

# THE COMPASSIONATE FRIENDS

P.O. Box 193, Sturgeon Bay, WI 54235

1-800-589-2669 (Voice Mail) www.doorcountytcf.org

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**WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER BY E-MAIL?? PLEASE SEE PAGE 10.**

## DOOR COUNTY NEWSLETTER

THE FOLLOWING BEREAVED PARENTS ARE EAGER LISTENERS AND HAVE GRACIOUSLY VOLUNTEERED THEIR TIME AND "EARS" FOR YOU:

- GARY KIRACOFE -854-9801 (LOSS OF PRESCHOOL CHILDREN)
- LYNN MAGGLE -743-5707 (LOSS OF CHILDREN AGES 7-13)
- BOB MOELLENBERNDT - 743-3476 (LOSSES FROM ACCIDENT)
- KAREN DUTIL - 837-7133 (LOSSES FROM SUICIDE AND CANCER)
- SANDY GREENWOOD - 746-9313 (LOSSES FROM MOTORCYCLE & AUTO ACCIDENT)
- SUE WARREN - 743-8029 (INFANT, STILLBORN DEATH AND MISCARRIAGE)

THE DOOR COUNTY CHAPTER MEETINGS ARE THE SECOND THURSDAY OF EACH MONTH, AT DOOR COUNTY MEMORIAL HOSPITAL, CONFERENCE ROOM #3, LOWER LEVEL. WE MEET FROM 7PM TO 9PM.

CHAPTER LEADER: DAWN SANDUSKY -854-9801  
CHAPTER TREASURER: BOB MOELLENBERNDT - 743-3476  
NEWSLETTER EDITOR: SANDY GREENWOOD -746-9313  
NEWSLETTER MAILING COORDINATOR: BECKY TREMBLE - 825-1339  
SPECIAL EVENTS AND PUBLICITY COORDINATOR - CAROL MOELLENBERNDT - 743-3476  
COORDINATORS FOR THE NEWLY BEREAVED: KAREN DUTIL AND LESLIE CROSS  
COLUMNIST AND LIBRARIAN : KAREN DUTIL - 837-7133  
FUND RAISING COORDINATOR: GARY KIRACOFE - 854-9801



WHAT IS THE  
COMPASSIONATE  
FRIENDS?

The Compassionate Friends is a not-for-profit self-help organization composed of bereaved parents, siblings, and grandparents. We offer friendship and understanding to those who have experienced the death of a child, sibling, or grandchild.

Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process.

The purpose of this support group is to assist each other in the positive resolution of the grief experienced upon the death of a child and to support our efforts to achieve physical and emotional health.

## INSIDE THIS ISSUE

- 2 Message from Karen
- 3-4 Parents Page
- 5-6 Sibling Page
- 7 Love Gifts
- 8 Our Children Remembered
- 9 Help Us Get the Word Out
- 10 Coming events and E-Mailing of Newsletter



## A MESSAGE FROM KAREN

### *The House Across the Road*

*Two weeks before Christmas a chimney fire gutted the house across the road. Originally a log cabin built during the Civil War, the house was bricked over after surviving the fires of 1871. Long ago, the bricks were covered by aluminum siding, perhaps a practical solution to crumbling unfired bricks. My neighbors were fortunate—they got out without physical harm. Through this never ending ghastly winter the smoke stained windowless shell stood empty. Each time I passed I wondered about the century old dreams and memories that simply disappeared. The sight engendered feelings of hopelessness and vulnerability.*

*Last Saturday a group of family and friends gathered; in half a day they removed the aluminum siding. What remained standing was a beautiful cream colored brick building with arched tall windows. Down the road there was a new foundation. This wonderful old building will be gone soon, but my memory of the burned out shell has been replaced by a vision of strength and beauty.*

*Once, each of us bereaved parents was like the burnt out shell across the road reminding all who passed that devastation can occur without warning. But as we work through our grief we remember that under pain and disaster, hope awaits.*

### *Metamorphosis*

*in retrospect  
the path was mundane in my caterpillar life  
narrowly focused on need  
then death came to visit  
selecting mine to carry off*

*a cocoon of grief became my protector  
while the me of yesterday disappeared  
vanishing into photographs and memories*

*when i emerged a softer world awaited  
a different place  
where compassion and hope defied gravity  
supporting me until finally i could fly*

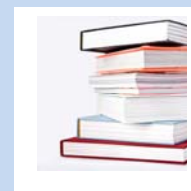
~ Karen Dutil



**Grief Materials**--Looking for a particular grief book? Look no further than Centering Corporation, the official recommended grief resource center of The Compassionate Friends. With the largest selection of grief related resources in the United States, Centering Corporation will probably have just about anything you're looking for-or they'll be able to tell you where to find it.

