



**THE  
COMPASSIONATE  
FRIENDS**

# Bluegrass Chapter Newsletter

*"We need not walk alone."*

[www.tcfbluegrass.org](http://www.tcfbluegrass.org)

**P.O. Box 647, Nicholasville, Kentucky 40340**

**January 2010**

## **Chapter Co-Leaders**

Jim Sims & Richard Hardin

## **Treasurer**

David Fields

## **Newsletter Mailings**

Janie Fields

## **Newsletter Editor**

Lisa Fields

## **Bluegrass Chapter The Compassionate Friends**

## **Regional Coordinator**

Dusty Rhodes  
(502) 330-4769

## **Telephone Friends**

Sometimes it helps to be able to talk to someone who understands. The following bereaved parents are willing to provide support and comfort.

### **Jim Sims**

(859) 858-8288  
(859) 797-2168

### **Mary Camp**

(859) 737-0180

### **Suzie McDonald**

(859) 576-7680

## **The Compassionate Friends**

## **National Office**

P.O. Box 3696  
Oak Brook, IL 60522  
(877) 969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)



The death of a child of any age, from any cause, is a shattering experience for a family. When a child dies, a family needs emotional support for the long grief journey that lays ahead.

Since 1980, the Bluegrass Chapter of The Compassionate Friends has been actively helping families toward the positive resolution of their grief following the death of a child.

## **Meeting Information**

### **Lexington**

Third Monday of Every  
Month  
6:30 p.m.—8:30 p.m.  
Hospice of the Bluegrass  
2321 Alexandria Drive  
Lexington, Kentucky

### **Winchester**

First Tuesday of Every Month  
7:00 p.m.—9:00 p.m.  
Hospice East  
417 Shoppers Drive  
Winchester, Kentucky

## **Meeting Format**

Doors open one-half hour before meeting times to provide the opportunity to visit with old friends and acknowledge new ones. Please plan to arrive early so the meeting can begin on time.

## **We Welcome You with Compassion, Love and Hope**

It is always difficult to say "welcome" to those coming to our meetings for the first time because we are so very sorry for the reason they came. For some, the first meeting or two can be rather overwhelming, especially for the newly bereaved. We hope that anyone feeling that way will return to at least a couple more of our meetings. Everyone is welcome to attend regardless of the age at which their child died or the length of time that has passed since that day.

New to our Lexington Meeting:

Ernie & Brenda Laughlin, parents of **Melanie Kaye Laughlin**  
Diane Owen, mother of **Colleen Christine Owen**  
Stephanie Routt, mother of **Thomas Monroe Routt**

## Our Children Forever Loved and Remembered

### January Birthdates

1/1 **Paul Travis Hickey** 11/21 Son of Al and Sandy Hickey  
1/1 **A. Daniel Morris** 4/19 Son of James and Marie Morris  
1/2 **Jim Albright** 9/7 Son of J. M. and Erna Albright  
1/2 **Tyler Benjamin Johnston** 5/20 Son of Joe and Andi Johnston  
1/3 **Wesley Thomas (Tom) Whitehouse** 1/9 Son of Betty Whitehouse  
1/3 **John Andy Girdler** 4/19 Son of Ella Girdler  
1/4 **Joseph Lewellyn Powell** 7/9 Son of Celia and David Powell  
1/6 **Jeffrey Lynn Spradling** 10/11 Son of Wilma Cracraft  
1/7 **David Nelson Hunt** 2/19 Son of Judy and Walter Hunt  
1/7 **Benjamin Steele Truitt** 8/4 Son of Charlotte Truitt  
1/8 **David Kellemeier** 10/19 Son of Pat and Robert Kellemeier  
1/10 **J. Randall "Rand" Rogers** 9/6 Son of Ron and Virginia Atwood  
1/11 **Jason Lee Stephens** 10/16 Son of Bobby and Carolyn Stephens  
1/12 **Crystal Ann Knafl** 2/24 Granddaughter of Karen and John Knafl  
1/13 **Martha A. Moloney** 11/4 Daughter of Dorothy Moloney  
1/14 **Donald Duncan** 10/26 Son of Donald and Diane Duncan  
1/14 **Evan Scout Warren** 1/14 Son of Brian and Kellie Kozee Warren  
1/15 **Cole Brian Gilliam** 3/13 Son of Joan B. Gilliam  
1/16 **Larry Manuel** 9/9 Son of Betty and Jack Manuel  
1/20 **Jerry Denver Ison** 2/13 Son of Genett Ison  
1/21 **William (Billy) Allen Ransdell** 1/4 Son of Mack and Deedee Ransdell  
1/21 **Robin Grace Dixon** 9/17 Daughter of Lenna and Letch Dixon  
1/22 **Deana Marie Sea** 4/16 Daughter of Darrell and Jean Sea  
1/22 **Jacob Scott Harrod** 5/11 Son of Mike and Cindy Harrod  
1/27 **Weston "Ashe" Marlowe** 4/23 Son of Brandi and Wesley Marlowe  
1/29 **David Julian Hunt** 11/29 Son of Gail Tomblin

