



**THE  
COMPASSIONATE  
FRIENDS**

# Bluegrass Chapter Newsletter

*"We need not walk alone."*

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

P.O. Box 647, Nicholasville, Kentucky 40356

May 2009

## **Chapter Co-Leaders**

Jim Sims & Stephanie M.

## **Treasurer**

David Fields

## **Newsletter Mailings**

Janie Fields

## **Newsletter Editor**

Lisa Fields

## **Bluegrass Chapter The Compassionate Friends**

## **Regional Coordinator**

Karen Cantrell  
(502) 320-6438

## **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

### **Monique Podgorski**

(859) 381-8256

### **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:*

*Joan Reynolds, mother of **John Thomas Reynolds**, 3/12*

*Bob and Linda Riley, parents of **Christopher Todd Riley**, 2/27*

*David and Beth following the death of their son*

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## 2009 National Conference Information Announced



The 32<sup>nd</sup> National Conference will be held in Portland, Oregon August 7-9, 2009 with the theme *Mountains of Compassion – Roses of Love*. You can register online at [www.compassionatefriends.org](http://www.compassionatefriends.org).

As with past national conferences the upcoming event promises a good dose of caring, sharing, and healing with well over eleven hundred people who understand much of what all those attending the conference have gone through.

There will be plenty to do, or you can simply relax with friends, old and new, during the conference, which features four outstanding keynote speakers.

- **Candy Lightner** is well-known as the dynamic founder of Mothers Against Drunk Drivers (MADD). Candy's 13 year-old daughter Cari was struck by a vehicle from behind and killed May 3, 1980, as she walked down a quiet street. The hit-and-run driver had four previous drunk driving convictions and had served virtually no time in jail. Candy went from being a divorced mother selling real estate to a "crusader with a cause," testifying before legislatures. Obsessed with her crusade, Candy, with friends, started MADD, which has grown to more than 600 chapters and three million members throughout the United States and at least four other countries.
- **Reg and Maggie Green** are the parents of Nicholas Green, the seven-year-old American boy who was shot and killed by highway bandits in Italy in 1994. Their decision to donate his organs to seven Italians became a major news story around the world, spawning thousands of organ donations in Italy (a country where organ donations were virtually unheard of before Nicholas' death) and around the world. This remarkable story was made into a CBS movie of the week called *The Nicholas Effect*. They will be the Friday afternoon banquet keynote speakers.
- **Darcie Sims**, 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*. She is the Sunday Closing keynote speaker.
- **Michele Longo Eder** is author of *Salt in our Blood—The memoir of a Fisherman's Wife*. Michele, an accomplished lawyer, started journaling what daily life was like for her while her husband and sons were commercial fishing off the coasts of Oregon, Washington, and northern California. Never did she dream that her journaling would include the account of a personal tragedy that struck just before Christmas 2001. She will be the Friday Opening keynote speaker.

Lots of activities are planned for the 2009 conference:

- Friendship, understanding, and hope in everything that makes up the conference from workshops and banquets, to sharing sessions and the Walk to Remember.
- A special Friday evening performance of the Rabbit Hole, the Pulitzer Prize winning play about a couple's struggle with grief after the sudden death of their four year-old son.
- Nearly 100 workshops for parents, siblings, grandparents, and other family members. Sharing sessions on different topics will be held every evening.
- The Tenth Walk to Remember® Sunday, August 9 starts out at the Doubletree Hotel and encompasses a scenic route. This symbolic two-mile walk shows, as members and supporters of The Compassionate Friends understand, We Need Not Walk Alone. All are welcome to register and participate in memory of all children who have gone too soon. You do not have to be registered for the conference to participate.
- A variety of gifts and mementos available in the Butterfly Boutique.
- Memory boards (please bring a picture—or hanging memento—up to 8X10")
- Silent auction and raffle to benefit The Compassionate Friends.



## **The Compassionate Friends Bluegrass Chapter Annual Picnic**

**Date:** Saturday, June 6, 2009  
**Location:** South Elkhorn Christian Church  
**Time:** 5:00 pm.

### **Chapter will provide:**

- hamburgers/hotdogs/buns
- condiments
- drinks
- paper goods
- silverware

***Please bring a side dish or dessert.***

### **Events planned for this year:**

- Butterfly Release
- Memory Table

***Please bring a photograph of your child or sibling to share.***

- Silent Auction to benefit the Garden of Angels at Bluegrass Memorial Gardens.

