



## 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.

### January Birthdays

Melinda Brown	Parents: Darryl & Rita Brown
Brandon Bryant	Mother: Sunny Bryant
Chris	Sister: Camile Strauch
Steven David	Mother: Debbie David
Anthony Del Prete	Mother: Vivian Del Prete
Chad Jason Hull	Mother: Marilyn Braninburg
John Luna	Mother: Pauline Luna
Kurt Meunch	Parents: Patrick & Patti Williams
Devon Lane Mondragon	Father: Dan Mondragon
Eric Nageotte	Parents: Ron & Carol Nageotte
Brandon Painter	Mother: Mary Painter
Catherine Ann Pintar	Mother: Ruth Pintar
Nicole Michelle Snyder	Parents: John & Patti Snyder
Tim Stephens	Parents: John & Connie Currier Grandmother: Amy Hunter
Mark Vicich	Mother: Elaine Vicich

### January Anniversaries

Kelly Barr	Mother: Linda Barr
Nate Clark	Mother: Kitty Clark
Erin Hackman	Parents: Rick & Cecillia Hackman
Eugene E. Newby	Parents: Ron & Esther Newby
Jake Owens	Mother: Rita Owens Sister: Stacie Owens
Catherine Ann Pintar	Mother: Ruth Pintar
April Schultz	Parents: Norris & Kathy Schultz
Susanna Celeste LaFleur Siegel	Mother: Sharon Steele Kientz
Tim Stephens	Parents: John & Connie Currier Grandmother: Amy Hunter
Justin Royce Talley	Parents: Teresa & Larry Alexander
Albert Troy Winkler	Father: Albert Winkler Mother: Nancy Winkler
Heather Youngblood	Parents: Donna & Jim Schumacher

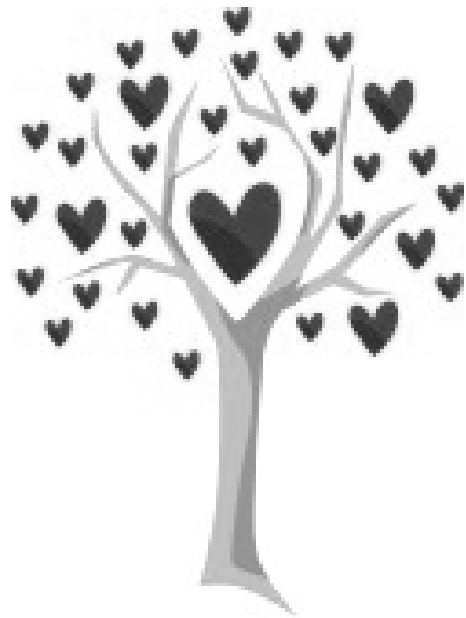
### February Birthdays

Jeffrey Berning	Mother: Mary Clark
Bryan Harding	Mother: Sandra Harding
Jason Cole Hughes	Mother: Roberta Moore
Christopher Dale Northam	Parents: Teresa & Mitchell Northam
Jake Owens	Mother: Rita Owens Sister: Stacie Owens
Jennifer Jo Smith	Parents: Pam & Carl Smith
Scott Strom	Mother: Sonja Strom
Ricky Woodring	Parents: Ron & Vicki Woodring
Shane Woods	Parents: Jay & Bonnie Woods

### February Anniversaries

Ian Thomm Campbell	Father: Donald Campbell
Kyra Conway	Grandmother: Norma Conway
Sabrina Jane Davies	Mother: Vanessa Walker
Kelsey Foley	Parents: Richard & Jody Foley
Andrea Matlack Hooper	Parents: David & Barbara Neddenriep
Brad E. Lauderbaugh	Mother: Myra Lauderbaugh
Alaina Lester	Parents: Shawn & Kristine Lester Grandmother: Pauline MacKenzie
John Luna	Mother: Pauline Luna
Kyle McAfee	Parents: John & Susan McAfee
Lana (Lanie) McAlister	Mother: Leona Wood
Maddyson Palmer	Mother: Mandi Palmer
James Reilly	Parents: Shane & Pam Reilly
Danica Marie Silva	Parents: Dan & Cathy Silva
Dean M. Stout	Parents: Millie & Earl Staout
Paul W. Watkins	Parents: Nancy & Bob Watkins
Charles Louis Webb	Parents: Paul & Eva Webb
Johnathan Lucas Wendling	Parents: Michael & Karen Wendling





