently told me that I have to let go of Missy; that I am holding on and not doing as well as I should be.

I think I've been doing pretty well in my grief process.

Missy had been dead three years and four months today, September 25th. I don't cry at all anymore. I do still think of her every day but I'm able to hear her favorite songs, look at her pictures, and talk about the funny, and yes, awful things she used to do without breaking down.

So what does letting go mean? Certainly, I'm not expected to forget her memory, her silly laugh, how she felt when I hugged her, am I? What, then, am I supposed to let go of?

I think these well meaning people are saying "Don't talk about her so much, it makes me feel uncomfortable," "You'll never get over her if you keep going to those Compassionate Friends meetings," "You need to quit thinking of her and get on with your life."

WELL, I have news for those people. I am letting go! I'm letting go of:

...The thoughts that creep into my head that say this is a bad dream and that I'll wake up soon.

...The habit of looking for her in every teenage girl I see.

...Saying to myself "How much more fun I would be having if only Missy were here."

...The pain that has surrounded my heart since the day she died.

I WILL NOT let go of:

... Knowing that I was blessed with having given birth to her and knowing her for fifteen years.

... Remembering all the hugs, the laughter, and the joy she brought us.

Loving her and losing her has taught me how precious life is and how important it is to live each day being kind and thoughtful of those around me. Life is too precious not to treasure each moment.

I will not waste my time in "wishing." I will live as Missy did a happy life, and begin each day looking forward to "holding on" to the treasures of life.

Jackie Von Behren, TCF Madison, WI

When Siblings Are Grieving

1. **Don't overprotect us.** We are trying to fit back into our lives, and over-protecting us makes it harder.
2. Many feel that being stoic is being strong. **Don't hide your grief from us.** Show us that you grieve too, so we will come to you when we are hurting.
3. Information is important. We want to know what has happened or is happening, but we are afraid to ask for fear of hurting you more than you already hurt. **Please give us opportunities to ask questions, and please answer ... truthfully.**
4. We often feel we are being ignored when we are left with other people, especially when these people won't talk to us about what is going on. (Parents and family members can help us when they help others to **be open.**)
5. **Grief is an individual experience; it is full of ups and downs.** Sometimes we're happy when you are sad, and sometimes we are sad when you are happy. Help us to accept that that is all right.
6. Advice and easy answers to difficult philosophical questions don't help. Don't tell us something just to be saying something. **It's all right to tell us that you don't have all the answers.**
8. Don't tell us that we won't understand when we ask questions. **We understand more than you think we do.**

*Suggestions from The Sibling Group
TCF Acadiana Chapter, LA*

*Reprinted from the May 1995 newsletter of the
Kansas City, MO/KS Chapter of the Compassionate Friends*

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.

And a Child Will Lead Them...

If you were looking for an answer on Mother's Day on why God reclaimed your child, I don't know.

I only know that thousands of mothers out there desperately need an answer as to why they were permitted to go through the elation of carrying a child and then lose it to miscarriage, accident, violence, disease or drugs.

Motherhood isn't just a series of contractions; it's a state of mind. From the moment we know life is inside us, we feel a responsibility to protect and defend that human being. It's a promise we can't keep.

We beat ourselves to death over that pledge. "If I hadn't worked through the eighth month." "If I had taken him to the doctor when he had a fever." "If I hadn't let him use the car that night." "If I hadn't been so naive, I'd have noticed he was on drugs."

The longer I live, the more convinced I become that surviving changes us. After the bitterness, anger, guilt and despair are tempered by time, we look at life differently.

While I was writing my book *I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise*, I talked with mothers who had lost a child to cancer. Every single one said that death gave their lives new meaning and purpose. And who do you think prepared them for the rough, lonely road they had to travel? Their dying child. They pointed their mothers toward the future and told them to keep going. The children had already accepted what their mothers were fighting to reject.

The children in the bombed-out nursery in Oklahoma City have touched more lives than they will ever know. Workers who had probably given their kids a mechanical pat on the head without thinking that morning were making calls home during the day to their children to say, "I love you."

This may seem like a strange column when joy and life abound for the millions of mothers throughout the country. But Mother's Day also is a day of appreciation and respect. I can think of no mothers who deserve it more than those who had to give a child back.

In the face of adversity we are not permitted to ask, "Why me?" You can ask, but you won't get an answer. Maybe you are the instrument who is left behind to perpetuate the life that was lost and appreciate the time you had with it.

Erma Bombeck

Reprinted from the May/June 2004 newsletter of the Kansas City, MO/KS Chapter of the Compassionate Friends

The Magic of You

What can I do to get better? This is the question most often asked by newly bereaved parents, as if the right actions could work a miracle. They are seeking easy rules, methods or steps of healing.