### Upcoming Meetings

January 18  
Facilitator: Suzie McDonald

February 15  
Facilitator: Stephanie Mayberry

## Our Children Forever Loved and Remembered

### January Remembrances

1/1 **Eric Ritchey** 3/14 Son of Lynn and Harley Ritchey  
1/2 **Julie Ann Kirkpatrick** 6/6 Sister of Roy Stewart  
1/4 **Mark Christopher Wills** 2/14 Son of John and Patricia Wills  
1/4 **Michael Houston Finley** 9/29 Son of Katy Finley  
1/5 **Ryan Christopher Harris** 12/23 Son of Larry and Patricia Harris  
1/7 **Bart Taylor** 11/23 Son of Jack Taylor  
1/7 **David Ryan Goldey** 3/28 Son of George and Julia Goldey  
1/8 **David James Rison** 8/20 Son of Karla Scott and David Rison  
1/9 **Angela M. Meece** 8/9 Daughter of Claude and Verna Meece  
1/9 **Wesley Thomas (Tom) Whitehouse** 1/3 Son of Betty Whitehouse  
1/9 **Mitch Baber** 5/12 Son of Steve and Kim Baber  
1/9 **Donald Jeffrey Johnson** 3/30 Son of Barb and Don Johnson  
1/14 **Evan Scout Warren** 1/14 Son of Brian and Kellie Kozee Warren  
1/16 **Jennifer Lee Toadvine** 8/31 Daughter of Ted and Cyndi Toadvine  
1/17 **Howard Joseph "Jay" Crim** 5/23 Son of Becky & Keith LaVey and Howard B. Crim  
1/18 **Neil Patrick Fouch** 11/5 Son of Jennifer Gray and Michael Fouch  
1/17 **John Martin Robinson** 5/23 Son of Pat and Jim Robinson  
1/19 **Andrew Clive Cloyd** 8/5 Son of Roxann Devereux and Richard Cloyd  
1/20 **Nathan Winston Crim** 10/31 Son of Becky & Keith LeVey and Howard B. Crim  
1/22 **Julian Vincent D. Regalado** 8/23 Son of Mary Frances & Ramon Regalado  
1/22 **Corey Len Tackett** 8/28 Son of Sallie Jones  
1/24 **Nathan Charles Stamper** 5/24 Son of Charlie and Missy Stamper  
1/25 **Kevin Allen Flynn** 12/5 Son of Betty and Allen Flynn  
1/26 **Geoffrey James Chapman** 7/3 Son of Maureen Chapman  
1/26 **James Earl "Travis" Fryman** 8/9 Son of Rickey and Mavis Fryman  
1/27 **Zachary P. Stanfield** 9/19 Son of Ron and Karen Stanfield  
1/28 **Stacey Carol Sea** 8/12 Daughter of Darrell and Jean Sea  
1/28 **Shannon D. Robinson** 12/5 Son of Dale and Teresa Robinson  
1/29 **Ryan Gregory Yeiser** 7/25 Son of Greg (George) and Rita Yeiser

*Those attending the candle lighting programs in Lexington and Winchester, in conjunction with the TCF Worldwide Candle Lighting on December 13, 2009 were rewarded with excellent programs, special memories and shared moments. The Tree of Light and Hope was especially inspiring.*

*Special thanks to all involved with the planning and preparation including Mary, Ellie, David, Suzie, Richard, Stacy, Stephanie's mom (for her punch), and especially Janie.*

## What's It All About?

**By: Barbara Cook, Birmingham AL Chapter**

Some people say: "Why go to a meeting of The Compassionate good Friends? What good will it do? It won't bring back your dead child." They see it as morbid, "wallowing in grief."

But those who have come to meetings find the reverse is true. Parents come because they are hurting and want to ease the pain. They want to find ways to survive this terrible tragedy. The focus of our meetings is not primarily on the death we have experienced but on the life we are trying to rebuild for ourselves and for our families.

