



# THE COMPASSIONATE FRIENDS

CARSON CITY CHAPTER

CARSON CITY, NV

OCTOBER/NOVEMBER/DECEMBER 2016

## Chapter Leader's Message

Well, it is hard to believe as I write this that the end of the year is approaching and of course that means holidays are coming. I know for me that Thanksgiving and Christmas are much tougher now that William and Elizabeth are no longer with us. That being said, The Compassionate Friends ornament exchange and world-wide candle lighting help to get through this time of year. December 11 is the date for the candle lighting and as always it will happen at 7 p.m. Prior to the candle lighting, we will be having a potluck, starting at 6 pm, which we can enjoy before and after the candle lighting. Contact either myself or Amber-Rose for details.

Peace,  
Tom

## Newsletter Editor's Message

*I had ideas to change the newsletter starting in the beginning of 2017 because I felt it was time. Well, time thought I should do it right away. After almost the whole newsletter was done, the file became corrupted and I had to start over from scratch! Shout out to Suzanne Fox for helping me all these years! It has been very much appreciated!*

*So we have changed things a little bit and I hope you have noticed that we ARE having a meeting on the last Tuesday in December. We always canceled that meeting because of all the traveling or family time for others. What about the ones who don't travel or can't be around family at this time? Well, we will be there if you need us. Same time, same place.*

*For many of us, these next 3 months are the hardest. Yet, for people like me, it's also around the time that I lost my son. What is extra special for me is that sometimes the Candle Lighting lands on his anniversary. The last time was 2012. It had been the 3rd year. He would've been 2 years old. That one was pretty tough. Maybe that's why my first son was born on Christmas day, to help me get through this difficult season. And let me tell you, it does help.*

*I hope everyone has a safe holiday season.*

Blessings,  
Amber-Rose

## SPECIAL DATES

### October 25th

#### Carson City Meeting

7:00-8:30p.m.  
Carson Tahoe Cancer  
Resource Center  
1535 Medical Parkway  
Contact: Tom (775) 461-0362

### November 12th

#### Member Lunch

12:00 -1:00pm  
Black Bear Diner  
900 S. Carson St.  
Contact: Tom (775) 461-0362

### November 29th

#### Carson City Meeting

7:00p.m.—8:30p.m.  
Carson Tahoe Cancer  
Resource Center  
1535 Medical Parkway  
Contact: Tom (775) 461-0362

### \*\*\*\*\*December 11th\*\*\*\*\*

#### Worldwide Candle Light Vigil

6:00p.m.—8:00p.m.  
Carson Tahoe  
Cancer Center (Lobby)  
1535 Medical Parkway  
Contact: Tom (775) 461-0362

### December 27th

#### Carson City Meeting

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

## STEERING COMMITTEE

### Chapter Leader

Thomas Schwartz

(775) 461-0362  
info@tfc Carson City.org

### Treasurer/Mailing List/Memorial Page

Kathy Shultz

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### Newsletter Editor

Amber-Rose Aparicio

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### Regioal Coordinator

Gene Caligari

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### Members

Betty Kalicki

Jo Saulisberry

Cathy Silva, Delegate

Sonja Strom

Hawthorne contact: Petra Wilson

Fallon contact: Judy Dunning

Chapter Website

Facebook Page  
Facebook en Español

### The National Office

PO Box 3696

Oak Brook, IL 60522-3696

(877) 969-0110

www.compassionatefriends.org

(775) 841-5570

(775) 883-5388

(775) 783-8020

(775) 945-5782

(775) 423-7286

www.tfc Carson City.org

www.facebook.com/tfc Carson City  
www.facebook.com/LACUSA

## Phone Friends

*It seems at times that we need a person to talk to who has been in our shoes.*

*If you are ever in need to reach out to someone, please let Tom or myself know. The two of us may just have some time to lend an ear. Remember, We Need Not Walk Alone.*