*Love Gifts*

*Stephanie Snyder in memory of her daughter*

*Elise Marie Lowe*

*Tom Whalen in memory of his son*

*Michael Thomas Whalen*

*Peggy Dodd in memory of her daughter*

*Emily Anne Round*

*Betty & Jim Epley in memory of their son*

*Larry Epley*

*Rita Owens in memory of her son*

*Jake Owens*

*Pauline Luna in memory of her son*

*John Luna*

*Betty Kalicki in memory of her daughter*

*Kara Lee Kalicki*

***WISER AM I.....***

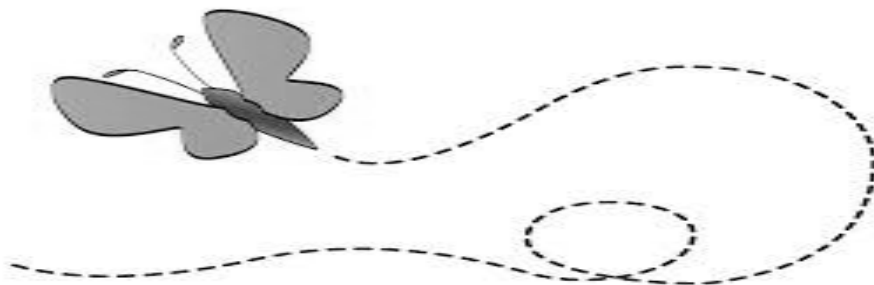
When I hear the wind whisper.  
When the sand softly sweeps the land.  
When the moon is cloud draped.  
When the quiet waters flow over pebbles.  
When dreams protect the soul.  
When new life takes a breath.  
When eyes open to a new dawn.  
When time is felt by vibration.  
When each memory is blessed.  
When the blossom appears as creation.  
When love overwhelms lonely.  
When existence melds into eternity.  
When eternity becomes reality.  
When the dark ends and the light begins.

Michael Anderson  
TCF Salem, OR

*Thank You*

*The Northern Nevada-Carson City chapter of The Compassionate Friends is funded solely by contributions. There are no dues or membership fees. A LOVE GIFT is a donation to honor a child who has died, or sometimes as a memorial to a relative or a friend. Your gifts allow us to continue to reach out to other bereaved families through our books, programs, and newsletter. Thank to each of you for your generous gifts and support*

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



## 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.  
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

As I swim toward the shore of acceptance  
I pray for the peace of belief

Sally Migliaccio

TCF Babylon,, NY

From Tracey, An Extraordinary Child ©1998



## Recipes with Suzanne

Is there a special dish that you used to make for your loved one? Cookies or a casserole? A birthday cake or the ingredient you added to vegetable to tempt a picky eater? Perhaps an easy recipe for those newly bereaved when faced with the loss of a loved one. This was my son Jeff's favorite dessert. It's so easy to make, he and his brother used to make it themselves with my supervision!

Suzanne Fox

TCF Carson City, NV

### Fudge Brownie Pudding

Preheat oven to 350°

Topping:

In small bowl, mix together and set aside:

1/2 cup white sugar

1/2 cup light brown sugar

3 tablespoons cocoa

Sift into medium mixing bowl:

1 cup unbleached flour

3/4 cup white sugar

1/2 teaspoon salt

2 teaspoons baking powder

1 1/2 tablespoons cocoa

In large measuring cup, mix together:

1/2 cup milk

1 teaspoon vanilla

2 tablespoons melted butter or margarine

Add: 1/2 cup broken pecan or walnut pieces (optional).

Add liquid to dry ingredients and mix well.

Pour into greased 9x2 baking dish. Sprinkle topping over batter. Carefully pour one cup hot water over all.

Bake at 350° about 50 minutes or until pudding begins to shrink away from sides of dish. Batter will rise to top and topping will sink to bottom.

Serve with your favorite ice cream. Very rich! All portions recommended!

## Finding the "New Me"

When you're newly bereaved, you don't see how you can put one foot in front of the other, much less survive this long road. You'll never "recover" from your loss nor will you ever find that elusive "closure" they talk about eventually. You will find the "new me." You will never be the same person you were before your child died. It may be hard to believe now, but in time and with the hard work of grieving (and there's no way around it), you will one day think about the good memories of when your child lived rather than the bad memories of how your child died. You will even smile and, yes, laugh again someday as hard to believe as that may seem.

When the newly bereaved come to a meeting of The Compassionate Friends, you will be able to listen and learn from others who are further down the grief road than you. They will have made it through that first birthday, first death anniversary, first holiday, and so many other firsts that you have not yet reached. You will learn coping skills from other bereaved parents who, like you, never thought they'd survive. There are no strangers at TCF meetings, only friends you have not yet met.

