



# The Compassionate Friends

## Lehigh Valley Chapter

### Supporting Family After a Child Dies

Summer 2018

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Volume 32, Issue 3

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#### TCF Online Support

www.compassionatefriends.org  
click on "Online Support" under the "Find Support" tab

## Who We Are

The Compassionate Friends (TCF) is a national nonprofit self-help organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings.

## About Our Meetings...

Meetings are held 2nd Monday each month from 7 to 9 pm at Sacred Heart Hospital (2nd Flr. Conference Center), 4th & Chew Sts, Allentown. Free parking deck passes are available at the meeting.

Meetings are open to all bereaved parents, grandparents and mature siblings. Younger siblings may benefit from one of the children's bereavement groups listed below. Meetings vary, from sharing, to guest speakers, to special presentations. Separate sharing sessions are offered to new members. Participation in group sharing is confidential and voluntary. Our hope is that being among other bereaved parents you may feel free to talk, cry and share, but it is okay to just come and listen too.

## Meeting and Events Calendar

- July 9th** Monthly Support Group Meeting - General Sharing  
**Aug 13th** Monthly Support Group Meeting -: General Sharing  
**Sept 10** Monthly Support Group Meeting - General Sharing

## About This Newsletter

This newsletter comes to you courtesy of The Compassionate Friends, Lehigh Valley Chapter with the hope that it will be a helpful resource for you on your grief journey.

We welcome newsletter writings from our members, you can also submit writings by others. All submissions must include the author's name & your contact information. Send to TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA 18014 or email to: TCFNewsEditor@gmail.com by the following cutoff dates:

Issue	Cutoff	Issue	Cutoff
Winter (Jan., Feb., March)	Dec. 1 <sup>st</sup>	Summer (July, Aug., Sept.)	June 1 <sup>st</sup>
Spring (April, May, June)	March 1 <sup>st</sup>	Fall (Oct., Nov., Dec.)	Sept 1 <sup>st</sup>

*We reserve the right to alter, modify or reject submissions not in keeping with our mission*

## Other Local Bereavement Groups & TCF Chapters

**TCF Carbon County Chapter** - 1st Tuesday 7:00 - 9:00 pm at Palmerton Community Ambulance Assn., 501 Delaware Ave. Palmerton Chapter Co Leaders - Dave & Lora Krum, Phone: 484-719-6753 Contact Email: tcfcarboncounty@gmail.com

**TCF Easton Chapter** - 2nd Thursday 7:00 - 9:00 pm at Good Shepherd Lutheran Church, 2115 Washington Blvd., Easton Chapter Leaders John & Maria Szabo, Phone: 610-866-5468 Contact Email: szabojanos1@verizon.net

**TCF Quakertown Chapter** - 2nd Tuesday 7:30 - 9:00 pm at St. Lukes Quakertown Hospital; 1021 Park Ave, Quakertown Contact Phone: 215-536-0173, Contact Email: tcfquakertownchapter@verizon.net

**GRASP Allentown** (grief recovery after substance passing) Preregistration required, Contact: Nancy Howe 484-863-4324; 484-788-9440; nancyhowe@gmail.com or Jenny Kemps - 610-442-8490

## Local Children's Support Groups

**Children's General Bereavement Group (ages 5 - 13)** Meeting day, time & place coincide with TCF, LV Facilitated by Jeanette Laube, MA on a as needed basis. Preregistration required. Call 610-762-5783

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**To Our New Members**

Making the decision to come to your first meeting can be difficult. It can also be difficult to return for a second or third meeting, but we ask that you attend three meetings before deciding whether or not TCF will work for you. We cannot walk your grief journey for you, but we can take your hand and walk beside you if you allow us to. We have no easy answers or quick fixes, but we care, share and understand. Although our members circumstances may be different, we have all “been there”...we are all grieving the loss of a child and therefore we can truly say we understand. You are not alone.

**To Our Seasoned Members**

Think back to your first meeting, You were hurt, confused and felt alone in your grief. Remember the comfort you felt when you found you weren't alone and that others that had been where you were and survived. Remember the love and support you felt as fellow members offered on your grief journey. Now you are stronger and may not feel the need to attend meetings for aid and comfort. We need you though. New members need you. They need your encouragement, support and wisdom. If you haven't attended a meeting in awhile please consider coming back to offer hope to those who now feel lost and see no hope.

*“It is one of the most beautiful compensations of life that no man can sincerely help another without helping himself”*

*~Ralph Waldo Emerson*



**Telephone Friends**

For those times you need to connect with someone between meetings, the following members are available to listen and share

- Infant Loss -  
Kim Szep 610-730-3111
- Only Child -  
Shelly Garst 484-241-5396
- Addiction -  
Nancy Howe 484-863-4324
- Suicide -  
John & Maria Szabo 610-866-5468
- Homicide -  
Ginger Renner 610-967-5113

**NEWS Flash!**

**Carbon County Members**

TCF Carbon County is now publishing its own quarterly newsletter and is adding all its members to the mailing list. TCF Lehigh Valley will continue to send our newsletter to Carbon County members who are currently receiving it during this transition. If you wish to continue to receive the Lehigh Valley newsletter after the transition notify us in writing prior to November 2018. Write a short note stating you are a TCF Carbon County member that wishes to remain on TCF LV's newsletter list and include your name , address and phone number.

