



THE COMPASSIONATE FRIENDS

NORTHERN NEVADA CHAPTER

Carson City, NV

May/June 2015

Chapter Leader's Message

It's springtime, trees are blooming, grass is green, flowers are springing up out of the ground, and warm days are ahead. Take time to enjoy the beauty of nature. Take a walk and be good to yourself.

Don't forget, our June 30th meeting will also be our annual Balloon Launch. Please come and join us in a remembrance of our children's lives. If possible, bring a dessert to share with the group.

*Our children and siblings, loved and remembered,
Delores*

Newsletter Editor's Message

And comes two months of hardship for us parents. I find myself lucky to still have a surviving child, but for those that lost their only child, I can only imagine what this time of year holds for them. The holidays are hard and even birthdays, but a day that celebrates your role in your family, to only be without your child. I will be thinking of all the childless parents and light a candle for them and their children.

This year marks the first time in 14 years that I will not be with my surviving son on Mother's Day. He is off to Disneyland for a school band performance. Finances have prevented me from chaperoning, but as he nears manhood, I have to start letting him go, little by little. I'm sure his little brother will be watching over him from above.

*Blessings,
Amber~Rose*

SPECIAL DATES

May 26th

Carson City Meeting

7:00-8:30p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway
Contact: Delores (775) 883-4415

June 13th

Member Breakfast

(subject to change)
9:00-10:00a.m.
Red Hut Cafe
4385 S. Carson St.
Contact: Delores (775) 883-4415

*****June 30th*****

Carson City Meeting/Balloon Launch

7:00-8:30p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway
Contact: Delores (775) 883-4415

July 11th

Member Breakfast

(subject to change)
9:00-10:00a.m.
La Posada Real
3205 Retail Dr.
Contact: Delores (775) 883-4415

July 30th

Carson City Meeting

7:00-8:30p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway
Contact: Delores (775) 883-4415

STEERING COMMITTEE

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Chapter Website

www.tcfcarsncity.org

Facebook Page

www.facebook.com/tcfcarsncity

The National Office

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www.compassionatefriends.org

Phone Friends

Cathy (775) 883-5388
(youth, illness)

Delores (775) 883-4415
(teenage, car accident)

Kathy & Norris (775) 883-3132
(teenage, illness)

Sonja (775) 783-8020
(multiple death)

Judy (775) 423-7286
(car accident, daughter & grandson)

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

Tony Caboara
Mother: Melissa Caboara

Joshua Michael Calland
Parents: Larry & Cindy Marchant

Danielle Saulisberry Carpenter
Parents: Dan & Neva Saulisberry
Grandparents: Chuck & Jo Saulisberry

Eric Daphne
Mother: Kres Daphne

Larry A. Epley
Parents: Betty & Jim Epley

Kelsey Foley
Parents: Richard & Jody Foley

Brian Frazee Jr.
Parents: Brian & Kristi Frazee

Andrew Gene Gialy
Mother: Mary Knapp

Travis Gleason
Mother: Debra Stewart

Brooks Greenlee
Mother: Renda Greenlee

Samantha Harris
Parents: Carl & Kelly Harris

James Connor Hauser
Parents: James & Mary Hauser

Patrick Christopher Kain
Parents: Hans & Vancura Kain

Tim Lane
Father: Don Lane

Brad E. Lauderbaugh
Mother: Myra Lauderbaugh

Leah Matlack
Parents: David & Barbara Neddenriep

Christiana Eve Medina
Mother: Maureen Medina
Father: Dave Medina
Sister: Natalie Leist
Aunt: Jolene Tomko

Brandon Lee Murray
Mother: Leslie Rhyme
Aunt: Melanie Munoz
Sister: Kristy Murray
Sister: Megan Pruitt

James Reilly
Parents: Shane & Pam Reilly

Michael Riley
Mother: Kim Young

Tracy Ralph Saulisberry
Parents: Chuck & Jo Saulisberry

April Schultz
Parents: Norris & Kathy Schultz

Vickie Lynn Silva
Mother: Reynese Peterson

Michelle Stratton
Sister: Toni Peacock

Heather Youngblood
Parents: Donna & Jim Schumacher

May Anniversaries

Tiffani M. Barber
Parents: Brad & Faith Barber

Rick Beaty
Sister: Cathy Silva
Brother: Joe & Angie Beaty

Amber Bourge
Mother: Jeanne Hernandez
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

Brian Frazee Jr.
Parents: Brian & Kristi Frazee

David Manuel Fulghum "Festus"
Mother: Vivian Casey

David Lawrence Gordon
Mother: Arline 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

