



# The Compassionate Friends

## Lehigh Valley Chapter

### Supporting Family After a Child Dies

Summer 2016

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Volume 30, Issue 3

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www.compassionatefriends.org

#### 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

<b>July 9</b>	TCF Family Picnic and Memorial Balloon Release
<b>July 11</b>	Monthly Support Group Meeting - General Sharing
<b>Aug 8</b>	Monthly Support Group Meeting - General Sharing
<b>Sept 12</b>	Monthly Support Group Meeting - General Sharing

## Meeting Cancellations

All cancellations will be posted on our **facebook page - facebook.com/TCFLehighValley**, on our **website homepage & calendar - www.lehighvalleytcf.org** and on **voicemail 484-891-0823**. Please refer to these sources for updates on the meetings

## 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, Contact 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** (grief recovery after substance passing) 3rd Monday at The First Presbyterian Church, Cedar Crest & Tilghman Sts., Allentown Preregistration required, Contact: Nancy Howe 484-863-4324; 484-788-9440; nancyhowe@ymail.com

## Local Children's Support Groups

**Ryan's Tree for Grieving Children (ages 5-18)** - www.slnh.org/ryanstree

Sessions are offered at various times throughout the year. Call Krista Malone @ 610-997-7120 for information or register

**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

## TCF 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	Suicide.....	John & Maria Szabo.....	610-866-5468
Infant Loss .....	Cathy McDonald...	610-391-1474	Addiction.....	Nancy Howe.....	484-863-4324
Only Child.....	Shelly Garst.....	484-241-5396	Homicide.....	Ginger Renner.....	610-967-5113

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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

### 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.

*If you no longer wish to receive the newsletter please contact the newsletter editor by phone at 484-891-0823; by email: TCFNewsEditor@gmail.com or by mail: TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA*

*Please inform the Newsletter Editor of address changes or of a hold or forward on you mail. Newsletters are sent bulk mail and Bulk mail is not held or forwarded, it is returned at our expense. Addresses of newsletters returned are removed from the mailing list*

### Newsletter Submissions

2016 Cutoff dates for publication of Love Gifts, articles and poetry

Issue	Cutoff Date
Winter (January, Febuary, March)	December 1 <sup>st</sup>
Spring (April, May, June)	March 1 <sup>st</sup>
Summer (July, August, September)	June 1 <sup>st</sup>
Fall (October, November, December)	Sept 1 <sup>st</sup>

Send Poems and Articles (with the author's name & your contact information) by mail to: TCF Lehigh Valley, ATTN: Newsletter Editor, PO Box 149, Bath, PA 18014 or email to: email: TCFNewsEditor@gmail.com

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



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

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

Find us on **Pinterest** under the keyword **The Compassionate Friends, Lehigh Valley Chapter**

# News, Events & Announcements

## Sat. July 9th

### **TCF Family Picnic and Memorial Balloon Release**

12 Noon at Moore Township Recreation Center Pavilion, 635 English Road, Bath, PA

Families and friends who have experienced the death of a child, grandchild or sibling are invited to join us for a pot luck meal and memorial balloon release in honor of the children gone too soon, but who will live forever in our hearts!

The afternoon will begin with a potluck lunch. Every family is asked to bring a covered dish to share. Hot dogs, drinks and paper goods are provided by the chapter. After lunch everyone will be given a memorial balloon upon which we can write a personal message to our loved one. We will then gather in a circle and release the our balloons in unison.

There is a playground for the children and restrooms are conveniently located in the Pavilion. Please return the RSVP form are on the last page of this newsletter so we can estimate how much food and beverages to purchase

## October 10, 2016

### **The Button Machine**

We will be making photo buttons prior to the monthly meeting from 6:30 - 7:00. To have a button made: Arrive early with a color or black & white COPY of a picture on Plain Paper (NOT photo paper) of your child. Buttons are 2 1/4 in diameter. ***Please Note:*** *The photo you supply will be cut and used to make the button, please do not bring original photos*

## October 19, 2016

### **TCF Basket Bingo**

Doors open at 5pm, Games start at 7 pm Northampton Community Center, 1601 Laubach Ave, Northampton, **Advance Tickets: \$15.00 (deadline Sept 21 - No Exceptions), At the Door: \$20.00**

**Advance ticket available at meetings or contact Dawn DeLong @ 610-837-7924**

Come join us and try your luck at winning some great prizes. Filled Longaberger Baskets, Specials, Chinese Auction & 50/50. Food, snacks & beverages available for purchase.