Mail request to:  
TCF, Lehigh Valley, ATTN: Kathy Collins P.O. Box 149 Bath, PA 18014

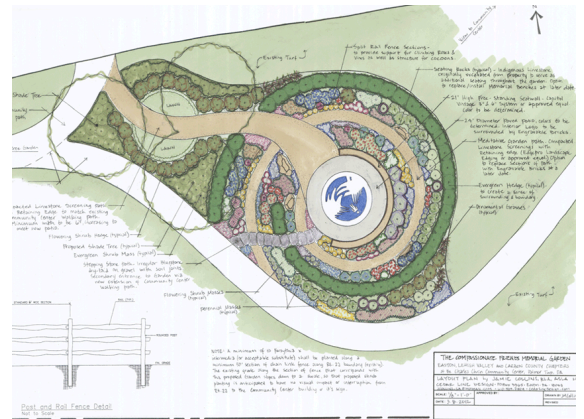
# News, Events & Announcements

## TCF Family Picnic and Memorial Balloon Release --

Thank you to all who attended our annual picnic memorial balloon release on June 16th and a special to all that volunteered to help and those that brought a covered dish for our potluck lunch. The weather was absolutely perfect for releasing our personalized balloons in memory of our children, siblings and grandchildren..



**Update on the status of the TCF Memorial Garden,** and it's more good news. The last hurdle insofar as approval has been cleared. Today (May 18, 2018) I was notified by Palmer Township's manager - Christopher Christman - that Charles Chrin has formally consented to the placement of our garden on the grounds of the community center. So, where do we stand now? There is still significant construction ongoing at the site, and from a liability standpoint, Palmer Township will not permit us to begin work at this time. This delay may certainly impact on our timetable, in that it makes no sense to do our plantings in the middle of the summer heat. Indeed, the landscaper we will be using told me last year that the ideal planting time is in the fall (even better than the spring, which was a total surprise to me.) But that won't prevent us from doing our hardscaping work, which is our logo and the memorial bricks. In fact, the landscaper prefers that this hardscaping be done before the planting starts.



**The Compassionate Friends Children's Memorial Garden**

So, the bottom line is we will be "putting shovels in the ground" just as soon as Palmer Township give us the go ahead to proceed. I want to thank everyone for your patience and understanding throughout this process.

John Szabo, TCF, Easton Area Chapter



## The Easton chapter has a new co-leader.

Baily Benner, mom of Gabriel will be joining John Szabo in leading the chapter

**The Compassionate Friends Worldwide Candle Lighting** held on the second Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon. You may participate by joining one of the local gatherings or by quietly lighting a candle in your own home at 7 pm. Any information on local gatherings will be listed in the next newsletter issue.

## Candle Light Remembrance Service, December 10th 6:45 pm in the Sacred Heart Hospital Auditorium.

In lieu of the monthly support group meeting in December we will be celebrating the lives of our children, siblings and grandchildren with a very special service of remembrance. The program includes music, poetry, a sibling candle wreath lighting, memorial scroll, a memory table for photos and more. The program will be followed with a reception of shared finger foods and fellowship. Guests are asked to bring a favorite treat or finger food to share. Please arrive early the program will begin promptly at 7pm. More information in the next newsletter issue.

## Love Gifts

There are no dues or fees to belong to The Compassionate Friends. Love Gifts are donations given in memory of a child or in memory of or in honor of a friend, relative or special person. These tax deductible donations enable the chapter to continue our mission of reaching out to the newly bereaved and providing ongoing support to all our members. To make a love gift donation please use form.

**We thank the following for their generous donations this month**

Contributor	Loved One
♥ Lucille Radocha	<b>Peter A. Radocha</b> <i>Love &amp; Miss You Mom, Frank, Gino &amp; families</i>
♥ Mark and Kathleen Kilker	<b>Colleen Kilker</b> <i>We love and miss you, Honey! Life is Sweet!</i>
♥ Mary A. Thompson	<b>James "Jimmy" Thompson</b> <i>25 years since you were taken from us , only yesterday. Forever in our hearts</i>
♥ Robert and Sharon Yurick	<b>Craig Michael Yurick</b> <i>Happy 49th Birthday. Miss your beautiful smile and gentle soul. Love Forever Mom, Dad &amp; Todd</i>
♥ Jim and Barbara Minter	<b>Jim Minter</b> <i>Happy Birthday - Wish you were here. Love, Mom &amp; Dad</i>
♥ Yvonne Hude	<b>Molly Hude</b> <i>5 years missing you, your smile and your energy. All our love Mom, Dad, Grammy &amp; Family</i>
♥ Thomas and Karen Bailey	<b>Mark Adam Bailey</b> <i>In Loving Memory</i>
♥ Kathleen Collins	<b>Anthony E Mariani II</b> <i>18 years since you were taken from us, leaving us with holes in our lives and hearts . Loving you always and missing you until we meet again . Your loving family</i>
♥ James and Julia McLaughlin	<b>Michael Patrick McLaughlin</b> <i>In Loving Memory</i>
♥ Ellen & Jennifer Winkler	<b>Steven R. Winkler</b> <i>We love and miss you so very much. Always in our hearts</i>
♥ David Bremmer	<b>Hunter`Bremmer</b> <i>I miss you so much! All my love, Dad</i>
♥ Rella Sisonick Daniels	<b>Jonelle Sisonick</b> <i>Jonelle Sisonick - Birthday Love Mom</i>
♥ Beverly Cavanaugh	<b>Holly Cavanaugh</b> <i>Happy Birthday, Holly XOXO</i>

## Donations and Contributions

- |  |   |
|--|---|
| ★ <i>Sacred Heart Hospital, Allentown<br/>for meeting room and drinks</i>                          | ★ <i>The Shafer Family Charitable Trust</i> |
| ★ <i>Giant Food Store Employees for United Way Contributions<br/>In Memory of David Todd Smith</i> | ★ <i>Aetna Payroll Contributors</i>         |
| ★ <i>Mary Ann Donuts, Allentown for meeting snacks</i>   | ★ <i>United Way Payroll Contributors</i>    |

To contribute through the United Way to The Compassionate Friends, Lehigh Valley, ask your employer for the appropriate form and use the number 12116 in the write-in area.



## Look for us on the Web



Visit our **web page** at [www.lehighvalleytcf.org](http://www.lehighvalleytcf.org) for group information, meetings & events schedule, and helpful links.