***Please contact Suzie McDonald at (859) 576-7680 if you have items to donate in memory of your son, daughter or sibling.***



***The Bluegrass Chapter of the Compassionate Friends Steering Committee meets on the first Monday of each month at 6:30 at Hospice of the Bluegrass. All are welcome to attend and participate.***

## Our Children

### Forever Loved and Remembered

#### May Birthdates

5/1	<i>Emily Ann Preston</i>	08/22	Granddaughter of Bud and Gwen Preston
5/6	<i>Mitchell Allen Jaquish</i>	03/12	Son of Ellie and Thomas Jaquish
5/7	<i>Mark Robert Bartella</i>	04/28	Son of John and Brenda Peterson
5/8	<i>Michael Patrick Randall Morgeson</i>	07/18	Grandson of Carl & Phyllis Hardin
5/9	<i>Riley London Clark</i>	09/20	Son of Jordan and Sherrie Clark
5/10	<i>Lori Em Kotzbauer</i>	08/01	Daughter of Bob and Connie Kotzbauer
5/10	<i>Steven Roberts</i>	08/14	Son of Elizabeth Roberts
5/10	<i>Kim Varney</i>	03/30	Daughter of Judy Varney
5/12	<i>Mitch Baber</i>	01/09	Son of Steve and Kim Baber
5/12	<i>Margaret Angela Hunt</i>	07/29	Daughter of Linda & James Litzinger
5/14	<i>Jayne Ann Smith</i>	05/07	Daughter of Jeanette McGee
5/14	<i>Michael Bransford Burns</i>	07/14	Son of Emily and Mike Burns
5/14	<i>Robin Lee Webb</i>	02/22	Daughter of Ricky and Sharon Blakeman
5/15	<i>Olivia Faith Higgs</i>	12/27	Daughter of Wesley and Beverly Higgs
5/15	<i>Parker Blair</i>	05/15	Son of Bill and Jennifer Blair
5/15	<i>Samantha Blair</i>	05/15	Daughter of Bill and Jennifer Blair
5/15	<i>Christopher Todd Riley</i>	02/27	Son of Robert and Linda Riley
5/16	<i>Lisa Jean Johnson</i>	04/27	Daughter of Sam and Doris Strader
5/18	<i>Christopher Frederick Lenz</i>	05/18	Son of Mark and Karen Lenz
5/19	<i>Denise Brantigan Engdahl</i>	05/29	Daughter of Maureen & Richard Brantigan
5/19	<i>Terry Hayes</i>	07/27	Son of Patricia Morgan
5/19	<i>Dillon Andrew Scott Waldrige</i>	08/14	Son of Meredith Waldrige
5/21	<i>Colby Giles</i>	05/12	Son of Debbie and Robert Giles
5/23	<i>Michael Patrick Randall Morgeson</i>	07/30	Son of Stacy & Michael Morgeson
5/23	<i>John Martin Robinson</i>	01/17	Son of Pat and Jim Robinson
5/23	<i>Howard "Jay" Joseph Crim</i>	01/17	Son of Becky & Keith LaVey & Howard Crim
5/23	<i>Stephen Booher</i>	03/07	Son of Mary McCormick
5/24	<i>Tracey Lynn VanHoose</i>	09/14	Daughter of Karolyn and Sam Guy
5/25	<i>Nathan Charles Stamper</i>	02/24	Son of Charlie and Missy Stamper
5/27	<i>P. J. Phillip Duncan</i>	02/25	Son of Donna Breeze
5/27	<i>Keich Allen Newby</i>	10/18	Son of Sharon Newby
5/27	<i>Adam Harold Cave</i>	07/18	Son of Mark Cave and Krystal Landers

## Our Children

### Forever Loved and Remembered

#### May Birthdates Continued...

5/31	<i>Scarlett Lynn Miller</i>	07/17	Daughter of Ronald and Ruby Miller
5/31	<i>Matthew "Beau" Salsman</i>	09/27	Son of Ray and Vicki Salsman
5/31	<i>David Scott Fine</i>	06/15	Son of Aida and David Fine