Call Centering Corporation for a catalog at 402-553-1200 or visit their website at [www.centering.org](http://www.centering.org). When ordering, be sure to mention you are with The Compassionate Friends and all shipping charges will be waived.

**Or check out our Door County Chapter Library at our meetings for a wide variety of grief materials and books to borrow.**



### What does learning to grieve mean?

A major step in learning to grieve is to give up the expectation that things will always be the same. There is no vaccination against loss. It will come to all of us sooner or later. Sorrow will be a part of every life. A part of learning to grieve is to understand that we will not be exempt. Once we accept that reality, we can make decisions that will move us along through grief to resolution. Think of life as a journey down a river. The river confronts us with a series of rapids and stretches of flat, calm water. As we begin the journey, the rapids are generally less difficult, the turbulence less threatening. As we successfully negotiate those initial rapids, we learn to handle our paddle and our canoe or raft. Experience teaches us that in calm water we can drift and let the flow of the river carry us along. In white water, to avoid boulders and other dangers, we must paddle with more effort and precision. Occasionally the river of life shocks us with thundering rapids so turbulent that we have little control. Only by paddling our craft with practiced skill do we have any control at all. While these severe rapids sap our energy and threaten to sink us, we have more confidence in our ability and greater assurance that calm water is ahead. As we negotiate the swirling rapids of loss and sorrow, we continue our lifelong journey of learning how to grieve.

Excerpted from *When Grief Comes: Finding Strength for Today and Hope for Tomorrow*, by Kirk H. Neely.

2007, Baker Books, P.O. Box 6287, Grand Rapids, MI 49516.

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### PASSOVER

Counting the years  
 Blessing the tears  
 Counting the children  
 Who are gone  
 From this earth.  
 Counting the memories  
 Of times past and done.  
 Blessing the children  
 On earth in this day of life



*For You From Sascha*  
 Sascha Wagner

### *I Am Spring*



I am the beginning.  
 I am budding promise.  
 I spill cleansing tears of life  
 from cloudy vessels  
 creating muddy puddles  
 where single cell creatures abide  
 and splashing children play.  
 I am new green growth.  
 I softly flow from winter's barren hand.  
 On gentle breeze I fly - embracing sorrow.  
 With compassion, we feather nests  
 where winged voices sing winter-spring duets.  
 As frozen ice transforms to playful stream  
 I whisper truth - life is change.  
 I am spring.  
 I bless long, dark wintry days.  
 I crown mankind's pain  
 with starry skies  
 in deepest night  
 lighting solitary paths from sorrow to joy  
 as the wheel of life turns 'round and 'round.

*Carol Clum*

*(written after attending a workshop presented by John Fox, author of 'Finding What You Didn't Lose' and 'Poetic Medicine'.)*

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### EASTER THOUGHTS

One more winter overcome.  
 One more darkness  
 Turned to light and promise.  
 Winter is the price for spring.  
 Struggle is the price for life.  
 Even in sorrow, remember  
 To prepare your heart  
 For celebration -  
 Next spring perhaps.  
 Or the spring after that . . . .



*Wintersun*  
 Sascha Wagner

## Nibbling At Life's Pleasures

By Patricia Butler Dyson

Most mothers I know are pretty selfless creatures. When there's not enough meat to go around, Mom takes a second helping of beans. There's probably nothing she'd rather do than iron Missy's cheerleader uniform at midnight. And why would she want a new Easter dress when the old polka dot polyester still fits? Altruism aside, every mom needs a smidgen of pleasure in her life to help maintain her sweet disposition.

To reward myself for being a hardworking wife and mother of three active boys, I allowed myself an occasional indulgence...a long, hot bath in a tub filled to the brim, a good book (preferably one that would make me laugh), and my favorite guilty pleasure, a Skor bar. I liked to eat it a piece at a time, sucking off the chocolate before I crunched down on the tooth-jarring English toffee. If I managed to finish a Skor with fillings intact, it was a triumph. And if I could read a good book while soaking in a hot tub and munching on a Skor bar, well, life just didn't get any better.

