



THE COMPASSIONATE FRIENDS

CARSON CITY CHAPTER

CARSON CITY, NV

JANUARY/FEBRUARY/MARCH 2017

Chapter Leader's Message

It is hard to believe that 2017 is here. A new year begins as we put the holidays behind us. Personally this past Christmas season was the hardest yet for me. Not sure why but I know I have looked forward to a new year with new hope for the future. Springtime and new life are just two months away now—it seems hard to imagine with all the snow that has fallen on us this winter—but it is true. If the thought of renewal seems impossible now then do something special in memory of your child. Perhaps a tree or a small memorial garden. Tend it with love and combine that with keeping your child close to your heart. We will go on. We have each other.

William and Elizabeth's Dad,
Tom

Newsletter Editor's Message

Tonight I watched the movie "Collateral Beauty". I've been anticipating this. Some might say, "Oh, I've been wanting to see that too!", or "How can you do that to yourself?" For me, anything dealing with grief, helps me to understand my own grief and that of helping others like me. Like you. Never in my wildest dreams could I comprehend how I would be dealing with the loss of my child. One can feel empathetic to someone, but not until one is completely immersed in this "life journey", can they be able to know what real heartache is. The hole in my heart can never heal, can never be filled. Forever an incompleteness. I would give anything to have him back, yet I do look around and I do see the "Collateral Beauty". I cherish it. I thank it. Maybe it's my son pointing it out, maybe not. All I know is that I am privileged to have had him at all. That he came and went like a stranger in the night and for just that blip of a moment, he has put me on a path that has forever changed me in a way that would have probably taken me decades.

I don't know why we are here, I don't know where we go, but I do know that Death is just as important as life, Time is what you make of it, and Love...well, Love just is.

Blessings,
Amber-Rose

SPECIAL DATES

January 14th - Member Lunch
12:00 -1:00pm
Schat's Bakery
1212 S. Stewart St.
Contact: Tom (775) 461-0362

January 31st - Meeting
7:00p.m.—8:30p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway
Contact: Tom (775) 461-0362

February 11th - Member Lunch
12:00 -1:00pm
El Paisano
3359 Hwy 50 East
Contact: Tom (775) 461-0362

February 28th - Meeting
7:00p.m.—8:30p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway
Contact: Tom (775) 461-0362

March 11th - Member Lunch
12:00 -1:00pm
Mom and Pop's
224 S. Carson St.
Contact: Tom (775) 461-0362

March 28th - Meeting
7:00p.m.—8:30p.m.
Carson Tahoe Cancer
Resource Center
1535 Medical Parkway
Contact: Tom (775) 461-0362

STEERING COMMITTEE

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Chapter Website
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www.tfc Carson City.org
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www.facebook.com/LACUSA

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PO Box 3696
Oak Brook, IL 60522-3696
(877) 969-0110

www.compassionatefriends.org

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.

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*

Carl Butler *Mother: Karen Butler*

Chris *Sister: Camile Strauch*

Steven David *Mother: Debbie David*

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*

Narayan Sanborn *Mother: Pat Sanborn*

Nicole Michelle Snyder *Parents: John & Patti Snyder*

Tim Stephens *Parents: John & Connie Currier*

Mark Vicich *Mother: Elaine Vicich*

January Anniversaries

Kelly Barr *Mother: Linda Barr*

Nate Clark *Mother: Kitty Clark*

Erin Hackman *Parents: Rick & Cecilia 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*