It is true we cannot take away the pain entirely, but we

can help in healing the emotional wound we have all suffered. We learn that we are not alone, that others have experienced the emotional upheaval we are going through, and that these are normal reactions. Parents share answers to such commonly asked questions as: What shall I do about my child's room and possessions? How do I answer the question: "How many children do you have?" What can I do to help my other children?

Chapter meetings usually have a speaker or program to provide information on some part of the grieving process. In addition tapes from our library

are a source which provide parents with direction which allows us to see where we are now and where we be in the days ahead.

Healing also comes from the one-to-one contact over coffee and cookies between parents who have just experienced the death of their child and parents who have found their grief softened by time. We can see that others have suffered the tragedy of the death of a child and yet have lived through the experience and are able to smile again. To paraphrase the song we "give (each other) hope to carry on."

## Jottings from Jo

**By: Jo Hepburn**

*In memory of Jonathan Hepburn 7/31/63—6/9/78 (from hit and run driver)  
Originally published in TCF Bluegrass Newsletter, January 1982*

The holidays are past again. Mine went easier this year. After a few very difficult days before Christmas (Jon's friends were home from college for Christmas) things happened that were a help to me. Some of these seemed a gift from Jon in a way. He never was far away, yet I felt he was free to do his thing where he is, and I was less dependent on him. That I never thought I would come to, but it's comfortable and safe.

The big kids gave me pastel

done from a favorite picture of Jon and I cried, partly because of their preciousness in doing this for me. They are children and though we are spread out, we will always be a family and is the best sort of team.

We've been "operational" for two years now as a group. Bonnie and I are proud and thankful for each of you who have helped in any way. One of blessings of Christmas was in reading over the cards when it was done (or is Christmas ever

over!) and finding several messages that mentioned warmth. That made me feel warm.

A new year faces us all. We can learn to carry our grief better, easier; and we will, because together we can carry it together. We can grumble, whine, and complain together, and we can smile, laugh, and love together. We will shuffle the load, straighten our backs and carry on. Our children will be proud.

**Love Gifts**

**In memory of Zack Camp, by his mother, Mary Camp**  
**In memory of Jeffrey Todd Sims, by his parents, Jim and Sharon Sims**

There are no dues or fees to belong to The Compassionate Friends. Some parents remember a birthday or anniversary date of their child, or a holiday with a "Love Gift". The Love Gifts help with the mailing of the newsletter, maintaining and updating our library and meeting costs. Please send Love Gifts to:

David Fields  
P.O. Box 647  
Nicholasville, Kentucky 40340

Please remember, if given in memory of your child, to include his/her full name.

A very special **THANK YOU** to those who contribute to the basket during monthly meetings.

***We greatly appreciate your support!***

**Your vote can help TCF win up to \$1 million**

You can help our organization in a big way with little effort! Plan to cast a vote for TCF January 15-22 in the second round of the Chase Community Giving program, and help us to win a \$1 million award. That's right, \$1 million.

The very unique \$5 million Chase Community Giving program has already awarded 100 nonprofits, *including The Compassionate Friends*, \$25,000 each for receiving the most votes in round one November 15-December 12 from among 500,000 eligible smaller nonprofits. Tens of thousands of nonprofits were nominated by their membership. The votes from our members, family, friends, and Facebook Fans combined to give us enough votes to finish in the top 100 of all charities participating.

In the January second round of voting, the nonprofit receiving the most votes will receive a \$1 million grant while five runners-up will receive \$100,000 each. The Compassionate Friends is aiming squarely for the \$1 million top grant!

Voting in the Chase Community Giving \$5 million program is done entirely on Facebook. Even if you're not already on Facebook, you can easily join, cast your vote, and then, as you wish, either use or deactivate your account. For more information on this tremendous opportunity to help our organization and bereaved families just like yours, please visit our national website at [www.compassionatefriends.org](http://www.compassionatefriends.org) for updated information. You can also write [wayne@compassionatefriends.org](mailto:wayne@compassionatefriends.org).

Thank you to all our chapter members who voted in the first round for our organization!

**International Compassionate Friends Day *January 28th***

"Many chapters of our organization throughout the world have expressed the wish that once a year, a day should be set aside when The Compassionate Friends is mindful not only of its worldwide family, but of the children whose names we honour. To this end our Birthday, January 28th has been designated  
**"Compassionate Friends Day"**

**Save the date....**

**The Compassionate Friends  
2010 Frankfort, KY Regional Conference  
*"Remembering, Helping, Healing"*  
March 19—20, 2010  
Capital Plaza Hotel  
Frankfort, KY**

**The Compassionate Friends Credo**

We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow. We Need Not Walk Alone. We are The Compassionate Friends.