Then one day I found out how life couldn't get any worse, when my three year-old son, Blake, died suddenly from meningitis. Guilt and self-hatred overwhelmed me. What kind of mother wouldn't recognize how sick her child was and rush him to the hospital? How could I have been so blind, so stupid? As his mother, he trusted me to care for him, and I let him down.

My once-carefree existence became a series of gray days followed by black, sleepless nights. I ate, but only to stay alive. I took short, cool showers, but only to get clean. I never picked up a book unless it dealt with grief. Driven by guilt, I convinced myself that I no longer deserved any of life's pleasures. Besides, how could I ever enjoy anything again with Blake gone?

One night, some months after Blake died, my husband, Jeff, left to take our boys to basketball practice. The dishes were done, the house was spotless, and the long, empty evening loomed ahead of me. I went into the bedroom, flopped on the bed and curled up with the cat. On the nightstand I spotted a book a friend had given me. "Funny," she had said. "A great read." Well, it wasn't a grief book so I wasn't interested. Idly, I picked it up anyway and read the first page. Before I knew it, I was hooked. Suddenly, I heard a strange sound, somewhere between a hack and a hoot. The cat jumped and looked at me in alarm. I had laughed! It was a creepy, creaky laugh, rusty from months of disuse, but a laugh nonetheless. Did I just have fun? Yipes! I couldn't do that! I snapped the book shut and shoved it under the bed.

The next morning I took a shower as usual, only this time I lingered for three minutes instead of two and I turned the temperature up a notch so it was almost warm. I dressed and headed for the grocery store, where I careened down the aisles grabbing stuff from the shelves and trying not to look at the treats I used to buy for Blake. While reaching for a package of sugarless gum at the checkout, I caught sight of a display of Skor bars. I quickly looked away, but to my amazement, a Skor bar leaped onto the conveyor belt with my other groceries. Before I could put it back, the sacker had bagged it and it was mine.

I broke the speed limit getting home, dashed inside, and guiltily pitched the Skor bar on the highest shelf of the pantry. Later, when I opened the pantry to get a can of tuna for my lunch, a small voice from above called out, "*Pat, oh Pat, I'm here. Come and get me.*" I slammed the door and started furiously chopping pickles for tuna salad. But the voice in the pantry became more insistent. "*Pat, I'm here and I'm delicious!*" A Skor-deprived woman can only stand so much. I flung open the pantry, stood on tiptoe, snatched the talking Skor bar, and ripped the wrapper open with my teeth. In a frenzy, I broke off a piece and popped it in my mouth. Hungrily, I sucked the chocolate off and crunched down on the rock-hard toffee. Lord, it was good! To my amazement, the heavens didn't open and swallow me. Lightning didn't strike me dead. For the first time in months, I REALLY enjoyed myself! I chucked the tuna back on the shelf and piece by piece, I relished the rest of the Skor bar. Then, with chocolaty fingers, I grabbed a handful of Cheetos and a couple of Oreos, and washed them down with a Yoohoo. It was the best lunch I'd had in months.

Later, as I was putting clean towels in the linen closet, I heard a familiar voice echoing from the bathtub, "*Pat, I missed you. Wouldn't a hot bath feel good? Why don't you fill me up?*" Trying not to be alarmed that voices were orchestrating my behavior, I obediently ran hot water in the tub, but only half-full. I didn't want to go overboard. Peeling off my clothes, I hopped in. And as I sank into the heavenly, steamy water, I closed my eyes and thought of Blake. He knew how to live! He packed more living into three years than some people do into thirty. He ran faster, climbed higher, laughed louder than any little kid I ever knew. He savored life, every aspect of it. No nibbling at life for him! He broke it off in chunks and devoured it.

Right now, because of my grief, I could only nibble at life's pleasures. But I knew Blake wouldn't want me to live a guilt-ridden, joyless, life. He would want me to buy a SIX-PACK of Skor bars, fill the tub to the brim with the hottest water, grab a good book, and soak and eat and read until the water turned cool and I was all pruny.

And, by golly, some day I'd do just that. *For Blake. For Blake's mommy.*

From *We Need Not Walk Alone*, Copyright 2000

### Ask Dr. Paulson - January 2009

#### (The Best of) Ask Dr. Paulson

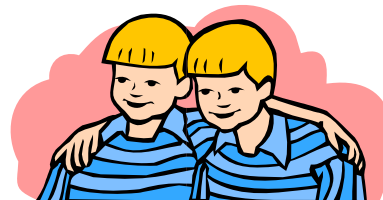
Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, *We Need Not Walk Alone*.