*We are The Compassionate Friends.*

\*\*\*\*\*PLEASE NOTE: THE ORNAMENT EXCHANGE WILL NOT HAPPEN ON DEC. 27TH. WE WILL EXCHANGE AT THE CANDLE LIGHTING, SO THERE IS STILL TIME BEFORE CHRISTMAS TO HANG ON OUR TREES. PLEASE EXCUSE THE CONFUSION.\*\*\*\*\*

## 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.

### October Birthdays

Meaghan Antle-Peart

Parents: Jennifer & Thomas Antle

Tiffani M. Barber

Parents: Brad & Faith Barber

Eric Benson

Mother: Elizabeth Hill

Gina Brunello

Mother: Karen Jones

Christopher Paul Cook

Parents: Sam & Sue Cook

David Lawrence Gordon

Mother: Arline J. Gordon

Blair Hamlin

Parents: Ron & Laurie Hamlin

Peter F. LaMantia

Mother: Loretta Preisser

Jordan Marshall

Parents: Jean & Phil Marshall

Kyle McAfee

Parents: John & Susan McAfee

Thomas Richards O'Connell

Grandmother: Deborah Jones



### October Anniversaries

Eric Benson

Mother: Elizabeth Hill

Amber Black

Mother: Mary Anne Black  
Aunt: Laurie Herrera-Cassar

Tony Caboara

Mother: Melissa Caboara

Steven David

Mother: Debbie David

Trevor Dunwoodie

Mother: Jeannie Dunwoodie

Larry A. Epley

Parents: Betty & Jim Epley

Blair Hamlin

Parents: Ron & Laurie Hamlin

Kara Lee Kalicki

Mother: Betty Kalicki

Susan Kichenmaster

Parents: Mr. & Mrs. Kichenmaster

Jessica Brooke Loomis

Mother: Lynn Loomis

Becky Matsumura

Mother: Dawn Matsumura

Brandon Lee Murray

Mother: Leslie Rhyme  
Aunt: Melanie Munoz  
Sister: Kristy Murray

David Perez

Mother: Mary Perez

Brittany Nicole Rubke

Mother: Beth Rubke

Vickie Ryback

Mother: Donna Ryback

Michelle Shaw

Parents: Sylvia & Jim Shaw

Scott Stewart

Mother: Gale Stewart

### October Anniversaries cont'd...

Scott Stewart

Mother: Gale Stewart  
Father: Robert Stewart

Jason Lee Stockwell

Mother: Julie Stockwell

Mark Vicich

Mother: Elaine Vicich

Kelly Williams

Parents: Gary & Judy Williams

### November Birthdays

Rick Beaty

Sister: Cathy Silva  
Brother: Joe & Angie Beaty

Sedona Rose Blair

Parents: Nicole & Jamie Blair

Joseph Robert Caputo

Parents: Joseph & Jeanne Caputo-Young

Micah Christensen

Mother: Kristin Pullin

James (Jimmy) Davis

Mother: Gayla Davis McDonald

Paula L. Holmes

Mother: Janae Holmes

Jessica Brooke Loomis

Mother: Lynn Loomis

Logan William Merriwether

Parents: Bill & Sue Merriwether

Robert James Nielsen

Parents: Millie & Irv Nielsen

Pamela Kay Pack

Mother: Brenda Pendergrass

Daniel Niles Palmer

Parents: Jerry & Mary Jo Painter

Julie Rodriguez

Mother: Sonja Strom

Emily Anne Round

Mother: Peggy Dodd  
Sister: Heather Redlack

Vickie Ryback

Mother: Donna Ryback

Matthew Ryan Silva

Grandmother: Reynese Peterson

Dean M. Stout

Parents: Millie & Earl Stout

Evan Vorreyer

Grandparents: Harold & Barbara Zaroff

Rob Washa

Mother: Jan Washa

Paul W. Watkins

Parents: Nancy & Bob Watkins



## November Anniversaries

Meaghan Antle-Peart	Parents: Jennifer & Thomas Antle