**Like our facebook page:** [www.facebook.com/TCFLehighValley](http://www.facebook.com/TCFLehighValley) for quotes, meeting & event reminders, cancellations and member forum.

# Our Children Loved and Remembered Always

**Birthday and Anniversary dates can be especially difficult. Please keep the parents, grandparents and siblings of the following children in your thoughts and heart this month**

*Note: Due to privacy concerns Birthday and Anniversary listings are only published with permission for Parents/Guardians, Siblings & Grandparents. For additions and corrections complete & sign the Update Form & mail to the address indicated.*

## July, August & September Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
<b>Aaron Abud</b>	- Son of Jose & Susan Abud; Brother of Ariana & Sophia & Susan Abud	Nov 14	Sep 4
<b>Walter Alfonso</b>	- Son of Joan Kunsman, Brother of Sherry Flanagan, Sandra Kunsman; the late David Kunsman & the late Charles Kunsman, Jr	Aug 10	May 18
<b>Megan Alisio</b>	- Daughter of Nick & Tina Alisio	Sep 8	Jul 12
<b>James Balloch</b>	- Grandson of Fern Gerth & Bill Gerth	Feb 22	Sep 4
<b>Morgan Basciano</b>	- Daughter of Nicholas & Sharon Basciano; Sister of Olivia & Sophia	Jul 6	Jul 30
<b>Todd Belles</b>	- Son of Anita Belles	Sep 17	Sep 28
<b>Aaron Bissell</b>	- Son of Bob & Patti Bissell; Brother of Danielle Bissell	Jun 17	Aug 19
<b>Timothy Bogart</b>	- Son of Nancy & Bill Bogart; Brother of Ryan Bogart & Katelyn Bogart	Mar 12	Jul 4
<b>Hunter Bremmar</b>	- Son of David Bremmer; Brother of Heather Bremmar	Dec 12	Jul 27
<b>Rachael Brosky</b>	- Daughter of Karl Brosky; Sister of Rebekah Brosky-Dorsey & William Brosky	Jun 9	Sep 8
<b>Julia Bruchak</b>	- Daughter of Darla Bruchak; Sister of Emily Bruchak	Sep 24	Mar 17
<b>Michael Buss</b>	- Son of Bea Bryfogle; Brother of Lindsay & Katelyn Buss	Sep 13	May 15
<b>Kimberly Caton</b>	- Daughter of Thomas & Sydney Caton	Aug 30	May 2
<b>Holly Cavanaugh</b>	- Daughter of Bill Cavanaugh & Beverly Ann Cavanaugh; Sister of Bo Cavanaugh	Apr 27	Sep 25
<b>Carol Chanitz</b>	- Daughter of John & Ruth Chanitz	Aug 25	Aug 25
<b>Joseph Chanitz</b>	- Son of John & Ruth Chanitz	Jul 16	Aug 28
<b>Matthew Chupella</b>	- Son of Maryann Chupella	May 18	Jul 31
<b>Jessica Coe</b>	- Daughter of Randy & Diane Coe; Sister of Allison Coe	Aug 13	Oct 7
<b>Christopher Cole</b>	- Son of Donald Cole; Brother of Lauren Cole	Oct 10	Sep 10
<b>Lorriane Corbo</b>	- Daughter of Debbie Goodman	Jul 13	Jun 23
<b>Kenneth Cosentino</b>	- Son of Judy Cosentino; Brother of Noreen Cosentino	Aug 11	May 6
<b>John Counterman, III</b>	- Brother of Theresa Legarski	Sep 30	Nov 2
<b>Hope Davidson</b>	- Daughter of Dean & Donna Davidson	Aug 8	Feb 8
<b>Sarah Davidson</b>	- Daughter of Dean & Donna Davidson; Sister of Nicholas Davidson	Jul 10	Jul 10
<b>Nathaniel Davis</b>	- Son of Ronald & Elizabeth Davis	Dec 9	Aug 21
<b>Sheila DeBoer</b>	- Daughter of Barbara DeBoer & the late Henry DeBoer; Sister of Leslie & Cory DeBoer	Jan 29	Jul 27
<b>Denise Deiter</b>	- Daughter of Franklin & Lucille Reinhard; Sister of Cheryl Ann McCue	Jul 3	Jun 11
<b>Ashley Dickinson</b>	- Daughter of Debbi A Dickinson, CPBC	Sep 3	Sep 3
<b>Kimberly Dickinson</b>	- Daughter of Debbi A Dickinson, CPBC	Aug 25	Aug 25
<b>Mark Dilts, Jr</b>	- Son of Mark & Joy Dilts; Brother of Beth Dilts	Jan 6	Jul 8
<b>Alexandra Dixon</b>	- Daughter of Albert & Joan Dixon; Sister of Zack Dixon	Sep 22	Jul 31
<b>Robert Elisarraras</b>	- Son of Robert Elisarraras; Brother of Anita, Margaret, Renee, Johnny & Rachel	Dec 20	Aug 25
<b>John Evans, III</b>	- Son of Jack & Ann Evans; Brother of Tom Sampson & Patti Stout	Mar 12	Aug 16
<b>Jillian Faustner</b>	- Daughter of Joan Cottone; Sister of Jennifer, Jessica & James	Aug 7	Oct 21
<b>Brenda Fehr Hatrak</b>	- Daughter of David & Eileen Fehr, Sr.; Sister of Barbara R. Burgin & David A. Fehr, Jr.; Granddaughter of Warren & Rose Fehr & Elwood & Mary Mann	Aug 31	Jan 8
<b>Eric Fenstermacher</b>	- Son of Rick & Kathleen Fenstermacher; Brother of Heather Fenstermacher	Feb 14	Jul 31
<b>Faun Finn</b>	- Daughter of Chris & Adrienne Pfaeffli; Sister of Benjamin & Timothy Kimak	Sep 29	Aug 30
<b>Jennifer Flanagan Kutz</b>	- Daughter of Nancy Kutz	Oct 7	Sep 11
<b>Rocky Fraccica</b>	- Son of Rocky & Sadie Fraccica	Sep 13	Dec 9
<b>Edwin Frantz</b>	- Son of Pamela Green	Aug 11	May 24
<b>Kelly Gallagher</b>	- Daughter of Tom & Sherry Gallagher	Jul 14	Aug 22
<b>Sgt. Christopher Geiger</b>	- Son of George & Patricia Geiger; Brother of Michael, Terrance, David & Timothy Geiger & Roseanne Reenock	Mar 30	Jul 9
<b>John Gelsebach</b>	- Son of Beth Love	Aug 7	Dec 6