More than 18,000 people a month find the support they are seeking through meetings of The Compassionate Friends. Please check our Chapter Locator on our national website for the nearest TCF chapter. Or call the National Office at 1-877-969-0010 and we'll be happy to give you a referral to the closest chapter and send you a customized bereavement packet at no charge. We have many other ways of providing support including: our national website and Online Support Community *We Need Not Walk Alone*, our national magazine available by free online subscription; our monthly online newsletter which talks about the organization and its events; our Facebook Page with over 50,000 members; our Worldwide Candle Lighting each December; our national conference; and our Walk to Remember. We will be here as long as you need us. Even though you are newly bereaved and the road is long, we invite you to walk with us for long as the journey takes.



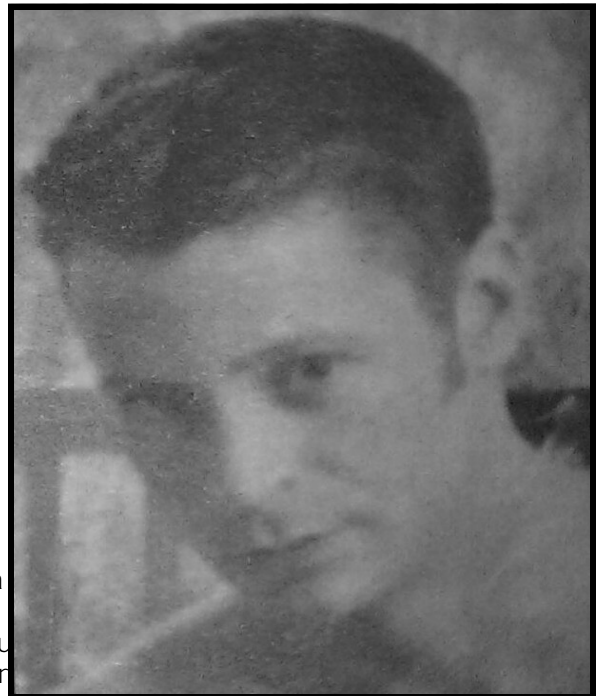
*From "You Are Not Alone"*  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

## Sweet Essence

Your beauty has no boundaries;  
I feel it surround me.  
A hug from a gentle breeze  
Your whispers rustle in the trees.  
A lone white tulip to adore,  
Appeared outside of my front door.  
As I continue to make my way,  
You give purpose to my day. Your talents and gifts,  
Still here to uplift.  
My world is alive  
With your signature vibe!  
Each direction that I turn,  
Sweet essence of Chad I discern.  
Ahhh, what unimaginable joy,  
The gentle spirit of my sweet boy!

XO Your Loving Mom XO  
We love you and miss you deeply, your loving family and Lola

For Chad Jason Hu  
Son of Marilyn Braninbur  
TCF Carson City, NV



# The 5 Stages of Loss and Grief



The stages of mourning and grief are universal and are experienced by people from all walks of life. Mourning is a natural response to loss. The stages were first proposed by Elisabeth Kubler-Ross in her 1969 book *On Death and Dying*.

In our bereavement, we spend different lengths of time working through each step and express each stage more or less intensely. The five stages do not necessarily occur in order. We often move between stages before achieving a more peaceful acceptance of death. For some of us, the luxury of time required to achieve this final stage of grief is not afforded.

The death of your loved one might inspire you to evaluate your own feelings of mortality. Throughout each stage, a common thread of hope emerges: *As long as there is life, there is hope. As long as there is hope, there is life.*

Many people do not experience the stages in the order listed below, which is okay. The key to understanding the stages is to process them in the order that helps you understand and put into context where you are.

## 1. Denial and Isolation

The first reaction to learning of terminal illness or death of a cherished loved one is to deny the reality of the situation. We act to rationalize overwhelming emotions. It is a defense mechanism that buffers the immediate shock. We hide from the facts. This is a temporary response that carries us through the first wave of pain.

## 2. Anger

As the masking effects of denial and isolation begin to wear, reality and anger emerge. We are not ready. The intense emotion is deflected from our vulnerable core, redirected and expressed instead as anger. The anger may be aimed at inanimate objects, strangers, friends or family. Anger may be directed at our dying or deceased loved one. Rationally, we know the person is not blamed. Emotionally, however, we may resent the person for causing us pain or for leaving us. We feel guilty for being angry, which makes us more angry.