Candice Beam	Parents: Michael & Debbie Beam
Stephanie Lou Beavers	Parents: John & Nancy Beavers
Sedona Rose Blair	Parents: Nicole & Jamie Blair
Melinda Brown	Parents: Darryl & Rita Brown
Brandon Bryant	Mother: Sunny Bryant
Micah Christensen	Mother: Kristin Pullin
Benjamin Griffith	Parents: Pat & Mary Griffith
Thomas Richard O'Connell	Grandmother: Deborah Jones
Pamela Kay Pack	Mother: Brenda Pendergrass
Daniel Niles Palmer	Parents: Jerry & Mary Jo Painter
Gregory Taylor Smith	Mother: Barbara Smith
Bryan Wall	Mother: Loni Wall
Rob Washa	Mother: Jan Washa
Ricky Woodring	Parents: Ron & Vickie Woodring

## December Birthdays

Tomoah Khalif Jon Anderson	Mother: Tansey Smith
Baby	Mother: Tammy Anstedt
Ian Thomm Campbell	Father: Donald Campbell
Brittney Hocking-Cangemi	Father: Joseph Cangemi
David Manuel Fulghum "Festus"	Mother: Vivian Casey
Erin Hackman	Parents: Rick & Cecilia Hackman
Kara Lee Kalicki	Mother: Betty Kalicki
Michael Kronowitz	Mother: Muriel Kronowitz
Ryan "T.J" Marich	Parents: Richard & Jill Marich
JonPaul	Mother: Amber-Rose Aparicio
Jeff Martin	Mother: Suzanne Fox
Shelly Mott	Mother: Stephanie Mott
Maddyson Palmer	Mother: Mandi Palmer
Michelle Shaw	Parents: Sylvia & Jim Shaw

## December Birthdays cont'd...

Corey Wetenkamp	Mother: Joyce Wetenkamp
Kelly Williams	Parents: Gary & Judy Williams

## December Anniversaries

Tomoah Khalif Jon Anderson	Mother: Tansey Smith
Baby	Mother: Tammy Anstedt
Jeffrey Berning	Mother: Mary Clark
Chris	Sister: Camile Strauch
James (Jimmy) Davis	Mother: Gayla Davis McDonald
Eric D. Eisele	Parents: Don & Darlene Eisele
	Brother: Steve & Marianne Eisele
Monique Evans	Mother: Jacki Bennett
Joshua Raymond Farler	Parents: Jim & Brenda Farler
Bryan Harding	Mother: Sandra Harding
Ethan Harmon	Parents: Ken & Duana Harmon
	Grandparents: Chuck & Shirley Evans
Chad Jason Hull	Mother: Marilyn Braninburg
Knox Justin Johnson Kolbe	Mother: Helen Johnson
Michael Kronowitz	Mother: Muriel Kronowitz
Tim Lane	Father: Don Lane
Brent A. Lauderbaugh	Mother: Myra Lauderbaugh
JonPaul	Mother: Amber-Rose Aparicio
Frank Eugene Medina	Mother: Ethel Medina
Randy Motley	Mother: Linda Burkett
Shelly Mott	Mother: Stephanie Mott
Jeff Poy	Parents: Myrna & Robert Poy
Julie Rodriguez	Mother: Sonja Strom
Leoma N. Vaughan	Mother: Judy Dunning
K. Manley Vaughan	Grandmother: Judy Dunning
Brandi Lynn Von Ahsen	Mother: Marci Hummel
Adam Lee Yarmon	Father: Mark Yarmon
Richard Young	Mother: Karen Young

# Child Spotlight

Each edition, we will be spotlighting a child. Please send your submission to our editor, Amber-Rose. Please remember that these are now Tri-Monthly newsletters. Our next newsletter will be published in mid December for January, February and March. Please submit your pictures, poems or anything you would like to see on this page to honor your child to [editor@tfc Carsoncity.org](mailto:editor@tfc Carsoncity.org).