**Q. *My life, like so many other's, is a tragic tale. My oldest son, Jimmer (21), was killed in a construction related accident in February, 2005. He fell 50 feet from a machine that broke while his younger brother Jacob (20) watched helplessly. What hurts even more than the death of a child is watching Jacob live everyday with the memory of his brother's accident and he also feels responsible. Jacob was the foreman on the job and had told his brother to go onto this machine and go get the materials they needed. Jacob feels if he hadn't told his brother to do this task, he would still be alive. He just can't get past this. Counseling hasn't helped- maybe it wasn't the right counselor, but he isn't all that willing to try another. What can I do for my child to tell him he had nothing to do with his brother's death? I lost one child and part of another and would greatly appreciate some advice.***

A. Parents often tell me that one of the worst parts of experiencing the death of a child is watching the pain of the surviving siblings. Unfortunately, "survivor's guilt" is far too common among surviving siblings! This is even worse in your case because Jacob was there at the time of his brother's death, and he was in a supervisory role at the time. I think you hit the nail on the head as far as what the reality is when you said that "Jacob watched helplessly." It is sometimes helpful to talk about the origins or purpose of the feeling called "guilt"—especially when it is spelled GUILT. Guilt is related to what we commonly refer to as a

conscience. Guilt is triggered to alert us to the fact that we have harmed a relationship that is meaningful to us. That intentionally or unintentionally we have hurt someone, and the feeling of guilt alerts us to that fact to give us an opportunity to repair the relationship. Guilt is a very important emotion! Individuals incapable of experiencing this emotion go far afield and are associated with unbelievably inhumane acts. Guilt is associated with responsibility, culpability, and usually intentionality. This is the part that is so important in survivor's guilt, and for Jacob—there was no intentionality, culpability, or responsibility in the death of this brother! Siblings naturally feel "responsible" for each other—especially in emotionally close and loving relationships. The part that surviving siblings have a very hard time with is the "helplessness" of what they are feeling—the helplessness of not having been able to protect them—the helplessness they feel watching the pain in the rest of the family. Usually the more capable and strong the individual, the more acute the feelings of survivor's guilt—because helplessness is an unfamiliar and unwanted feeling. It is important for surviving siblings to see this guilt in terms of the absence of intention and recognize that survivor's guilt is the horrible sense of helplessness created by the death of a sibling. No one likes to feel helpless! This helplessness is even worse because it brings us face-to-face with our own vulnerability, our own mortality, and the mortality of those we love. Once we can see what survivor's guilt is made of, we can begin to address the real issues that are keeping us in the dark hole of irreparable grief.

Taken from The Compassionate Friends E-Newsletter-  
January 2009



## I Am Your Sister and Always Will Be

"I am your sister and always will be." That's how Susie signed her cards to me. After a while, she shortened it to, "I am..." And of course I knew the rest of it. Susie was two and one-half years younger than I. She was alive one evening talking on the phone to Mom about the Oscars and to Dad about moving. The next day she was found. Whatever it was--it ended her life and changed mine forever. There was a wonderful side of my sister that I didn't pay enough attention to. She was a kind and loving person, always ready to shelter lost animals and lost souls. When she was in a good mood, her smiles warmed my heart. Yet I spent most of my life wishing that things were different: wishing that she thought more of herself, wishing that she would take my advice, wishing that she were happier, wishing that we could accept each other. Now, for two years, I've done nothing but wish she were here so we could have another chance to work at our relationship. Now, I wish that I had been able to give her my unconditional love & support. (She needed it and deserved it.) Now, I wish that I could have been with her that night so she would not have been alone. Now, I wish that I would have held her in my arms and told her how very much I loved her. Because, Susie, I am your sister and always will be.

*-Michele Walters, TCF, Baltimore, MD*



## THE COMPASSIONATE FRIENDS INTERNET SIBLING RESOURCES:

### Sibling Chat

This chat is available for adult and teen siblings to share concerns and feelings. Sunday, Monday, Wednesday and Thursday evenings: 6pm PST, 7pm MST, 8pm CST and 9pm EST. Saturday evenings 7pm PST, 8pm CST, 9pm CST & 10pm EST.

<http://www.compassionatefriends.org/Chat/chatentrances.shtml>.