## December 11, 2016

**The Compassionate Friends Worldwide Candle Lighting** 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. Information on local gatherings will be listed in the next newsletter issue.

## December 12, 2016

### **Candle Light Remembrance Service**

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 slideshow of our children, 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 about submitting a photo for the slideshow will be listed 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 on page 10.

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

<u>Contributor</u>	<u>In Memory of</u>
♥ Richard & Mary Burke	<b>Brian M. Burke</b> <i>Sadly Missed, Forever Loved. Mom, Dad and Melis</i>
♥ Robert & Sharon Yurick	<b>Craig Michael Yurick</b> <i>Happy heavenly 47th Birthday to our son and brother. Love and miss you forever, Mom, Dad and Todd</i>
♥ Kathleen Collins	<b>Anthony E. Mariani, II</b> <i>Missing you each and every day until we are reunited. Sending all our love in remembrance of your earthly birthday and your Angel date. Mom, Brian, Matt, Antonio, Gram &amp; Pop Pop</i>
♥ Betty Peischl	<b>Randy Lee Peischl</b> <i>Miss You Always</i>
♥ Beverly Ann Cavanaugh	<b>Holly Lynn Cavanaugh</b> <i>All our love forever. Love, Mom, Dad, and Bo XOXO</i>
♥ Lucille Radocha	<b>Peter A. Radocha</b> <i>Happy Birthday in Heaven with Grammy, Poppy and your Dad</i>
♥ Caroline Frisby	<b>Joel Frisby</b> <i>Always in our hearts. Mother and Brothers, Gregory, Michael, Richard and Timothy</i>
♥ Yvonne Hude	<b>Molly Hude</b> <i>Its been 3 years since your song ended but your melody lingers on. Missing You, Mom, Dad, Grammy and Mike</i>
♥ Nancy Kornafel	<b>Molly Hude</b> <i>Missing You. R.I.P. Love Grammy, Mom and Dad</i>
♥ Mr & Mrs Thomas Bailey	<b>Mark Adam Bailey</b> <i>In Loving Memory</i>
♥ Ellen Winkler	<b>Steven Winkler</b> <i>We miss you terribly and love you. Always in our hearts. Mom and Jennifer</i>
♥ David Bremmer	<b>Hunter Bremmer</b> <i>I miss you and think of you every day. All my love, Dad</i>
♥ Thomas & Sydney Caton	<b>Kimberly Jo Caton</b> <i>Happy 50th. Love you forever and miss all that could have been</i>
♥ Richard & Jeanette Itterly	<b>Allan Itterly</b> <i>We love and miss you more each day. Mom, Pop and Brothers, Albert and James Itterly</i>
♥ Mr & Mrs Joseph Holoman	<b>Tommy Holoman</b> <i>In Loving Memory</i>

## Donations and Contributions

### TCF Lehigh Valley Contributors

- ★ Sacred Heart Hospital, Allentown for meeting room and drinks
- ★ Giant Food Store Employees for United Way Contributions  
*In Memory of David Todd Smith*
- ★ Mary Ann Donuts, Allentown for meeting snacks
- ★ Aetna Payroll Contributors
- ★ Richard & Mary Burke  
*In Memory of Brian M. Burke*

★ Denim For A Difference

★ United Way Payroll Contributors

### TCF Carbon County Contributors

- ★ Palmerton Community Ambulance Assn. for meeting room
- ★ The Country Harvest, Palmerton for meeting snacks

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.