Tim Stephens *Parents: John & Connie Currier*

Justin Royce Talley *Parents: Teresa & Larry Alexander*

Albert Troy Winkler *Mother: Nancy Winkler*
Father: Albert Winkler

Heather Youngblood *Parents: Donna & Jim Schumacher*

February Birthdays

Jeffrey Berning *Mother: Mary Clark*

Bryan Harding *Mother Sandra Harding*

Randy Motley *Mother: Linda Burkett*

Christopher Dale Northam *Parents: Teresa & Michael Northam*

Jake Owens *Mother: Rita Owens*
Sister: Stacie Owens

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*

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*

John Luna *Mother: Pauline Luna*

Jeff Martin *Mother: Suzanne Fox*

Kyle McAfee *Parents: John & Susan McAfee*

Ronda Doretta O'Neill *Mother: Paula Kos*

Maddyson Palmer *Mother: Mandi Palmer*

James Reilly *Parents: Shane & Pam Reilly*

Danica Marie Silva *Parents: Dan & Cathy Silva*

Dean M. Stout *Parents: Millie & Earl Stout*

Paul W. Watkins *Parents: Nancy & Bob Watkins*

Charles Louis Webb *Parents: Paul & Eva Webb*

Johnathan Lucas Wendling *Parents: Michael & Karen Wendling*



March Birthdays



Shara N. Capron

Grandparents: Petra &
Dave Wilson

Nate Clark

Mother: Kitty Clark

Eric Scott Jahn

Mother: Bonnie Jahn

Frank Eugene Medina

Mother: "Ethel Medina

Jeff Poy

Parents: Myrna & Robert
Poy

Danica Marie Silva

Parents: Dan & Cathy Silva

Evelina Zoe Stone

Parents: Raymond &
Monica Stone

Rafael Adrian Sullivan

Father: Ramon Samedi

Brandi Lynn VonAhsen

Mother: Marci Hummel

March Anniversaries



Nicholas Clark

Parents: Teri & Jerry Clark

Jared Roy Dillon

Mother: Connie Dillon

Patrick Christopher Kain

Parents: Hans & Mary
Vancura

Peter F. LaMantia

Mother: Loretta Preisser

Devon Lane Mondragon

Father: Dan Mondragon

Mark Robert Schafer

Parents: Robert & Cheryl
Schafer

Evelina Zoe Stone

Parents: Raymond &
Monica Stone

Sharie Jean Swenson

Mother: Kay Kessler

Michael Thomas Whalen

Father: Tom Whalen

Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are the most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!

Heavenly Snow

I thought you might like to know
And I have it on good authority,
That in heaven there is snow.
God, Himself, ordered it to be.

Snow swept by gentle winds,
That drifts by the stirring,
Of gossamer angels' wings,
That sound like kittens purring.

Snow forever crystal clean,
Just waiting to be molded
By little angel hands unseen
By those whose arms they once
enfolded.

Snow angles are a common
sight
And snowmen of every size...
They're all there beyond the
light,
Where nothing ever dies.

Where our angels play,
There is no pain or tears.
Only joy fills their days,
Only laughter fills their ears.

High above the azure skies
A glorious wonderland gleams.
This beautiful Heavenly spot...
Created to fulfill our angels' dreams.

Jacquelyn M. Comeaux
In Memory of My Angels...
Michelle, Jerry & Danny

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Pat Akery
TCF, Medford, OR

Child Spotlight

Each edition, we will be spotlighting up to 3 children passed. One for each prospective month. 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 March for April, May and June. Please submit your pictures, poems or anything you would like to see on this page to honor your child to editor@tcfcarsoncity.org.

John Wendling



To the living I am gone,
To the sorrowful, I will never return,
To the angry I was cheated.
But to the happy, I am at peace.
And to the faithful, I have never left.
I cannot speak, but I can listen.
I cannot be seen, but I can be heard.
So as you stand upon a hill,
Gazing at a beautiful mountain,
Remember Me...

Remember me in your heart, in your thoughts,
And the memories of the times we loved,
The memories of the time we shared.
For if you always think of me,
I will have never gone.

In memory of John Wendling. It has been 15 years February 13, 2002 since we lost our son, but he is not gone. Love you John.

**The street sign you see is in fact real and currently resides in Minden, NV. John's parents had an Avionics shop at the Minden-Tahoe Airport and were well known in their airport family. The city council met and approved and just recently finished paving the road and putting John's sign up. What an awesome tribute!*



Tim

Happy New Year and Happy Birthday and
At times I still wait to hear the phone
To hear you say Mom I'll be home and
You are my guardian angel and
I still miss you each and every day and
As always you will always have a
special place in my heart and
Soon to be 28 years Wow where has
all the time gone.
We send all our love to you
From all of us
Take Care
And God Bless.
Always Mom

Connie Currier, TCF Carson City



Valentine's in Heaven

*Are there Valentines in heaven?
Are there Red Hearts everywhere?
Do they line the golden streets,
Or is that very rare?
I wish that I could send you one,
Right through Heaven's Gate,
To say how much we miss you,
On this special date.
I'd like to send a Candy Heart,
That is printed, "I Luv U,"
And maybe you would whisper back,
"I know, I Luv U too."*

*Marilyn Rollins
TCF Lake-Porter, IN
For All Our Children*

Beautiful Butterly

Beautiful butterfly, stay awhile
Your social visits make me smile
I know your name,
And why you came
To get me through each daily trial

Black on brilliant orange hue
I cannot get enough of you
Can you stay
Throughout the day
Or will you leave as you always do?

Beautiful butterfly, please don't go
I need you more than you could know
I know it's you
From the things you do
You come and give me quite a show

From the moment you came to be
There are blessings for us to see
I fear the day
You go away
No longer will you visit me

Beautiful butterfly, I'll let you go
But in my heart of hearts I'll know
You're always there
You'll always care
I'll feel the love you've come to show

I miss you each and every day
And in your own very special way
You come to me
And let me see
That we will meet again one day

*Donna Gerrior
TCF Pasco County, FL
In Memory of Rob*

Time Heals

They told me that to comfort me
When my child died.
Four years and two children later
I think maybe they lied.

Friends and family tried their best.
God sheltered me under his wing.
Still, the mother inside me
Cries for that child,
And time hasn't changed a thing.

The gaping wound granulated to a scar.
The tears are now slower to spill,
But deep in my heart there's an empty hole
That only that child could fill.

No, I don't really think that it's true about time,
For I know that the love bond remains.
Time never heals the loss of a child,
You just learn to cope with the pain.

Marsha Fredrickson
TCF, SD



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@tcfcarsoncity.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.tcfcarsoncity.org. Send Kathy and e-mail to change to a paperless newsletter. Thank you for your help!