The doctor who diagnosed the illness and was unable to cure the disease might become a convenient target. Health professionals with death and dying every day. That does not make them immune to the suffering of their patients or to those who grieve for them. Ask for a special appointment or ask that he telephone you at the end of his day. Ask for clear answers to your questions regarding diagnosis and treatment. Understand the options available to you. Take your time.

## 3. Bargaining

The normal reaction to feelings of helplessness and vulnerability is often a need to regain control. Secretly, we may make a deal with God or our higher power in an attempt to postpone the inevitable. This is a defensive line of protection to shield us from the painful reality.

## 4. Depression

Two types of depression are associated with mourning. The first one is a reaction to practical implications of the loss. Sadness and regret predominate this type of depression. We worry about the costs and burial. We worry that, in our grief, we have spent time with others that depend on us. This phase may be eased by simple clarification and reassurance. We may find a bit of help and a few kind words. The second type of depression is more subtle and, in a sense, perhaps more private. It is our quiet struggle to separate and to bid our loved one farewell. Sometimes all we really need is a hug.

## 5. Acceptance

Reaching this stage of mourning is a gift not afforded to everyone. Death may be sudden and unexpected and we may never see beyond our anger or denial. It is not necessarily a mark of bravery to resist the inevitable and to deny ourselves the opportunity for peace. This phase is marked by withdrawal and calm. This is not a period of happiness and must be distinguished from depression. Loved ones that are terminally ill or aging appear to go through a final period of withdrawal. This is by no means a happy time. They are aware of their own impending death or such, only that physical decline may be sufficient to produce a similar response. This withdrawal implies that it is natural to reach a stage at which social interaction is limited. The dignity and grace shown by our dying loved ones may well be their last gift to us.

Coping with loss is ultimately a deeply personal and singular experience. No one can help you go through it more easily. The best thing you can do is to allow yourself to feel the grief as it comes over you. Resisting it only will prolong the mourning process.



By Julie Axelrod  
www.psychcentral.com

## Empty Places

I drove the old way yesterday.

and there, without a warning, the pain washed over me.

I drove the old way yesterday and sadness came on strong,

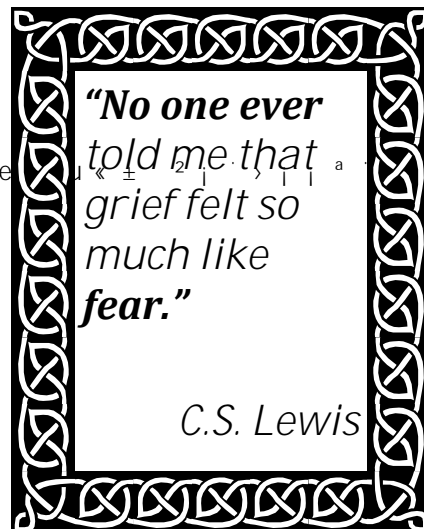
Places seem to lie in wait

to summon up the tears,  
to say remember yesterday,  
those days when you were here.

Places where you laughed and played are places where I cry.

these places hold the memories  
that will live as long as I.

Genesse Gentry  
TCF Marin County, CA  
In Memory of Lori Gentry



## So What Does a New Year Mean?

Some of us like the feeling of getting a fresh start and forgetting the past. We like believing that, during this new year,

But when we are grieving, our tendency is to stand at the threshold of a new year looking back rather than forward. We fear that through that door into a new year means leaving our lost loved one behind. To move on seems like an act of betrayal of the one we love. There may also be a fear of forgetting, or maybe a fear of letting go. We experience a contradiction: we better, but at what cost?

Remember, January 1st is just another day. It has no meaning or power except the meaning we choose to give it. Acknowledging special needs as grieving persons, we can choose to make softer resolutions for the new year that can still be challenging, meaningful, and helpful. Why not resolutions, for better understanding of the grief process and what we can learn about ourselves as we journey through it? Why not resolve into a future that can be good, even though it lacks all that we might desire, and offers a hope that we will have peace and enjoy life even though we grieve.

grief, following the September 11 attacks. And we have experienced personal grief. We know we are not the only ones who grieve, though sometimes we have felt all alone. And still we survive, even though at times we questioned if the struggle was worth it. We have tasted the bitterness of loss but have not allowed it to destroy us. And together we will rise out of the ashes of grief and say YES to life. None of us can do it alone. We need each other to lean on and celebrate our newness.