### Sibling Forum (a discussion board for bereaved siblings).

In many areas of the country there aren't any TCF Siblings groups available. The Sibling Forum, available online, where siblings from all over can share, help each other cope with the unique grief of losing a brother or sister. Siblings will be able to ask questions, make a comment or leave a thought for other siblings to respond to. **This isn't a public board; interested siblings will need to request the password from**

[TCFsiblingrep@compassionatefriends.org](mailto:TCFsiblingrep@compassionatefriends.org)

**TCF Sibling Pen Pal Program:** This program is offered for bereaved siblings of any age, wishing to meet other siblings with similar interests, hobbies and whose sibling may have had a similar cause of death. This is an email list of bereaved siblings for The Compassionate Friends that offers one more avenue to communicate with others who are walking the same path of grief. It is a most rewarding method for our Compassionate Friends to extend the bonds of friendship that we all need so much to help with the heartache of grief. **Please email the TCF sibling representative for URL.**

Please visit

<http://www.compassionatefriends.org> and click on the Sibling Resources link to view more resources.

Daniel P. Yoffee, Sibling Representative

E-Mail [TCFsiblingrep@compassionatefriends.org](mailto:TCFsiblingrep@compassionatefriends.org)

## LOVE GIFTS

Love gifts are tax deductible donations made to the chapter, in memory of our children or from people who want to help in the work of The Compassionate Friends.

In memory of Brian Geurts, son of Mary Fulwiler and Steven Geurts



WE GRATEFULLY ACCEPT THESE GIFTS WITH THE KNOWLEDGE THAT OUR CHILDREN ARE  
WARMLY REMEMBERED  
THANK YOU, THANK YOU, THANK YOU!!

If you would like to give a Love Gift, please send your do  
"The Compassionate Friends"  
P.O. Box 1  
93, Sturgeon Bay, WI 54235



### TCF "Online Support Community" Offers Opportunity for Grief Sharing

The Compassionate Friends national website offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. These include "Pregnancy and Infant Loss," "Bereaved 2 Years and Under," "Bereaved 2 Years and Over," "Men Only Sharing Session," "No Surviving Children," "Survivors of Suicide." There are also sessions for surviving siblings.

The sessions last an hour and have trained moderators present. For more information, visit [www.compassionatefriends.org](http://www.compassionatefriends.org) and click "Online Support" in the "Resources" column.

## OUR CHILDREN REMEMBERED

This page is dedicated to the memories of our children's birth dates and the date they died. This quarter's newsletter will cover the months of April through June. If your child is not mentioned and you would like them mentioned in the spring newsletter next year, please contact Bob Moellenberndt at 743-3476.

### **MICHAEL JENNERJOHN**

Born April 1, 1971  
Son of Ray and Ellen Jennerjohn

### **IVAN GILBERT**

Born April 5, 1999  
Died June 14, 1999  
Grandson of Randy and Joan  
Fameree

### **CHRISTOPHER SIMON**

Died April 6, 2006  
Son and Step-son of Terry and  
Darlene Simon  
Son of Mary White

### **JASON REISDORF**

Born April 7, 1973  
Son of Ann and Jim Reisdorf

### **ERIN SCHUFELT**

Born April 7, 1976  
Daughter of Brenda Schufelt

### **EMMA BACON**

Died April 11, 1997  
Daughter of Helen Bacon

### **RODNEY BILLERBECK, JR.**

Born April 12, 1966  
Died May 23, 2004  
Son of Rodney Billerbeck, Sr. and  
the late Eileen Billerbeck

### **JOHN GREENWOOD**

Born June 26, 1957  
Died April 16, 1982  
Son of Sandy Greenwood

### **CHERYL JOHNSON**

Born April 20, 1973  
died June 9, 1975  
Daughter of Ann Johnson

### **KAITLYN SCHLEY**

Born April 24, 1997  
Died April 19, 1998  
Daughter of Jon and Ann Schley

### **TRENTEN CHARLES HERALY**

Born April 21, 2000  
Died April 21, 2000  
Great-Grandson of Rita and Loyd  
Heraly