# 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 (pg 11) & 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 & 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>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 Katelyn Bogart & Ryan Bogart	Mar 12	Jul 4
<b>Hunter Bremmar</b>	- Son of David Bremmer; Brother of Heather Bremmar; Grandson of John Bremmar, Jr	Dec 12	Jul 12
<b>Rachael Brosky</b>	- Daughter of Karl Brosky; Sister of Rebekah Brosky-Dorsey & William Brosky	Jun 9	Sep 8
<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 Beverly Ann Cavanaugh & Bill 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>	- Son of Mary Jo Ackerly; Brother of Theresa Legarski	Sep 30	Nov 2
<b>Hope Davidson</b>	- Daughter of Dean & Donna Davidson; Sister of Nicholas 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>Kannah Dew</b>	- Daughter of Heather Surget	Sep 14	Feb 24
<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>John Evans, III</b>	- Son of Jack & Ann Evans; Brother of Tom Sampson & Patti Stout	Mar 12	Aug 16
<b>Brenda Fehr Hatrak</b>	- Daughter of David & Eileen Fehr, Sr.; Sister of Barbara R. Burgin & David A. Fehr, Jr.; Granddaughter of Elwood & Mary Mann and Warren & Rose Fehr	Aug 31	Jan 8
<b>Eric Fenstermacher</b>	- Son of Rick & Kathleen Fenstermacher; Brother of Heather Fenstermacher	Feb 14	Jul 31
<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 Roseanne Reenock & Michael, Terrance, David & Timothy Geiger	Mar 30	Jul 9
<b>Mark Gery</b>	- Son of William & Catherine Gery; Brother of Kristin	May 22	Aug 3

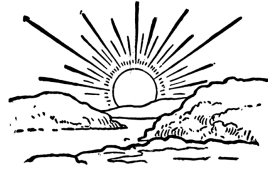
## July, August & September Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday Anniv.	
<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>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>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>James "Jimmy" Hotz</b>	- Son of Elizabeth Hotz	Apr 24	Jul 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; Granddaughter of Nancy Kornafel	Nov 2	Jul 2
<b>Jeanne Hurley</b>	- Daughter of Stephen & Jeannette Viglione; Sister of Michele Yankow & Robert Wambold, Jr.	Oct 12	Aug 13
<b>Garrett Illes</b>	- Brother of Christine Elizabeth Illes	Mar 17	Aug 26
<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 and 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 John & 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 the 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>Tina Marko</b>	- Daughter of Darlene Loncosky	Aug 8	Oct 9
<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>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
<b>Glenn Miller, Jr.</b>	- Son of Lin Miller; Brother of Lorrie Woolever	Nov 20	Aug 4
<b>Jim Minter</b>	- Son of Jim & Barbara Minter; Brother of Jeanine Minter	Aug 15	Mar 14

## July, August & September Birthdays and Anniversaries

Child	Parents and Guardians, Siblings & Grandparents	Birthday	Anniv.
<b>Michael "Mike" Morgan</b>	- Son of Raymond & Deborah Vrtis	Aug 17	Apr 19
<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 & Father of Katie Petzold	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 Potkovac, III</b>	- Son of Annette Potkovac; Brother of Michele, Matthew, Mark, John, Denise & the late Donna Marie Potkovac-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 Gina Sacco & Frank Radocha, Jr	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>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>Anthony Romig</b>	- Son of Lois Pearsall & Edward C. Romig, Sr.; Brother of Edward C. Romig, Jr.	Sep 12	Jan 20
<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 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>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>Kyle Strohl</b>	- Son of Ron & Gail Strohl; Brother of Jennifer Grimes	Jul 10	Aug 27
<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

## Summer Time, Vacation Time, Family Time



By Brenda Noland, TCF Concord NC

I'll bet you never dreamed that there would ever be a time in your life when you would not welcome vacation from work...and the day-to-day hassles of routine living. It's probably a shocker to you that the slow pace of summer, cookouts, softball games, etc. are now a nightmare. Everywhere we go, there are kids out of school enjoying their leisure time, and our bodies jolt as we search for our own absent child who enjoyed this time of the year with a passion!