## July, August & September Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
<b>Mark Gery</b>	- Son of William & Catherine Gery; Brother of Kristin	May 22	Aug 3
<b>Chelsie Graham</b>	- Daughter of Chris & Debbie Graham	Sep 18	Nov 2
<b>Eric Graver</b>	- Son of Mary L Graver	Aug 17	Jul 9
<b>Mary Greaser</b>	- Daughter of Lucian & Brenda Strybuc	Aug 9	Jun 14
<b>Jerry Green</b>	- Son of Sandra Green; Brother of Tina & Jeremy Green	May 30	Jul 4
<b>Rita Guerrieri</b>	- Daughter of Art & Mary Guerrieri; Sister of Maryrose Guerrieri-Nesbitt	Sep 29	Mar 11
<b>Jonathan Hawk</b>	- Son of Bruce & Mary Hawk; Brother of Bruce Hawk & the late Lisa Hawk	Aug 26	Mar 30
<b>Lisa Hawk</b>	- Daughter of Bruce & Mary Hawk; Sister of Bruce Hawk	Sep 4	Jun 1
<b>Francis Hearn</b>	- Son of Scott & Linda Huber	Jun 23	Jul 13
<b>Zachary Heck</b>	- Son of Lori Edinger	Sep 3	Apr 25
<b>David Hoagland, Jr</b>	- Son of Gypsy Garrett	Sep 24	Apr 26
<b>Jonathan Hoffstetter</b>	- Son of Richard & Suzanne Hoffstetter; Brother of Diane & Kenneth Hoffstetter	Sep 22	Oct 1
<b>Ryan Holihan</b>	- Son of Gavin & Nancy Holihan	Sep 22	Jul 7
<b>James "Jimmy" Hotz</b>	- Son of Elizabeth Hotz	Apr 24	Jul 4
<b>Zachery Houlik</b>	- Son of Wendy Houlik; Brother of Chaz	Jul 28	May 4
<b>Julie Howe</b>	- Daughter of Timothy & Nancy Howe; Sister of Melanie Howe	Sep 3	Nov 19
<b>Molly Hude</b>	- Daughter of Rex & Yvonne Hude; Grand daughter of Nancy Kornafel	Nov 2	Jul 2
<b>Jeanne Hurley</b>	- Daughter of Stephen & Jeannette Viglione; Sister of Robert Wambold, Jr. & Michele Yankow	Oct 12	Aug 13
<b>Allan Itterly</b>	- Son of Richard & Jeanette Itterly; Brother of Albert & James	Aug 14	Jul 8
<b>Austin Jacobs</b>	- Son of Penny Jacobs; Brother of Seth Jacobs	Jan 24	Aug 27
<b>Brandon Jesse</b>	- Son of Cathi Jesse	Nov 2	Aug 6
<b>Carol Johnson</b>	- Daughter of Lauretta Coyne; Sister of Elaine Muretta, Bob, Jim & Dave Johnson	Oct 18	Sep 23
<b>Frank Kerr</b>	- Son of Catherine Milano	Aug 27	Jun 23
<b>Colleen Kilker</b>	- Daughter of Mark & Kathleen Kilker; Sister of Meghan, Bridget & Mark Kilker	May 6	Jul 23
<b>Kimberly Kohl</b>	- Daughter of Lyndon & Linda Kohl	Nov 17	Sep 28
<b>Dylan Krum</b>	- Son of David & Lora Krum; Brother of The Late Gavin Krum; Grandson of Henry & Shirley Long & Nevin Krum	Jun 22	Jul 15
<b>Jack Kuhns, Jr</b>	- Son of Jack & Cindy Kuhns; Brother of Michelle & Josh Kuhns	Sep 23	Oct 12
<b>Richard Kulik</b>	- Son of Dolores Kulik; Brother of Christina Schantzenbach & Michael Kulik	Sep 5	Oct 27
<b>David Kunsman</b>	- Son of Charles & Joan Kunsman; Brother of Sherry Flanagan, Sandra Kunsman, the late Walter Alfonso & Charles Kunsman, Jr	May 2	Jul 15
<b>Charles Kunsman, Jr</b>	- Son of Charles & Joan Kunsman; Brother of Sherry Flanagan, Sandra Kunsman, the late Walter Alfonso & the late David Kunsman	Sep 18	Nov 19
<b>Matt Kush</b>	- Son of Rick & Ann Kush; Brother of Mike & Jenn	Aug 24	Feb 10
<b>John "Jack" Kushnerick, Jr.</b>	- Son of Bernice Kushnerick; Brother of Pat & Jan Kushnerick	Sep 17	Mar 16
<b>John Leonard, Jr</b>	- Son of Jack & Jule Leonard; Brother of Karen	Jul 27	Jan 6
<b>Joseph Lestishock</b>	- Son of Marjorie Lestishock	Aug 30	Nov 2
<b>Paul Levine</b>	- Son of Louisa Levine; Brother of Gregory, Mary & Philip Levine	Sep 28	Oct 31
<b>Mitchell "Mitch" Lloyd</b>	- Son of Sandra Lloyd; Brother of Douglas Lloyd; Randy & Fran Lloyd	Jul 27	Aug 15
<b>Michael Longyore</b>	- Son of Charlotte Longyore	Jul 6	Jul 31
<b>Michael Mann</b>	- Son of Lee & Shirley Lutz	Sep 26	Aug 12
<b>Anthony "Tony" Mariani, II</b>	- Son of Kathleen Collins & the late Anthony E. Mariani; Stepson of Brian Collins; Brother of Matthew Mariani; Grandson of William & Janet Pickett	Sep 13	Sep 6
<b>Francis McGaughran, Jr</b>	- Son of Nancy McGaughran; Brother of Kelli, Brian & Michael	Aug 15	Jul 8
<b>Joseph McGouldrick</b>	- Son of Pat McGouldrick; Brother of Jennifer McGouldrick	Jul 24	Jun 5
<b>Katherine McGraw</b>	- Daughter of John & Sue McGraw; Sister of Maggy & Sean McGraw	Aug 15	Feb 28
<b>Ed McNally</b>	- Son of Don & Connie McNally; Brother of Sean McNally	Jul 29	Feb 11
<b>Doreen Meyers Ortiz</b>	- Daughter of Terry & Angeline Meyers; Sister of Dwayne T. Meyers	Dec 18	Jul 13
<b>Ashley Mickelson</b>	- Daughter of Paul Mickelson	Feb 20	Jul 28
<b>Benjamin Miller</b>	- Son of Rhonda & Jerry Miller	Aug 8	Aug 1
<b>Johnny Miller</b>	- Son of Heather Miller; Brother of Hannah Miller	Sep 6	Nov 12
<b>Suzanne Miller</b>	- Daughter of Russell & Margaret Billig	Nov 28	Sep 28