Christopher Dale Northam
Parents: Teresa & Michael Northam

Ralph Thomas (Tommy) Ricketts
Mother: Delores Sherman

Matthew Ryan Silva
Grandmother: Reynese Peterson

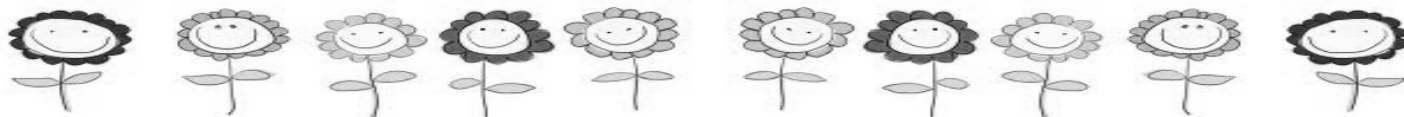
Vickie Lynn Silva
Mother: Reynese Peterson

Randy Tancrell
Mother: Karin Tancrell

Adam Wetzel
Aunt: Carla Wetzel

Richard Wilson
Parents: Joe & Mary Wilson

Jeremy Michael Bruce Woolman
Mother: Andra Gail Woolman
Aunt: Darlene Hatfield
Aunt: Barbara Wood
Grandmother: Maxine Woolman



June Birthdays

Stephanie Lou Beavers	Parents: John & Nancy Beavers
Andrew Beldon Clark	Mother: JoAnn Herdt
Thomas Hartley IV	Sister: Georgette Riley
Brian Higgins	Mother: Jeane Higgins
Mark Holder Jr.	Father: Mark Holder Sr.
Anna Lytle	Mother: Irma Jay
Ronda Doretta O'Neill	Mother: Paula Kos
Brittany Nicole Rubke	Mother: Beth Rubke
Kirra Lee Smith	Mother: Wendy Smith
Richard Wilson	Parents: Joe & Mary Wilson
Jeremy Michael Bruce Woolman	Mother: Andra Gail Woolman Aunt: Darlene Hatfield Aunt: Barbara Wood Grandmother: Maxine Woolman
Adam Lee Yamron	Father: Mark Yamron

June Anniversaries

Raymond "Tista" Baptista	Parents: Gladys & Pete Goicoechea
Travis Gleason	Mother: Debra Stewart
Thomas Hartley IV	Sister: Georgette Riley
Paula L. Holmes	Mother: Janae Holmes
Ahmen LeDoux	Mother: Judith Ledoux
Eric Steven Marchant	Parents: Larry & Cindy Marchant
Ryan "T.J." Marich	Parents: Richard & Jill Marich
Jordan Marshall	Parents: Jean & Phil Marshall
Kurt Meunch	Parents: Patrick & Patti Williams
Hugh Bryan Pearce	Parents: Carl & Arlene Pearce
Aren Pederson	Mother: Anita Pederson
Emily Anne Round	Mother: Peggy Dodd Sister: Heather Redlack
Summy Satchyar	Mother: Georgina Satchyar
Caitlynn Sterkel	Mother: Michelle Sterkel
Evan Vorreyer	Grandparents: Harold & Barbara Zaroff

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. Please address Love Gifts to 1111 Liberty Ct. Carson City, NV 89703. Thanks to each of you for your generous gifts and support.



Love Gifts

Dr. Colleen Murray in memory of
All children who have died

Betty Kalicki in memory of her daughter
Kara Lee Kalicki

Chuck and Jo Saulisbery in memory of their son and
granddaughter

Tracy Saulisbery

&

Danielle Saulisbery Carpenter

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

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, 7:00-8:30p.m., at the Carson Tahoe Cancer Resource Center, 1535 Medical Parkway, Carson City, NV.



Only Five

Five candles on a birthday cake,
With balloons made on the icing.
A group of little girls were standing by,
With a big knife for the slicing.

Just a little party one cold January day.
Oh, how the north wind blew.
But, she never knew another -
Oh, Lord, she went to live with You.

So many years have slipped away.
The winds remind us of that year.
Whenever we see candles we have
Thoughts of our one so dear.

As we turn and feel the wind upon face,
There isn't any doubt,
We can see her puffed out cheeks,
As she blew her candles out.

So, Blow! Wind, Blow!
She would now be fifty seven
Help her blow her candles
At her party up in Heaven.

Roy A. Payne
Excelsior Springs, MO

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 that special ingredient you added to vegetable to tempt a picky eater? Perhaps an easy recipe for those newly bereaved when fast food just won't cut it. Please share it with us to honor your child.

This was my son Jeff's favorite dessert. It's so easy to make, he and his brother used to make it themselves— with a bit of adult supervision!

Suzanne Fox
TCF Carson City, NV

Fudge Brownie Pudding

Preheat oven to 350°

Topping:

In a 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 a large measuring cup, mix together:

- 1/2 cup milk
 - 1 teaspoon vanilla
 - 2 tablespoons melted butter or margarine (optional)
- Add liquid to dry ingredients and mix well.