Surrounded by summer fun, a bereaved parent need only to look around and there are painful memories at every corner. When we are faced with all the living, loving, happy families with their children, the anger boils within and we feel very cheated. And this year we are afraid to go back to the beach cottage we've visited every year, or to the favorite mountain retreat where we laid around for a week and relaxed, or the family-oriented amusement park where the kids had to ride every ride, and see every attraction, no matter what the temperature was...or how much talking it required...Yes, fear of our memories, fear of too much time to think, fear of too many kids, fear of bursting inside from our pain... all of these feelings are part of the first few years of summer vacations for bereaved parents.

It's been nine years now for me, and I need to tell you that it will get easier, but I found that for the first few years I needed to consciously change some of my routines in order to deal with my fears. I could not visit the same places we had visited when Todd was with us. We tried new experiences in new places with new people. That isn't to say there weren't some downtimes; however, the faster paced vacations worked better for us. I could not allow myself too much time to think. I now enjoy those weekends away, but for the first few summers I had to dig in the yard, repaint lawn furniture, rearrange the garage, and the multitude of busy projects we'd been putting off for the lack of time. That was a better vacation for me than forcing myself to go somewhere and feel miserable. You've read it a hundred different ways, you have to find your own way and your own peace - leave yourself room to escape if it becomes necessary. If you can find any

enjoyment and relaxation, relish it...you deserve it, and it does not mean you don't care. It simply means you are healing. Now, I walk down the beach and enjoy the solitude, or laugh when I see a toddler, or listen to the joy of kids laughing and it warms my heart. Yes I miss him, but I know he enjoyed every minute of this season, and I know that's what he'd want for me...and thank God, I can do it once more!

## "And The Rockets' Red Glare"

By Carol Silverman, Elkins Park, PA

I watched the spectacular burst of colors. It was always such a treat, The starburst, the swirly ones, the straight ones, making their noisy, hissing, banging trajectories into the nighttime sky.

Throughout these exciting displays, tears rolled down my face. Inconceivable, that I am here to enjoy this and you, my beautiful Cheryl, are not.

Then new thoughts rolled through my mind. Perhaps you are viewing these fireworks and many more from a higher vantage point, where the colors and designs shine more vividly. Perhaps you are seeing and understanding things that I can neither see nor understand. Perhaps your world is filled with rainbows and flowers and butterflies, rabbits and other beautiful animals that wander free. Perhaps you are surrounded by love, music, beauty, and unbounded joy.

Perhaps, my love, I can only hope.

## Beach Havens

By Cathy Sosnowsky, TCF North Shore,  
North Vancouver BC

As the tide of grief goes down,  
New beaches are revealed.  
Their sand, it's true, is wet,  
And barnacles protrude.  
But wear your rubber shoes  
(hot pink would be preferred).  
Step dainty on the shore:  
A storm-thrown log will give you rest.  
Now sit and sun yourself,  
And dream of those you love.



## Its Always Just Right There

By Jon Peterson,  
TCF Sacramento CA

Eleven years ago, in January of 1987, my 13-year-old son Jeremy lost his life in a car crash. As with all parents who jump instantly into that category we gently call "bereaved," my life changed forever. Now over a decade has passed and I continue to reflect on the things that have indeed changed and those that have remained pretty much the same.

My reaction to other parents who have children has changed over the years. I still envy them, of course, but time has tempered my feelings. After all, Jeremy would be 25 this year, perhaps with a young family of his own (as his younger sister has done). Who knows? I can only imagine what he might look like now. But the sharp pain has eased a little -- the realization that used to almost make my physically wince -- when it would hit me that I would never see him graduate from high school or college, or walk down the aisle with his bride. I can sit through a wedding now; at first I couldn't do that.