## July, August & September Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
<b>Glenn Miller, Jr.</b>	- Son of Lin Miller; Brother of Lorrie Woolever	Nov 20	Aug 4
<b>Terence Milton, Jr</b>	- Son of Terence Hagins; Brother of Tyreek, Caressa, Asley, Danyell	Jan 1	Jul 26
<b>Jim Minter</b>	- Son of Jim & Barbara Minter; Brother of Jeanine Minter	Aug 15	Mar 14
<b>John Newhall, III</b>	- Son of Pixie Pozza	Dec 23	Sep 21
<b>Buddy Pearson</b>	- Son of Bob & Shelly Garst	Jul 12	Mar 24
<b>Wayne Petzold</b>	- Son of David & Joan Petzold, Sr.; Brother of Amy & Dave	Aug 20	Oct 8
<b>PJ Pfenning</b>	- Son of Maureen Pfenning; Brother of Mandy Sciarillo & Lauren Pfenning	Aug 30	Nov 5
<b>Tasha Phillips</b>	- Daughter of Donna Wilson	Jul 27	Oct 26
<b>Michael Potkovic, III</b>	- Son of Annette Potkovic; Brother of Michele Cuvo, Matthew, Mark, John & Denise Potkovic & the late Donna Marie Potkovic-Roth	May 26	Aug 29
<b>Michael Powers</b>	- Son of Richard & Margaret Powers; Brother of Billy, Richie, Tara & Ryan	Jul 9	Feb 10
<b>Peter Radocha</b>	- Son of Lucille Radocha; Brother of Frank Radocha, Jr & Gina Sacco	Jun 13	Jul 1
<b>James Ralls</b>	- Son of Tina Ralls; Brother of Timothy & Geoffrey	Jan 2	Aug 17
<b>Harry Rawdon</b>	- Son of Margaret Rawdon; Brother of JettaAnn Rawdon	Sep 23	May 13
<b>Emma Raymondo</b>	- Sister of Chloe, Trent, Zachary, Tyler & Christina	Apr 13	Sep 22
<b>Nicole Reinhart</b>	- Daughter of Michael & Pamela Reinhart; Sister of Mikey & Timmy Reinhart	Jun 3	Sep 17
<b>Lydia Rice Cobb</b>	- Daughter of Virginia Rice	Sep 27	Oct 10
<b>Sandra Roberts</b>	- Daughter of Millard & Barbara Howell; Sister of Randy, Michaela & Alexandria	Feb 3	Aug 13
<b>Cory Ross</b>	- Son of Kathy Ross; Brother of Michael Ross	Jul 24	Jun 12
<b>Scott Rothrock</b>	- Son of Larry & Linda Rothrock	Oct 20	Sep 18
<b>Jason Rute</b>	- Son of Bill & Linda Cavanaugh	Aug 25	Nov 13
<b>Aaron Schaible</b>	- Son of Linda Stewart; Brother of Andy & the late Jennifer Schaible	Jul 30	Aug 28
<b>Lauren Schneck</b>	- Daughter of James & Lisa Schneck	Aug 10	Dec 2
<b>Ronald "Ronnie" Sherbaum, Jr.</b>	- Son of Ronald & Donna Sherbaum, Sr.; Brother of Daniel & Joseph Sherbaum	Jul 17	May 17
<b>Darryl Shurow</b>	- Son of Lew & Sharon Richards	Oct 12	Aug 18
<b>Joseph Siedlecki, Jr</b>	- Son of Joe & Monica Siedlecki; Brother of MaryAnn & Michele Siedlecki & the late Jeanmarie Siedlecki Moyer	Feb 26	Jul 9
<b>Jeanmarie Siedlecki-Moyer</b>	- Daughter of Joe & Monica Siedlecki; Sister of MaryAnn & Michele Siedlecki & the late Joey Siedlecki	Jul 30	Sep 25
<b>Jonelle Sisonick</b>	- Daughter of Rella Sisonick Daniels; Sister of Anthony & Nicholas Sisonick	May 22	Aug 3
<b>David Todd Smith</b>	- Son of David & Kathleen Smith; Brother of Stephanie Seifert	Feb 25	Sep 17
<b>Matthew Snyder</b>	- Son of Robert & Elizabeth Snyder; Brother of Megan & Jesse Snyder	Dec 22	Jul 10
<b>Joseph Span</b>	- Son of Joel & Annette Span	Jul 8	Feb 12
<b>Zachary Spence</b>	- Son of Rebecca Spence	Sep 27	May 22
<b>Christopher Stasurak</b>	- Son of Paul & Adriane Stasurak	Jul 10	Jul 10
<b>Casey Stengel</b>	- Son of Casey & Jane Stengel; Brother of Chrissy, Sarah, Lisa & Mike Stengel	Jul 22	May 4
<b>Constance Stewart</b>	- Daughter of Joanne Stewart; Sister of Keith & Kevin Stewart	Sep 23	Feb 1
<b>Keith Storat</b>	- Son of Richard & Susan Storat; Brother of Todd & Greg	May 18	Jul 22
<b>Jon Sulick</b>	- Son of John Sulick; Brother of Aymae Sulick	Feb 9	Sep 15
<b>Michael Szabo</b>	- Son of John & Maria Szabo, Jr	Aug 2	Aug 17
<b>Benjamin Thomas</b>	- Son of Kathy Thomas; Brother of James Thomas	Aug 26	Jul 13
<b>Jared Thomas</b>	- Son of Sandra B. Schueck	Aug 31	Jun 22
<b>Travis "Bo" Tkach</b>	- Son of Jim & Sandi Tkach; Brother of Tristin & Tyler Tkach	Dec 25	Jul 20
<b>David Uecker</b>	- Son of Susan Uecker-Bittner & the Late Phillip C. Uecker; Brother of Amanda Uecker-Miernicki	Aug 2	Oct 3
<b>Alayna Velez</b>	- Daughter of Ruth Ann Velez; Sister of Joshua, Bryann, Karissa, Shannan	Jul 9	Aug 17
<b>Sean Virmalo</b>	- Son of Udo & Janet L. Virmalo; Brother of Eric, Brett & Katelyn Virmalo	Sep 13	Apr 28
<b>Stephanie Volkert</b>	- Daughter of Joanne Fimiano; Sister of Zachary Volkert	Sep 22	Feb 12
<b>Gregory Weiland, Jr</b>	- Son of Robin Weiland; Brother of Rozalyn Weiland	Sep 23	Dec 12
<b>Christina Williamson</b>	- Daughter of Chris & Kim Williamson; Sister of the late Christopher Jayden Williamson		Aug 6
<b>Steven Winkler</b>	- Son of Ellen Winkler; Brother of Jennifer; Grandson of Arnold Abramowitz	Jan 12	Jul 26
<b>Hunter Wolfe</b>	- Son of Tony Wolfe & Kimberly B Sargent; Brother of Carter & Olivia Wolfe & Katarina Sargent	Jul 23	Jul 7
<b>Adam Wolk</b>	- Son of Michael & Sheila Wolk; Brother of Laura & Sarah Wolk	Aug 1	Oct 22
<b>Craig Yurick</b>	- Son of Robert & Sharon Yurick; Brother of Todd Yurick	Aug 5	Jun 21