But there are none. There are no special words, no miraculous system, no magic wand to take the pain away. There is only time, hard work, and compassionate support. Grief is a process which must be allowed to function thoroughly in order for healing to take place. There are no short cuts; Attempts to ease the process such as through alcohol or drugs often end either in disaster or in complicating the grief process.

There is no magic. There is only you, the bereaved person, who must decide yourself to work within the process to resolve your grief.

No one else can do it for you but others can help by supporting your grief rather than searching for magic words to wish it away. Others can help within The Compassionate Friends by providing models of healed parents who are willing to listen and share.

You can help yourself by being patient with grief instead of searching for easy methods. You can help yourself by learning about the grief process. You can help yourself by sharing your story with others and listening to their stories. You can help yourself by reaching out to others, for helping others is the source of your own healing.

Magic pills or incantations? There are none. Look to yourself. The Compassionate Friends can help, but you alone determine the progress of your grief. The magic of healing is within you.

Marcia Alig, TCF Mercer Area, NJ

Who We Are...

The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.

We gather to listen, to share, and the support each other in the resolution of our grief. You need not walk alone, we are the Compassionate Friends.

Mother's Day

Another Mother's Day!
But a different one this year.
For you see, I am a mother,
but my child isn't here.

I am a mother who is hurting
for this child who was so dear,
as I face this and other occasions,
each and every year.

I am a mother who feels an emptiness
over and over again,
because I miss THIS child
and all that could have been.

I am a mother who cared
as I watched my child grow,
and truly loved her more
than anyone will ever know.

I am a mother who has memories
and many tears to cry
over regrets I'll have to live with
until the day I die.

I am a mother who is thankful
for the miracle of birth,
and all my child has taught me
about life and my own self-worth.

I just can't stop being a mother
just because my child isn't here,
because the love we had for each other
will continue for years and years.
And so...

On this special "Mother's" day,
I will feel within my heart,
all the pride, love and joy
which are the parts
that make me who I am,
and what I'll always be -
A MOTHER
just remember that -
please?

Judy A. Sittner

*Reprinted from the May/June 2006 newsletter of the
Tuscaloosa, AL Chapter of the Compassionate Friends*

Brandon

Little Brandon with eyes of blue
You know how much we wanted you.
With dad's eyebrows and mom's lips
And tiny nails on your fingertips.
We'll never see you run and play
Or have your smile brighten our day.
Your death came before your birth
You'll never live here on earth.
All our dreams were washed away
In a flood of tears on your birth day.
Little baby who is not to be
You'll always be a part of our family tree.
Your crib will be a casket of blue
But we will never forget you.
Mom, Dad, and Kyle too
Send all our love to you.

*In Memory of Brandon William Goodyear
Stillborn April 21, 1992*

By his Grandmother Shirley Goodyear, TCF Blackfoot, ID



It is a costly wisdom, and God knows we would not have
asked for it.

But it is also true that coming through a great sorrow
can make us stronger, teach us what is really important.

But to survive the death of a loved one is no guarantee
of greater wisdom. We can also become embittered,
reclusive, grasping.

That's when we need friends, communities of faith, even
professional help.

But if we can weather the storm, we will have a better
sense of who we are and what we want most in life.

And we will learn to savor and cherish cool water,
sunshine and wind, the smell of roses and the love and
friendship we now have.

I will take time to notice the gifts life gives me, and be
thankful.

Isak Dinesen

*Reprinted from the April 2006 newsletter of the
Orange County, CA Chapter of the Compassionate Friends*



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

The Compassionate Friends of Northern Nevada

Mother's Day and Father's Day, two very difficult days to get through when you are a bereaved parent. For some of us, our only child has died; for the rest, our remaining children remind us of the one we no longer have.

Our only son, Jason, died a few weeks before Mother's Day last year. I remember dreading that holiday and wondering how I would survive all the reminders that I no longer had a child, was no longer a Mother. I dreaded finding any cards in my mailbox, but I dreaded not finding any even more. That would be proof that I was no longer a Mother.

When I picked up the mail, there was, indeed, a card from my mother-in-law. My first reaction was anger and hurt: "How could she be so cruel? How could she remind me of my loss this way?" When I finally calmed down and was able to read the card, I found a wonderful, warm message of love and concern. Mom realized how difficult that day would be and wanted to help in her special way. She pointed out that once I had become a Mother, it could never be taken away. Motherhood was in the heart, and it was there to stay.

I still feel a little sad and nostalgic on Mother's Day, but I know that what has happened can never be undone. Jason lived and made me a Mother as surely as he died. I am still a Mother and will be in my heart forever.

Connie Eddy, TCF Concord, NH