Our hope for those in the throes of fresh grief is that someday your days



Pat Schwiebert, R.N.  
www.griefwatch.com

## Grief Support After the Death of a Child

The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning

Simon Stephens  
 Founder of The Compassionate Friends



## What to Do With My Child's Things?

Some of us keep things for a long time. Some of us find it difficult to let go. Some of us find it difficult to let go of things that were once a part of our child.

Some of us find it difficult to give things away to close friends or relatives. Knowing that someone we love is going to have something that was once a part of our child is comforting.

Some of us find it difficult to deal with only a few items at a time: clothes one month; books another; toys, perhaps another month or two later.

*reprinted from the February 2013 newsletter of the Tucson, AZ chapter of The Compassionate Friends*

## When February Comes...

...there is finally an end in sight to the long winter. Sometimes melting snow reveals the green tips of an early crocus or even the exquisite blossom itself soft flower of hope invading a harsh landscape of graying snow and biting wind and ominous sky a small promise of new life to come.

My heart, grieving for my son who died, was like that image of winter. For somehow even during the darkest coldest moments, an unexpected sign of hope appeared. As days and months dragged, my heart finally learned once again to be open to the promise of new life. Painful memories melted into loving ones. Life that seemed forever dormant once again sprang forth from my heart. In living hopefully and lovingly, the season of the heart can change. The loving memories of your child, like the flower in the snow, can be the beginning of the end of winter.

Nancy Ann Dramer  
 TCF Arlington Heights, IL

## WHY ME? - The Unanswerable Question

Most of us have pondered this question at some time in our lives, especially since the death of our children. It resurfaces periodically in discussions with the newly bereaved. I have never been completely satisfied with the responses given and the question.

That was until recently when an article was brought to my attention. The writer states that no one is immune to disaster. Each of us has experienced great losses, including the death of a child, each searching for answers to the question.

The y came together in their suffering. Though unable to prevent the pain, these fellow grievers found that by sharing their hurt, standing together and supporting one another they could endure devastating losses.

Together we can give hope to the hopeless and comfort to the suffering. All we need to do is reach out, then we can help.

Polly Moore  
 TCF Nashville, TN





# Celebrities Grieve Too

Celebrities are just as human as us. They are parents too and grief is not prejudice. Here are a few things that some celebrities have said through grief.

*"You never get over it, but I've learned to cope. You have no other choice...I would rather have had her with me than to never have known her."*  
 Carol Burnett

*"Stepping away from sadness into light again and walking forward with my life...I think we teach our children to do those things. But really, we don't teach them anything. They teach us to have strength for them."*  
 Marie Osmond



*"Nobody should have to lose a child. It's unfathomable. But I'm here to say that you can get through it. You can live again. You can want to live again."*  
 Kelly Preston

*"It was a sunny day. The water was clear and high as I knelt over it. I opened the container and emptied it into the rushing water. What was meant to be a prayer became an outraged demand. "You take care of him," I screamed at the sky."*  
 Mary Tyler Moore

*"I say that I have a deep wound that scabs sometimes, and something will break it open and it'll bleed, but it never heals."*  
 John Walsh

Amber-Rose Aparicio  
 TCF Carson City, NV

## IT FADES AWAY

As another year has come and gone and soon to be 25 years and yet still wonder where has the time gone

It Fades Away

As the winter cold turns into snow and still wonder why you had to go

It Fades Away

As I still think of you with those big brown eyes and A little twinkle and a cute smile and that funny giggle and to hear the phone to say  
 Mom

It Fades Away

As I still think back when my little 3 would go trick or treat and peek under the Xmas tree

It Fades Away

As I still miss each and every day and hope someday you will pass my way

It Fades Away

As I still think back on the day you passed away and

It Fades Away

Glad that I got to have you as my son for as long as I did and you were a big part of me and

It Fades Away

Tim you will have a special place in my heart and you will always be my son and

Happy Birthday Tim

Lots of love and always in my heart Mom

Connie Currier  
 TCF Carson City, NV

**Who We Are...**

The Compassionate Friends is a self help organization which offers support to families whole 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 to support each other in the resolution of our grief. You need not walk alone, we are the Compassionate Friends.



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

The Compassionate Friends of Northern Nevada  
2648 Kit Sierra Way  
Carson City, NV 89706

## The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding and with hope.

The children we mourn have died at all ages and from different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together.

We reach out to each other in love, to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone. We are the Compassionate Friends.



**37<sup>th</sup>** National Conference  
Chicago, Illinois  
July 11-13, 2014