## How Long

By Joan Schmidt  
TCF Central NJ Chapter



How long does it take to pull yourself back together? That's one of the most oft heart questions from those in the early days of bereavement. There's no one answer that's always right. It's not  $64+36 = 100$ . It all depends. Maybe the sun is shining, maybe a flower blooms. Perhaps something is funny... and you laugh. Maybe a storm ends with a rainbow. But there are also days when nothing good seems to happen. Do you really have to be one hundred percent every day? Be fair to yourself. You knew your child would stumble now and then when learning to walk. It's reasonable to assume you will be the same as you now try to learn to walk without him/her. Just take one step at a time. It will help you to walk through one hour at a time and one day at a time. As the days go by, perhaps adding to thousands of days, you'll realize you have acquired some energy...and your life again has some semblance of shape. Not the way it used to be, but better than it's been. Some things seem to get done. Remember, there will be down days...days when nothings goes right, nothing gets finished. If you do demand some daily success of yourself, small list of easy to achieve, relative mindless jobs for those days might be useful. My list includes pulling weeds, washing floors or windows, polishing silver or copper pans. You probably have some good ideas to add. The point is - be reasonable. Don't set large goals. Some days one week pulled, one pot polished can be counted as a huge accomplishment. You don't need to meet someone else's standards.

## Freedom to Live Takes Time

By Lisa Scully, TCF/ Orange Park, FL

Summer vacation is traditionally a time for children. Families get together and children are almost always around. This can be difficult for bereaved parents. Seeing children at play can bring back memories of their child, now gone. It may also cause some to regret all those 'kid things' our children will never experience. The Fourth of July can be particularly difficult. Firecrackers, cotton candy, hot dogs and parades; picnics and family reunions all are a part of our Independence Day celebrations.

But we don't feel like celebrating because we are not free. We are prisoners of our grief, our memories and our lost dreams for our children. It is important to remember you do not have to join in these celebrations. If you choose to join in, you do not have to be the life of the party. It takes time for your heart to heal; it will get easier. In time you will be free from some of your pain; free to participate and enjoy life again. Until then, be gentle to yourself and give yourself time to heal.

## Secondary Losses

~Genesee Gentry - "Stars In The Deepest Night After the Death of a Child"

Secondary losses exacerbate the pain  
when our children die, leave us adrift,  
struggling to stay sane.

Secondary losses - the world, as a safe place,  
where they would thrive, we'd watch them grow, now  
fearful, desolate.

Secondary losses - a friend (or friends) shut off,  
can't look at death this closely -  
the fear is tempest tossed.

Secondary losses - the ability to cope  
with anything and everything  
in a world deprived of hope.

Secondary losses - the good things that we held  
have lost all their importance  
when misery shrouds our cells.

Secondary losses - our laughter, free from care.  
The times we see its reason,  
delightful, now so rare.