*Christmas  
in our family  
was always  
filled with*

**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*

*Love  
&  
Joy*





## Origins of Dia de Los Muertos

The Day of the Dead celebrations in Mexico developed from ancient traditions among its pre-Columbian cultures. Rituals celebrating the deaths of ancestors had been observed by these civilizations perhaps for as long as 2,500–3,000 years. The festival that developed into the modern Day of the Dead fell in the ninth month of the Aztec calendar, about the beginning of August, and was celebrated for an entire month. The festivities were dedicated to the goddess known as the "Lady of the Dead", corresponding to the modern La Calavera Catrina.

By the late 20th century in most regions of Mexico, practices had developed to honor dead children and infants on November 1, and to honor deceased adults on November 2. November 1 is generally referred to as *Día de los Inocentes* ("Day of the Innocents") but also as *Día de los Angelitos* ("Day of the Little Angels"); November 2 is referred to as *Día de los Muertos* or *Día de los Difuntos* ("Day of the Dead").

taken from Wikipedia

*Another part of the tradition of Dia de Los Muertos, is an ancestor altar. Many cultures have similar traditions. It's a way to honor our passed loved ones in our own way. The picture to the right depicts what a traditional alter would consist of, decorated for the holiday.*

### ... in the Autumn

Some people love to see the changes  
in the colors of the leaves,  
When the sky is clear and dark blue  
as the sea.

They love to smell the oak leaves burning  
But it is then my heart is yearning  
To be with ones I know  
I cannot see.

There's something in the autumn  
That makes my heart so heavy,  
I miss them all but know they're where  
they should all be.

If I can make it through the winter,  
And see the spring unfold before me,  
Then I'll know once more they're  
there, and wait for me.

When the morning sun comes later,  
and the afternoons die early,  
And my spirits drop like leaves  
around my feet.

I'm so aware that I am mortal  
and I can almost see the portal  
that I will pass through and be  
evermore complete.

Jim O'Neil  
TCF, Montgomery, AL



### 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 it's return. Please notify Kathy Schultz at (775) 883-3132 or [kathy@tfc Carson City.org](mailto: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](http://www.tfc Carson City.org). Send Kathy and e-mail to change to a paperless newsletter. Thank you for your help!

# ***SPEAKING FROM THE HEART***

## **AS SIMPLE AS 1-2-3**

Throughout the years I have been incredibly blessed. Not only did I find The Compassionate Friends early on in my grief, but I also participated in an intense 12-week grief program created by Dr. Alan Wolfelt. I have also had the incredibly good fortune in my career to work with, study under and learn from many of the best and brightest minds on earth in the field of grief and loss.

When I am interviewed about grief, I have found that many reporters don't have a lot of knowledge about the subject as they seek an answer to the question; "How do you survive the death of a child in your family?" I have learned that the best answer to this question is to make it seem as simple as 1-2-3. The concept of walking through grief is not as complex as most people might think; however, the task of carrying out this simple concept is the hardest work many of us will ever do.