After 11 years, though, something has remained as constant as the sun and moon in the sky. It's hard to put into words, really, but if I were a betting man I would wager that each and every grieving parent knows what I'm attempting to describe. It isn't just one feeling that we could label as pain, or grief, or loss, or even devastation. If there was a word for it, maybe the closest one would be something like *ache*

We all get headaches and stomach aches and so we're all familiar with this idea on the physical level. This is different, although sometimes it does feel like a tightening of my chest or my throat. But this is a deeper ache, one that sometimes grips my whole being. In the early years after Jeremy's death, I would have "grief attacks" that could range from sadness and melancholy to full-blown periods of tears, rage, and anguish. Those have subsided for the most part, but that *ache* always seems to be nearby.

I have a dear friend at work, also a bereaved parent, and sometimes when our eyes meet -- in the cafeteria or in the hallway -- I know instantly that the ache for her son is "always right there" too. There are times when I just have to give her a hug so that she knows that I know, and it helps both of us.

There is no cure for this ache. Has life gotten better? Certainly, in many ways. I have much to be thankful for and to remain the least bit sane, I need to have that "attitude of gratitude"; there is no doubt about this whatsoever. But if someone told me that I will have this *ache* that is going to "hang around" for the remainder of my life, I wouldn't be too surprised. I loved Jeremy as much as any parent could ever love a child, and now he is gone. And even after 11 years, there is a certain feeling that is always just right there.

**The only  
courage that  
matters is the  
kind that gets  
you from one  
moment to  
the next**

Mignon McLaughlin

## You Walked Through Our Lives

By Marilyn Auen

TCF: W. Central Iowa Chapter

*Submitted by Kathleen Collins in loving  
memory of Anthony E Mariani, II*

*You were our sunshine!*

You took a walk into our lives  
And paused a little while.  
You gave us love and happiness,  
With every glowing smile.

This pause of only eighteen years,  
Really wasn't long.  
While you were here you gave us love, A  
love so warm and strong.

A special gift for us to share  
A gift that was a treasure.  
What you have meant to all our lives  
We cannot really measure.

You stopped to brighten up our days  
To fill our hearts with love.  
You made our lives more worthwhile,  
'Til God spoke from above.

Your walk continued on then,  
Your visit here was done.  
Our lives seemed filled with darkness,  
For we lost our glowing sun.

Your footprints will remain,  
They'll never fade away.  
For they're secure upon each heart  
And there they'll always stay.

So, once again  
You walk through every heart.  
We all still feel your presence  
And really aren't apart.

## 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>

Contributor Name \_\_\_\_\_

Mail to:

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**THE COMPASSIONATE FRIENDS  
LEHIGH VALLEY CHAPTER  
P.O. BOX 149  
BATH, PA 18014**

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

I would like to make a donation  In Memory of  In Honor of  A Chapter Gift (without memorial or honorarium)

Name of person gift given for \_\_\_\_\_

**Edition to be published in.** Deadlines listed above. Late submissions will be published in the next edition

**Special Text - Brief Messages Please.** Poems & story submissions are always welcome and should be sent directly to the Newsletter Editor for inclusion in the newsletter.

Enclosed is my donation of \$ \_\_\_\_\_  Lehigh Valley  Carbon County  Easton

*Note: Please mail Carbon County & Easton gifts to the addresses below*

**If your gift is for Lehigh Valley** please designate which of the following your gift is for ( you may circle more than one )

Newsletter Expenses      Postage      Office Expenses      Outreach Program      Special Events

### Mailing Addresses for Carbon County and Easton Chapters

The Compassionate Friends, Carbon County  
C/O Dave & Lora Krum  
250 South 9th St  
Lehighton, Pa 18235

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

# Sibling Page

## One More Day

Crystal Gibb  
Bereavement Magazine, Jan 1991

If I were granted one more day  
To spend alone with you,  
I'd say the things I should have said  
And do all I wanted to do.

I'd tell you that I love you.  
Did I tell you that before?  
Or did I just take it for granted  
That you'd always walk through the door?

I'd play all the games you asked me to play  
But I was too busy, you see.  
I'm sorry for the times I wasn't there,  
Now, I wish you were here for me.