Secondary losses - the ability to deny  
that terrible things do happen -  
invulnerability, a lie

Secondary losses - the self confidence we knew.  
Our world view so shattered,  
can any part be true?

Secondary losses - the lovely lives we had.  
The sunshine that could fill our days,  
when rarely we were sad.

Secondary losses  
may, transformed in time come back.  
But our children aren't returning.  
Nothing, no one, can change that.



## Balcony and Basement People

By: Traci Cooley, Bereaved Mother, Tampa, Florida

Shortly after my daughter Malena died, I started a home based business to keep busy. During the course of this business venture, I was able to attend the company's annual convention. These conventions are geared toward encouraging and motivating the sales teams to sell, sell, and sell. There are workshops and motivational speakers all pushing you into "expanding your business". As I sat through many of these speakers, most of what they said I related to surviving the death of my precious daughter rather than expanding my business.

Three years later, one of the workshops I attended that weekend keeps popping into my head as my grief process extends past what the world finds "comfortable". The workshop was called "Balcony People and Basement People". I have spent days and weeks applying this to the people I have encountered during my bereavement. I continually seek Balcony people and I avoid those I consider Basement people.

Basement people are people who constantly pull you down or discourage you. Basement people in our grieving process can and do cause us much hurt and distraction. Basement people are the people who do not wish to hear about your child, they do not want to talk about your hurt or actively help you go through the grief process. Basement people are also people who say ugly or uneducated things about your loss such as "Aren't you over that by now?" Basement people criticize your bereavement or question every method you chose in dealing with your loss. Basement people make everything about them and their feelings; disregarding the fact that it is your child who died. Basement people can cause a lot of hurt (often, unintended) to you during your bereavement process.

Balcony people are the people who pull you forward and along the road of grief. Balcony people come beside you and cry with you, spend time listening to you talk of your child and tell you stories they remember, too. Balcony people encourage you to seek ways to heal and process your loss. They understand that the way you chose to deal with the death of your beloved child may not be their way but it is what is good for you. Balcony people understand when

you do not want them around but stand by just in case you change your mind. Balcony people cook or clean for you because you just do not have the energy or they do not comment when the house is a little (or a lot) messier than it used to be. Balcony people understand that you will never be the "old" you and help you to find the "new" you who will emerge through the grief and loss you have sustained.

Take the time to identify the Balcony people and Basement people in your life. Spend most of your time with the Balcony people and try to limit the time with Basement people; if possible. Balcony people pull you up, cheer you on, encourage you and take care of you when you most need it. Basement people pull you down, criticize and find fault in what you do. Balcony people and Basement people; we all have them in our lives. It is our choice of who we allow to be part of our bereavement process and our lives. I choose my Balcony people.

## Compassionate Friends

By Cindy Rozas, TCF Southwest LA Chapter



As I sit here in this circle  
And listen to your pain,  
It assures me some how  
That I am not going insane!

I hear your grief and share your  
sadness and know I am not alone.  
I wonder through a dark world of  
madness but know a friend is there for me.  
Just pick up the phone.

The circle sometimes changes.  
Some speak of stages  
they have passed through.  
While others wonder how they  
can face tomorrow and  
find a way to continue.

Some find answers here.  
No one will question your pain.  
As we sit in this circle and  
Share the grief that has made us  
Compassionate Friends!

## HOPE AS A GOAL

Hope for a healed future and a new normal life is difficult to see in the shadow of the loss of a child. Hope is always present in our lives but must be sought, perhaps as a goal. Don't ever give up hope that your pain will subside and that someday a peaceful feeling will take its place. This attainment of peace does not happen overnight, unfortunately. Keep sight of your goal and someday it will be a reality.

~Janet Sonnen, TCF Salem

## My Grandchild Died

Author wishes to remain anonymous

Many months ago now my grandchild died, some days it feels as if it were yesterday, other days it seems a life time ago. I am told by my friends and some of my family that it is time I "moved on". They tell me that I must put "it" behind me!

It is not easy to smile back. It is not easy to tell them why I will never "get over it". How can you explain the grief? One cannot do so and I hope they never learn from personal experience what it is like for a grandmother to lose a grandchild.

I used to think my heart had broken but I now know that is not true. If my heart had broken I would not be here. My "being" broke, I feel as if I am a 3D jigsaw puzzle that broke into thousands of pieces the day my grandchild died. Slowly, through self help I have put that puzzle together. It is not perfect and regularly a piece, or sometimes a few pieces, slip out and remain out for some time. They can be put back in and need to be for me to live my life, but I find I have two pieces that will not fit back into that puzzle, no matter how I try. Some days one piece almost fits; this is the grief for my grandchild. It will always be a new piece in my being. That grief will remain until the day I die. It is a piece of puzzle uniquely shaped from happy and sad memories, from an undying love, from so many emotions. I touch this piece of puzzle often, sometimes the grief it brings is so intense it is almost unbearable, other days it does not seem so bad. Some days touching it makes me smile. It is always in my thoughts and I feel it constantly, however I can place it in my pocket and know that it rests safely there. It is at peace so I have learnt not to struggle to try to make it fit.

The other piece is more difficult. It belongs to my child, the daughter I gave birth to, fed and nurtured, loved and cuddled. The daughter I watched grow from baby to adulthood. The daughter I helped shape into a wonderful human being. She too was part of my "being", I understood her and we shared a history. We were mother and daughter. Now that piece has changed shape forever and does not even look like fitting in. Can I mould the shape to fit, no not yet. Will it ever fit back in? I do not know. I understand that she has changed forever and I love her unconditionally but I wonder if I will ever get to know this new daughter. Is it possible to find that

comfortable place I once shared with her? Can that natural mother daughter relationship be learnt again now we are not child and adult? She has had to change to cope, she has been dealt the most terrible of tragedies, and her life has changed forever. She lost a child. She has needed to find strength from her deepest self. She is grown up now, she no longer needs me to nurture her as a mother but I still need her as a daughter. I long for the day when I can feel her arms around me again and hear her say I, love you Mum from her heart. Maybe then that piece of puzzle will have days when it fits into my pocket comfortably too.