Pour into greased 2-qrt 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—small portions recommended!

A Miracle in May

Paint me a picture of love, a miracle in May,
With tender warm colors of peach-pink sunsets
Reaching into soft twilight haze.
Begin with the freshness of a dew-touched morning
And color it with a rainbow after a summer's rain.

Paint me a picture of love, a miracle in May-
Of violet-green meadows and daisies growing wild,
A picnic with you, a reason to smile.
Paint me a picture of love
And you'll paint me a picture of you.

Debbie Dickinson
TCF, Naperville, IL

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 to support each other in the resolution of our grief. You need not walk alone, we are The Compassionate Friends.



Mother's Day Revisited

Many of us in TCF do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish.

Mother's Day this year looms as a particularly difficult milestone for me, Sunday, May 10, 1998, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion. I engaged in a little research about the holiday and learned a story that I think is worth sharing.

Mother's Day was the creation of a woman named Anna Jarvis in the early years of this century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering - seven of her eleven children had died in early childhood. According to historians, Anna's mother mourned the deaths of her children throughout her life.

Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because of her efforts, President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother-a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background, and my attitude towards Mother's Day has been colored by the knowledge. The holiday now makes me think of the common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space. In a broader sense, the woman for whom the holiday was founded reminds me of people I've met at TCF who have continued to live productive, meaningful lives in the face of unthinkable loss.

Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well that from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history, Mother's Day is easier for me to tolerate. The coincidence of dates this year-Mother's Day and the anniversary of my son's death-is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

Barbara Atwood
In memory of Jacob
TCF, Tucson, Arizona

For Men Only: Understanding The Bereaved Mother

Some of the following practical suggestions have been helpful for bereaved fathers in dealing with their wives. They are general in scope and may not be applicable in all situations.

1. **Drop Expectations!** You both are forever changed as a result of the death of your child. She cannot go back to “being her old self”. You can survive and have a meaningful relationship again....but it will be different.
2. **Be willing to listen to her.** A woman needs to process her feelings by talking about them. Although you would like to take away her pain, it is an integral part of her grief process.
3. **Please don't be afraid of her tears.** It is healthy and normal for her to cry. At times she may want you to stay with her while she cries, at other times she may need to be alone.
4. **A woman needs to have her feelings validated.** She will feel heard if you give her your full attention when she is sharing her feelings. Remind yourself you cannot “fix” this unsolvable problem.
5. **Support her in making the necessary changes** in tradition or routine which are too painful to continue. Treat each other gently...you are both terribly vulnerable.
6. **Don't pressure her** if she is not interested in resuming your normal sexual relationship. Be willing to hold her, cuddle or just be physically close.
7. **Institute a program of “unlimited take-backs”** if your anger causes you to become cross or irritable. This allows you to apologize immediately and ask if you can “take back” your unkind words.
8. **Set aside time each week** to be together for, A) **sharing sessions** and B) at least **one outside activity**, e.g. a walk, a carefully selected movie, etc.

From The Bereaved Marriage
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Newsletter Items

Newsletters are published bimonthly. 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.

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 whether it's by e-mail or postal mail, please let Kathy know so that we can update/change postal or e-mail information.

This newsletter is now available online. Visit our website www.tcfcarsoncity.org and click on “Newsletters”. You can download PDFs of previous newsletters or subscribe to receive monthly newsletters via e-mail.

This House and I

I think this house and I shall grow old
together and fall down around one another.
How can I paint the walls when his breath
has coated them?
How can I wash the door frames when the
smudges of his fingerprints surely are still
there?
How can I patch the hole I kicked in the
wall in the weeks after he died?
How can I clean the carpets that still hold
billions of his skin cells, his DNA?
How can I throw out the old, broken chair
that he sat and slept in?
How can I clear the air that sometimes still
carries his scent?
How can I ever fix the broken hearts of his
mother, his sisters and I?
How long must I wait?

Jack McPeck
TCF of Spokane, WA
In Memory of my son Zachary Ian McPeck



SCHWARTZ

To my two beautiful children who were taken
way too soon,
I love you with all my heart and cannot express
enough the pride I have in you.
Sometimes life takes us by the bullhorns and
we are unable to see once we're thrown off our
path, but that does not change the person we
are inside. And that's who I love.
Till we meet again, I will miss you everyday
and you are always with me.

Love Dad



William Thomas Schwartz

&

Elizabeth Debra Schwartz



April 12, 1985 - April 14, 2013

May 11, 1988 - April 22, 2015



The Old Yellow Truck

Several weeks ago I sold my old rusty yellow pickup truck. I placed an ad in the Baltimore Sunday paper which read: **For Sale—1978 Toyota pickup truck, 119K miles—as is, \$450. Call.** Someone called, paid me \$400, and drove away—all in the same day. I should have been happy to get rid of it; but instead I ended up feeling depressed.