I'd tell you I miss you so very much.  
You've been gone forever, it seems,  
And I still hope that one of these days  
I'll wake from this terrible dream.

If one more day were given to me  
To tell you the things I'd say,  
The only thing I'd want after that,  
Would be just one more day.

To my brother, Peter,

As I sit reflecting upon this 4<sup>th</sup> of July day, I realize the gentleness of nature that you loved so much. The cemetery has a calming effect, as the sun peeks through the clouds and the breeze whispers in my ear. I like the total stillness and quiet, where I can be alone to dwell in my feelings of you. My daisies stand in a vase, wiggling side to side, back and forth, showing their freedom and mind of their own. The bees buzz around your grave, and sometimes I think your spirit moves in this living insect, buzzing up to say "Hello." I miss you terribly. Many things are changing in my life, at church, Tom and my relationship, and in everyday situations at work.

I wish this cemetery were open at all hours, where I can escape and put my thoughts into perspective. I am peaceful with a bittersweet happiness. All my frustrations and burdens are blown away. There are red, white and blue flags tucked away among the flowers of these same colors. It is nice to see so many caring thoughts and visitors here. It's cooler today and I believe the deer paid you a visit this morning, as Mom's chrysanthemums have been eaten and only the stalks remain.

I always feel better when I come here. I take consolation that you are nearby and are watching over me. Your pinwheel spins round and round, and I sit here mesmerized, letting my mind wander and experiencing pure relaxation.

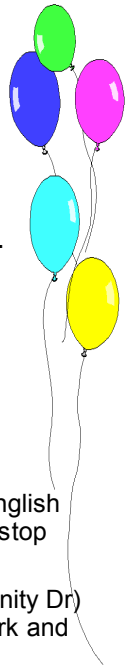
*Love, Heather*

*Heather Denning TCF Verdugo Hills, CA*

***Your death shaped me but your life has changed me for the better.  
It is the reason your death will never overshadow your life.***

*Mary Thompson*

# **TCF Annual Family Picnic & Balloon Release**



**Sat. July 9 @ 12 pm (Rain or Shine)**  
**Moore Township Recreation Center**  
635 English Rd. Bath, PA

You are invited to join us for our annual Covered Dish Picnic and Memorial Balloon Release.  
Hot dogs, drinks & balloons are provided by the chapter.  
Please bring your favorite covered dish, lawn chairs & sports equipment  
For questions or further information contact Kathy Collins at 484-891-0823

**Directions to the park:**

**From Bethlehem Area** - Take Center St./ PA-512 north, to PA-946 (Community Dr) Turn left proceed 2.4 miles to English Rd turn left, continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

**From Carbon County Area** -Take PA-248 east to PA-512 (Walnut St.) turn left proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left, continue .04 miles. to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

**From Easton Area** - Take PA-248 west to PA-512 (Walnut St.) turn right, proceed 4 miles to PA-946 (Community Dr) turn left proceed 2.4 miles to English Rd turn left continue .04 miles to park entrance on right. Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion.

**From Wind Gap Area** -Take PA-512 South to PA-946 (Community Dr) Turn right proceed 2.4 miles to English Rd and turn left, continue .04 to park entrance on right. Turn right into the park and follow the park road to the first stop sign Turn right into the park and follow the park road to the first stop sign turn right and follow the road to the pavilion

*Suggestion: Keep this top portion as a reminder*

**RSVP by July 1**

**PLEASE PRINT**

**Yes, I will attend the picnic**     **Total Attending**     **Adults**     **Children**

**Covered Dish I will bring is** \_\_\_\_\_

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address** \_\_\_\_\_

**Chapter(s) you attend** \_\_\_\_\_

**Yes, I will volunteer to help with the picnic**     **Set Up**     **Clean Up**   

**Other** \_\_\_\_\_

**Mail to:** The Compassionate Friends, Lehigh Valley  
Attn: Kathy Collins  
PO Box 149  
Bath, PA 18014