***Stars in the Deepest Night—After the Death of a Child* by Genesse Bourdeau Gentry**

Genesse Gentry's twenty-one year old daughter Lori died in 1991 in a car accident leaving the family devastated and crippled from the loss.

"Two years after Lori's death," writes Genesse, "I found myself being flooded with phrases, verses, whole poems, wanting, demanding, to be put down on paper. At the beginning I was surprised to find that some of the poems came from memories stored deep inside of me, enabling me to describe old feelings I no longer had, as well as those I was currently feeling. Never having written poetry before, this was truly a gift."

Fences

*I was broken, defeated,
starved for friendship, for care.
I peered out from the shadows
and you were not there.*

*How would it have hurt you?
What was too dark to see?
What would you have lost
by befriending me?*

*I'm surviving and learning,
have found friendships true.
And how about you, old friend?
How is it with you?*

Genesse's poetry might never have been published if a book had it not been for an experience she had almost four years after Lori died. She attended a reunion of an international group of walkers with whom she had regularly walked in 1988-89 when the family lived in England. "Many of the walkers knew of Lori's death," recalls Genesse. "I was given extra special hugs and told they were very glad I had come, but no one said anything about Lori, or mentioned her death."

Her poems were with her because of Genesse's wish to share them with one special friend. Her poetry was shared with a smaller group of the walkers and allowed her to be comfortable in talking to Lori with them. But in the larger group, unless Genesse brought it up, rarely did anyone ask about her family.

When the walks were over, Genesse was asked to leave her poetry with one of the walkers. Returning home to California, she was surprised as she started receiving special cards and letters, from various walkers, apologizing for not speaking of Lori, despite the fact they knew of her death. One of the letters, from the leader of the group, explained the reason for the letters, as five of the walkers had stayed an additional night and read Genesse's poetry.

"I think something important happened the evening of the 26th," read the letter. "Linda shared your poems with us. Your poetry moved all of us to shared tears. The tears came not only from the glimpse of the pain you and your family must live with in losing Lori, but all of us for the first time realized we instinctively have done nothing to help or comfort by not talking with you about Lori. Your poetry helped me to realize how much more you have had to face in the isolation caused by people like me trying to avoid talking about Lori. I hope that you will get your poems published. I think everyone who has had a loss, or has known someone with such a loss, would be moved by reading your poems."

Memento Mori

*We hadn't any warning,
the night it all went mad.
We knew not yet of quicksand
or lives like broken glass.*

*The day was drenched in beauty,
the mountain sky in blue,
Pine needles had been cleared away,
cabin safe now summer through.*

*Good food and friends-shared laughter,
planning for the evening's fun,
then officers in the doorway
bringing news that took the sun.*

*Telephone calls to parents,
legs like rubber, shaking so,
"How do we tell her sister?
Fifteen, much too young to know."*

*The long drive down the mountain,
midnight knock in such distress.
When she saw us, she gasped, "Lori?"
crying, hugged her, we said, "Yes."*

I found Genesse's words touching me gently, reminding me of days past and moments forgotten. Her words hold meaning as you find your thoughts reflected in a pool of poetry, memories touched on lightly, like a stone thrown and skimming softly across the waters of one's life.

Review by Wayne Loder
Editor of TCF

"We Need Not Walk Alone" Magazine





Love Gifts

Carl & Kelly Harris in memory of their daughter
Samantha Harris

Michael & Karen Wendling in memory of their son
Johnathan Lucas Wendling

Dr. Colleen Murray in memory of her siblings
Viola Murray
Patrick Murray
Mitchell Murray

Kathy & Norris Schultz in memory of their daughter
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, or DIY projects to maybe keep our minds busy, or share a short little thought or memory of your child.

Sometimes we just need a distraction. A hobby or something to volunteer for. There are lots of things to do here in Carson City and the surrounding areas. Take a peak and see if anything interests a busy, confused or worn mind.

Carson City

Brewery Arts Center
449 W. King St.
(775) 883-1976
breweryarts.org

Classes available for painting, gardening, pottery and a variety of projects.

West Coast Swing Dancing - High Sierra Swing Dance Club
El Charro Avita
4389 S. Carson St.
hssdc.org

Tuesdays from 7-9pm, enjoy learning swing dance for free.

Carson Valley

The Carson Valley Arts Council
A Nonprofit corporation that brings a diversity of art forms to the community. Check out their website for more information on upcoming events at www.cvartscouncil.com

Danberg Home Ranch Historic Park

Visit this historic for guided tours, live music, storytelling and events year round. For more information check out their website www.danberghomeranch.org

Lake Tahoe

Lake Tahoe Historical Society Museum (South Lake)
From Washoe Native American Artifacts to Archival Films of Tahoe, this little museum offers a look into the history of Lake Tahoe's earliest days. Check out their website www.laketahoemuseum.org

Around Tahoe Tours
889 Tahoe Blvd. Suite C
Incline Village, NV
(775) 832-7054

Sometimes I find myself driving around Lake Tahoe, only to wish I wasn't driving so I can take in the gorgeous view. Join Darin Talbot and his 40 year knowledge base of all that is Tahoe.

*If anyone knows of any great activities in your area, please let me know to share with all of our readers.



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.