- 1. Find Support from Another Who Understand Your Loss** – It is imperative to have support in whatever form is comfortable and works for you. For some it may be a group like The Compassionate Friends. For others it may be as simple as having a friend who has had a similar loss. Whether it is meeting in a group, talking one-on-one in person or on the phone or connecting through social media, staying connected to somebody who understands your grief journey will always keep you grounded to the fact that you are not crazy or doing something wrong; you are in grief.
- 2. Educate Yourself About the Grieving Process** – We live in a day and age where high-quality grief education materials are as close as the click of a mouse or the touch of a phone. Websites such as Open to Hope ([opentohope.com](http://opentohope.com)) offer thousands of articles, webinars and archived radio and television programs pertaining to all types of loss and all these resources are free. There are other resources such as Centering Corporation offering the best books available to help those in grief understand the mental, physical, emotional and spiritual toll grief inflicts on us and how we can positively work to process our loss.
- 3. Help** – The saying "healing begins with helping" is so appropriate when it comes to our grief journey. I don't know why helping is so effective, but it clearly makes a difference in the lives of those who reach out to others even when they are deep in grief. There are no small ways to help, but any act of kindness or generosity seems to instill in us a sense of purpose once again and restore in us a value that sometimes becomes diminished when our child, grandchild or sibling dies. Help for us though must be two sided; we must also know when to ask for help from others. There are people in our lives who want to help us but they simply don't know what to say or do. It is up to us to tell them what we need and allow them the opportunity to lighten our load. As I said, a simple concept but the work means being proactive every day and reminding ourselves that with good support, a keen understanding of the grief process, and by reaching out to help others while allowing others to help us we can walk through even the darkest part of the valley of grief with hope that we will come out on the other side embracing the love that will always be in our hearts for those we love who have died. We will have a different life, but it can be a life filled with new friendships, love, memories, laughter and even joy.

Thanks for the honor of allowing me to serve as your Executive Director,

Alan Pedersen  
[alan@compassionatefriends.org](mailto:alan@compassionatefriends.org)  
877-969-0010 ext. 308

*from The Compassionate Friends E-Newsletter October 2016*

### ***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.





## Love Gifts

*Roberta Begley in memory of her son*

**Nova Gibbons**

*Betty & Jim Epley in memory of their son*

**Larry Epley**

*Ruth Pintar in memory of her daughter*

**Catherine Ann Pintar**

*Don Haberland in memory of his niece*

**April Schultz**

*Betty Kalicki in memory of daughter*

**Kara Lee Kalicki**

***"...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 fee. 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.*

## Community Cafe

Together as a community, we can reach out to share recipes, DIY projects to maybe keep our minds busy, or a short little thought or memory of your child.

This newsletter's submission is from yours truly. This is a dish I always make for potlucks and everyone seems to love it. So I keep making it, but it has varied in ingredients over the years. Using some premade ingredients makes it not as time consuming and it's super easy to make. Hope you all enjoy it!

Amber-Rose  
TCF Carson City, NV

*P.S. If this is something you'd like to try, I will be bringing this dish to our Candle Lighting ceremony on Dec. 11th.*

## Chilaquiles con Salsa Verde

18 corn tortillas  
1 rotisserie chicken, shredded or chopped. I like to get mine from Costco  
Favorite Spanish Rice, store bought or homemade  
1/2 small white onion, diced  
1 sm. can of jalapeños or green chiles, or both  
1 lrg. can of black olives, slice then separate in half  
8oz of Pepper Jack Cheese, shredded  
8oz of Sharp Cheddar Cheese, shredded  
1 28oz can of Green Chile Enchilada Sauce (mild)  
2 T of Chicken Seasoning, separated  
Cooking Oil

Cut the tortillas into small triangles and lightly fry with the cooking oil in a 10-12in frying pan. Just enough that they are saturated. Drain on a paper towel lined plate. Set aside.

In the same pan, add the diced onions, jalapeños and/or green chiles, chicken and half of the chicken seasoning. Sautee then add the enchilada sauce. Add a quarter of both cheeses and half of the olives, stirring until cheese melts in.

Transfer sauce, rice and tortillas into a large pot (room for mixing). When completely mixed, pour into a 9x13in baking dish. Cover with the rest of the cheeses, the black olives and sprinkle remaining chicken seasoning over entire surface.

Place in the oven to allow cheese to melt.

Serve warm with chips, sour cream and guacamole.

Makes great leftovers, especially in the morning with some scrambled eggs. Enjoy!



# 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 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.



*The Compassionate Friends*

Worldwide Candle Lighting

Join us on December 11, 2016

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