If I could have advertised the truck in our TCF Newsletter, the ad would have read:
For Sale (regretfully) 1978 Toyota pickup truck used by a college student when he was home for weekends or semester breaks. Provided safe transportation through a snowstorm on his last New Year's Eve. Four speaker stereo radio with rock music stations preselected. Ashtray clean except for old bank receipts. Truck used by father for hauling things while thinking about son. Priceless. Don't call.

It has been 18 months since my son died, and yet it is still difficult to part with certain things—even things that did not belong to him. This is a problem with which we are all faced. What to keep? What to let go: The practical side of us says these things are no longer needed, so we should get rid of them. The heart says my son owned these things or used them; they bring back memories, so we should keep them.



There is not a right or wrong answer as to what we keep or what we let go. I reassure myself by noting that these memories of my son didn't leave with that old yellow truck. They will remain locked in my hear forever.

The Late Gary Piepenbring
TCF, Penn-Maryland Line Chapter, MD



A Father's Grief

It must be very difficult
To be a man of grief,
Since "men don't cry"
And "men are strong."
No tears can bring relief.



It must be very difficult
To stand up to the test,
And field the calls and visitors
So she can get some rest.

They always ask if she's all right
And what she is going through.
But seldom do they take his hand,
"My friend, but how are you?"

He hears her crying in the night
And thinks his heart will break.
He dries her tears and comforts her,
But "stays strong" for her sake.

It must be very difficult
To start each day anew
And try to be so very brave-
He lost his baby too.

Unknown Author

TCF National Office Seeks Your Stories and Articles

For many years, The Compassionate Friends National Office has provided on its Leadership site stories and poems by TCF members that can be published in Chapter newsletters around the country.

Currently, the Newsletter Editor Database has over 500 stories and 200 poems. The National Office would like to include your personal grief related stories and poems. Please submit your articles and poems to sara@compassionatefriends.org. Please include your name and chapter affiliation.

From The Compassionate Friends National Website
www.compassionatefriends.org

6 Years Later

The emotions are still there, sometimes not as strong, but other times intense. Surrounded by Evan's pictures of his short life, the intensity of tears can still hit as hard as it was on day one. Since we are endowed with strong human emotions why does the creator constantly take advantage of these emotions long after a loss? I still feel a cruelty about a life snuffed out too early in life. How cruel it is when a grandfather lives for more than 79 years and a grandchild leaves the earth at the age of 4½ years. What a waste. This emotional blessing seems the height of cruelty for those that continue to live. The oddity of this is that I feel the same as if it was day one of Evan's death.

I truly have not moved on, I do not believe I will ever move on. The question I asked after day one will be the same question I will utter on my death bed.

I cannot accept what others accept as God's will. This thing called God's will brings me no consolation, but a continuation of the question, Why? If this is God's will then I will continue to curse what I consider, a useless will. I continue to ask, "Why can't his will allow us to live out a normal life and then pass on?" Instead, our emotions are constantly tested in a cruel manner by the hand of a man or through nature's methods.

Each year on the anniversary of Evan's death of June 12, 2008, I write about my feelings and I see how little my feelings have changed. When I sometimes cry in remembrance I call out, "Oh God you didn't do any good by taking my grandchild." I guess I have to call out to someone. Since we were put on this earth by something or someone I might as well call to you and your evil design, which continues to tug on our God given emotions and leaves us with grief for the rest of our living days.

This repetition of my unchanging feelings each year. Only serve to show how little I have moved on, yet I find that these yearly writings also serve a deep need to keep my memories of my dear Evan as strong as ever.

Harold Zaroff
TCF, Carson City, NV



ATTENTION TRAVELERS AND ADDRESS MOVERS

If you are leaving the area for a period of time and are having your mail forwarded, the newsletter is not forwarded but rather returned to us and we are required to pay for its return. Please notify Kathy Schultz at (775) 883-3132 or Kathy@tfc Carson City.org prior to your departure and let us know the new address so we can forward the newsletter to you or stop the newsletter until your return.

Also, the newsletter is also available online on our website www.tfc Carson City.org. Send Kathy an email to change to a paperless newsletter. Thank you for your help!

Treasured

What I love most is
Waking to the dew of
The grass upon my boots

What I love most is
Smelling the end of
The day upon
My shirt, holding
My child

What I love most is
Something I don't see
Everyday or smell or
Touch

What I do love most is
The memories of those
Moments if only buried in
My dreams



Scott Newport
Royal Oak, MI



The Compassionate Friends
Northern Nevada Chapter
Supporting Family After a Child Dies

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 many 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.



30TH NATIONAL CONFERENCE | 
DALLAS, TEXAS JULY 10-12, 2015
The Compassionate Friends
Supporting Family After a Child Dies