### **BRIAN HERALY**

Born April 24, 1955  
Son of Rita and Loyd Heraly

### **ADAM SCHULTZ**

Died April 29, 1996  
Son of Lester and Sherry Schultz

### **LOUIS A. GRIESE**

Born April 30, 1977  
Son of Sue and Jim Frihart

### **WILLIAM WOLTER**

Born June 20, 1952  
Died May 2, 2000  
Son of Dorothy Corbisier

### **PAUL VANDERMEUSE**

Died May 4, 1994  
Son of Mae and Julius  
Vandermeuse

### **BRIAN GEURTS**

Died May 6, 2008  
Son of Mary Fulwiler  
and Steven Geurts

### **LUKE MADDEN**

Born May 8, 1994  
Son of Mike and Barbara Madden

### **AUSTIN SCUDDER**

Died May 9, 2004  
Son of Jessica Viste

### **JUSTIN DANIEL NESBITT**

Died May 16, 2003  
Son of Dan and the late Rosie  
Nesbitt

### **KEITH BAULDRY**

Born June 2, 1970  
Son of Harlan and Patricia Bauldry

### **MICHAEL MOWERS**

Born June 7, 1985  
Son of Cathy and Patrick Mowers

### **LARRY HARTL, JR.**

Born June 11, 1950  
Son of Larry and Katie Hartl

### **JENNIFER GILBERT**

Died June 13, 1999  
Daughter of Randy and Joan  
Fameree

### **EVANGELINE GILBERT**

Died June 14, 1999  
Granddaughter of Randy and Joan  
Fameree

### **PHILIP SUNSTROM**

Died June 15, 2004  
Son of Lois Sunstrom

### **DEBRA LALUZERNE**

Born June 21, 1959  
Daughter of Carol and the late  
Gerald Dart



# The Compassionate Friends



A support group for families who have experienced the death of a child.

Meets the 2nd Thursday  
of each month at 7:00 p.m.  
at Door County Memorial Hospital  
Conference Room #3 800-589-2669  
National website: [www.compassionatefriends.org](http://www.compassionatefriends.org)



This ad sponsored in memory of Dave "Bear" Greenwood, 1960-1997

**HELP US GET THE WORD OUT** about The Compassionate Friends of Door County and at the same time remember your child/children. You can choose the date for the placement of your ad. It will appear in the obituary section of The Door County Advocate.

Cost is \$50.00 per ad.

The reserve your date send a photo along with a check made out to "The Compassionate Friends". Your photograph will be returned. You may e-mail a digital photo to [dawn@scrimshanders.com](mailto:dawn@scrimshanders.com)

Your name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Your child's/children's name(s) and dates:  
\_\_\_\_\_  
\_\_\_\_\_

Send photo, check and this form to:  
The Compassionate Friends of Door County  
P.O. Box 268  
Ephraim, WI 54211

Call Dawn Sandusky at 920-854-9801 with any questions.

## GRANDPARENT CORNER

### WE HARDLY GOT TO KNOW YOU

*My Great Granddaughter Raimy Elizabeth Cantrell-Rider, born June 21, 2007, died Dec 31, 2007. I wrote this poem for her and her family.*

We hardly got to know before you passed away.

You were so sweet and beautiful,  
As dear as dear can be.

We hardly got to know you before you left this world.

Wait!

Come back!

We're really not ready to say goodbye.

We hardly got to know you before your very last breath.

We were so looking forward to knowing you,  
and watching you grow and change.

We hardly got to know you before you went away

We will always and forever  
Cherish you anyway.

Remembered.

Your simple sweet smile

That subtle baby smell,

Your beautiful face,

with those big beautiful eyes

Your soft creamy skin,

That perky little mouth,

And those perfect tiny fingers and toes.

You were,

Are still,

So very precious.

We will miss you Oh so much.

Goodbye sweet darling,

We love you still.

By Suzanne Newbro  
Edited with her son Cory Bonallo

**COMING EVENTS**

**Newly Bereaved Meeting**

**THERE WILL BE A MEETING FOR THE NEWLY BEREAVED on Thursday, March 26<sup>th</sup> at 7pm, at the United Methodist Church, 836 Michigan Street, Sturgeon Bay. As always, it is open to anyone who would like to come and learn about The Compassionate Friends and what goes on at our meetings. If you plan to come, call Carol at 743-3476.**

**2009 National Conference in Portland**

The ever-popular Darcie Sims, who uses her own unique brand of humor as a special type of grief therapy, has been announced as the final keynote speaker at The Compassionate Friends 32nd National Conference in Portland Oregon August 7-9.

Darcie is a bereaved parent, nationally certified grief management specialist, a psychotherapist, and a board certified hypnotherapist. An international speaker on grief, Darcie co-founded Grief, Inc., an international grief consulting firm. She is a well known author, international speaker and was Coping Editor for *Bereavement Magazine* for fifteen years. She currently writes for *Grief Digest*.