It will always be a piece of my puzzle whose shape has changed but hopefully one which also becomes comfortable to hold.

Is this why they say a grandparent suffers a double grief when their grandchild dies? Maybe.



### School Time

Kathy McCormick  
TCF Lower Bucks

It's time for school to start again  
And here I am remembering when

I bought clothes for both my kids  
I took it for granted, it was something I did

Now I can only buy clothes for one  
And it isn't even half the fun

I can't help guessing what size you'd be  
If you were still here with me

Tic toc, here comes the little bus  
But it no longer stops for us

Do they still remember you?  
And all the cute little things you'd do?

Now it's September once again  
And I'm dreaming of what could have been.



*Ever have a memory that sneaks out of  
your eye and rolls down your cheek?*

## Lost Potential

by Chris Anderson, TCF Walla Walla, WA

Last year I attended a workshop presented by a specialist in grief named Dr. Cable. Dr. Cable said many important things about the grief process, but as a bereaved parent one thing stuck in my mind.

He said that if you ask a bereaved person to describe his deceased mother, he will say, "Oh, she was so sweet. She always wore flowered dresses and loved to bake cookies." But, if you ask a bereaved parent to describe her deceased child, she will say, "Oh, he would be five this year and just starting kindergarten," or "She would be twenty-two this year and graduating from college."

You see, we bereaved parents grieve the lost potential of our children. Our children don't stop growing in our minds. We grieve for them again and anew each year as our child would have been a different age.

***It's so hard to watch your child  
grow up in your mind***

*Jim Summesgill, TCF Houston, TX*

## The Not So Perfect Child

by Mary Cleckley, TCF, Atlanta, GA

As much as you hear it proclaimed in the meetings, not all children who died were perfect. In this day and time you're fortunate if your children escape some of the horrors that are available to them. I've watched some of my friends and neighbors do a good job of parenting only to have the peer influence negate the positive input of the parents.

Many of our people have children die from incidents that were drug-related. These parents are often left with doubts about their parenting skills because of the guilt that is inherent in the grief process. It is easy for them to take all the blame onto themselves, losing sight of the fact that parents aren't all-powerful people who can control all the good and bad things that happen to their children.

If you are out there feeling guilt or stigma because of the way your child lived and died, I hope you will begin today trying to forgive him and yourself. You have both been victims of the times, but it is up to you to see you aren't victims forever. There are good memories buried back there somewhere. Get in touch with them and remember all of the facets of your child's life - the good and the bad. We each have some of both, you know.

## Siblings

### Memory in Light and Shadow

Author Unknown

Your picture is there in shadow and light,  
But your spirit is with me and forever bright.  
You are forever lovely in my mind's eye.  
You are forever smiling while I still cry.

Little sister so quiet and shy  
Eyes as blue and wide as the sky,  
Memory of a day years ago  
Came last night as I sat in repose.  
Fresh as a summer breeze,  
Sharp as the sting of a bee.  
For a moment, the empty space,  
Filled with your beauty and grace. Honeysuckle  
entwined in your hair,  
Pink, baby cheeks and skin so fair.  
Digging to China with tiny hands,  
We sat in our happy childhood land.  
Under the oak tree in sun made lace  
Red Mississippi dirt smudged your face.  
I look at your picture when I pass by  
When I see your face, I smile and I cry.  
I long to go back to the sweet day,  
To return to the happy, innocent play.  
Just one day isn't too much to ask,  
A few hours to go back to the past.  
A lifetime of friendship, A bond of kinship.  
My thoughts often stray  
To that sweet summer day  
Little sister so quiet and shy  
Eyes as blue and wide as the sky

## I Want My Brother

Jaime Lynn Terenzi TCF Camden County

My life is a mess right now. Everyone wants me to "talk about it", but the only person in the world I want to talk to is my brother. I want my brother to come wake me up to go get something to eat. I want my brother to throw rocks at my window to let (sneak) him in when he is late. I want my brother to lie to my friends when they call because he is on the other line. I want my brother to play songs for me on his guitar. I want my brother to make me listen to the Misfits whenever I give him a ride. I want my brother to understand how much I love him and how much my heart hurts and how much I feel like dying because I wake up every morning and he doesn't. I want my brother. Period.

### Love Gift Form

Please consider making a Love Gift to support the Compassionate Friends today. Your gift will help defray the cost of chapter expenses such as the newsletter mailings, meetings and our outreach to the newly bereaved. The Compassionate Friends is a 501c(3) non-profit organization and your donations are fully tax deductible.

Submission Deadlines: Winter - Dec 1<sup>st</sup>; Spring - March 1<sup>st</sup>; Summer - June 1<sup>st</sup>; Fall - Sept 1<sup>st</sup>

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250 South 9th St  
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The Compassionate Friends, Easton  
C/O John Szabo  
1514 Sculac Dr  
Bethlehem, Pa 18020

### Member Update Form

Please use this form to change\* or update\* information or permit publication of child's Birth and Anniversary dates in "Our Children Remembered" (OCR) section.

Mail this update form to: Kathleen Collins, 2971 Pheasant Dr., Northampton, PA 18067 or email updates to: TCFNewsEditor@gmail.com

The following is  Information change or update  Address or Phone change  Permission (check this box to grant OCR publication Newsletter/ Web permission)

Your Name      Signature (required)      Relationship to Child      Email Address

Mailing Address (where your newsletter is to be sent to)      Phone Number

Child's Name      Date of Birth      Date of Death

Parent / Guardian Names      Child's Sibling's & or Grandparents Names (We publish only Parents/Guardians, Grandparents and Sibling names)

\*  
If this is a information change please specify what change(s) are ( i.e. correction, sibling name addition etc...) Use another piece of paper if necessary