Darcie joins: Candy Lightner, the dynamic founder of Mothers Against Drunk Drivers (MADD), Reg and Maggie Green, the parents of Nicholas Green, the seven-year-old American boy who was shot and killed by highway bandits in Italy in 1994, and Michele Longo Eder, author of *Salt in our Blood—The memoir of a Fisherman’s Wife*. For more information go to [www.compassionatefriends.org](http://www.compassionatefriends.org).

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**WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER BY EMAIL?**

For convenience and also for saving postage and paper, the Door County Chapter of The Compassionate Friends is sending this newsletter by email. If you would like to receive this newsletter by email in the future, please notify the editor at [sgreenwood@dcwis.com](mailto:sgreenwood@dcwis.com). If you would like to be added (or deleted) from The Compassionate Friends mailing list, you may either email me or call our voice mail at 1-800-589-2669.

- **SOS Survivors of Suicide** group meets in Door County on the fourth Tuesday of every month. The time is 6:30 to 8:00 pm at JAK's Place, 820 Egg Harbor Rd. in Sturgeon Bay. For more information call Becky at 920-825-1339 or Marlys at 920-743-6162..
- **SOS Survivors of Suicide** group meets in Green Bay on the second Monday of the month from 7pm to 8:45. It is located at the Bellin Hospital Annex Building, 2020 S. Webster, Green Bay. For information call Jonna Bostedt at 920-437-7527.
- **PAILS of Door County (Pregnancy and Infant Loss Support)** is a support group. For information all our voice mail at 1-800-589-2669 and leave a message.
- **There is a Compassionate Friends group in Green Bay** meeting on the third Thursday of the month at First United Methodist Church, 501 Howe Street. Call Rev. Dave Wilkinson at 920-437-9252 for information.
- **There is a Compassionate Friends group in Kewaunee County.** Their meetings are temporarily on hold. For information, call Dorothy Konop at 920-863-8003, or email at [tdkonop@theglobalnet.net](mailto:tdkonop@theglobalnet.net).

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**UPCOMING MEETINGS OF DOOR COUNTY CHAPTER OF THE COMPASSIONATE FRIENDS:**

- April 9 - Video "When a child Dies"**
- May 14 - Ask-it-Basket**
- June 11 - Video**

**IF A MEETING IS CANCELLED DUE TO WEATHER, IT WILL BE ACCOUNCED ON WDOR, AND THEN WE WILL MEET AT THE SAME TIME THE FOLLOWING THURSDAY.**

## **An Invitation . . .**

Every bereaved parent at some time on the long and desperate journey through grief needs to meet someone else who is treading or has trodden the same path. We all long to know how others have coped, and if our feelings are normal for what we are going through.

We therefore warmly and lovingly invite any grieving parent, grandparent or sibling to join us at our monthly meetings. It does take courage to attend that first meeting (we remember our first meeting) but we believe you will find comfort and support when you attend.

To those of you who are newly bereaved and are receiving this newsletter for the first time, we wish to extend our sympathy and warmly hold out our hands in friendship. At our monthly meetings we offer each other support through gentle discussions, occasional presentations, a lending library and resource materials. We have loving listeners to take your call if you need someone to talk to. However we can help, we are here.

We welcome new members. We are truly sorry for the circumstances that made you eligible for our support group, but we are here to share your grief.

Attending your first meeting takes courage. But those who attend find a comforting network of support that only other bereaved families can give. Please try attending at least 3 meetings before deciding if it is beneficial for you.

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### **FOR YOUR INFORMATION:**

The National Office of The Compassionate Friends mailing address is:

P.O. Box 3696, Oak Brook, IL 60522-3696

National Office toll free number is (877)969-0246

National Office e-mail is [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)

Compassionate Friends web address is [www.compassionatefriends.org](http://www.compassionatefriends.org)

Regional Coordinator is Jim Staniforth, Telephone (608)835-7493

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Do you know of someone else who would like this newsletter? Please let us know!

P.O. Box 193, Sturgeon Bay, WI 54235

Email [rmoellen@doorpi.net](mailto:rmoellen@doorpi.net)

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**FREE VIDEO - IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THE COMPASSIONATE FRIENDS AND THEIR MEETINGS, CALL FOR YOUR FREE VIDEO AT 1-800-589-2669.**