#### May Remembrances

5/1	<i>Jason Davis</i>	04/13	Son of Curt Davis
5/1	<i>Bridget Elizabeth Kolles</i>	04/29	Daughter of Greg and Mary Kolles
5/1	<i>Christina Leigh Kolles</i>	04/29	Daughter of Greg and Mary Kolles
5/4	<i>William Elliott Sommer</i>	09/24	Son of Tim and Rita Sommer
5/4	<i>Stan Caudill</i>	02/21	Son of Tom and Patricia Tschop
5/7	<i>Jayne Ann Smith</i>	05/14	Daughter of Jeanette McGee
5/9	<i>Missy Fields</i>	02/25	Daughter of David and Janie Fields
5/10	<i>John Harold Putman</i>	07/04	Son of John and Harriet Putman
5/11	<i>Janene Carpenter</i>	08/09	Daughter of Linda Carpenter
5/11	<i>Bill Mahan III</i>	07/22	Son of Bill and the late Susie Mahan
5/11	<i>Jacob Scott Harrod</i>	01/22	Son of Mike and Cindy Harrod
5/12	<i>Colby Giles</i>	05/21	Son of Debbie and Robert Giles
5/14	<i>Brian Paul Staats</i>		Son of Juanita and Paul Staats
5/14	<i>Eugenia L. Morton</i>	02/15	Daughter of Eugene & Joyce Morton
5/18	<i>Heidi Allen Hunt</i>	07/12	Daughter of Judy B. Horne
5/19	<i>Robert Patrick Dehner</i>	09/15	Son of Tim and Connie Dehner
5/20	<i>Tyler Benjamin Johnston</i>	01/02	Son of Joe and Andi Johnston
5/20	<i>Jim Taylor, II</i>	07/26	Son of Dinah and Jim Taylor
5/22	<i>Mark Romond</i>	03/11	Son of Jan and Ed Romond
5/23	<i>Kimberly Ann Holder</i>	11/01	Daughter of David and Sondra Holder
5/26	<i>Erin Renee Glass</i>	06/14	Daughter of Martha and Wesley Glass
5/28	<i>Garrett Witt</i>	09/16	Son of David and Linda Witt
5/28	<i>Timothy Ray Elkin</i>	06/22	Son of Betty and the late Billy Elkin
5/29	<i>Denise Brantigan Engdahl</i>	05/19	Daughter of Maureen & Richard Brantigan
5/29	<i>Jonathan Brewer</i>	07/23	Son of Teresa and Don Bush

## Mother's Day Revisited

### By Barbara Atwood, TCP, Tucson, Arizona

Many of us in TCP do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish.

Mother's Day this year looms as a particularly difficult milestone for me, Sunday, May 10, 1998, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion. I engaged in a little research about the holiday and learned a story that I think is worth sharing.

Mother's Day was the creation of a woman named Anna Jarvis in the early years of this century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering - seven of her eleven children had died in early

childhood. According to historians, Anna's mother mourned the deaths of her children throughout her life.

Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because of her efforts. President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother-a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background, and my attitude towards Mother's Day has been colored by the knowledge. The holiday now makes me think of the

common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space. In a broader sense, the woman for whom the holiday was founded reminds me of people I've met at TCP who have continued to live productive, meaningful lives in the face of unthinkable loss.

Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well that from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history. Mother's Day is easier for me to tolerate. The coincidence of dates this year-Mother's Day and the anniversary of my son's death-is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

## Check Out Our Library

Our library is a great resource for our members, friends and families. Be sure and come to our monthly meetings early enough to browse our selection and borrow a book. If you would like to make a donation to our library, please contact Mary at [thecamps@roadrunner.com](mailto:thecamps@roadrunner.com). When borrowing a book, please remember to return it.



## Anticipating Mother's Day

### Annette Mennen Baldwin

### In memory of my son, Todd Mennen

### TCP, Katy, TX

Before we lost our son is my only child, I do not have the comfort of other children nor do I have the need to put on a happy face. Instead, I am able to choose what I will do without feeling the burden of guilt.

With the death of our child, this dynamic was forever transfigured. Now, instead of looking forward to this day, we grasp at anything that will keep our minds away from it. Yet the anxiety still creeps into our minds and hearts; our stomachs churn and tears fill our eyes at the most inopportune moments. The dreadful countdown begins in late April and lasts for nearly three weeks.

This is the fifth Mother's Day I have endured since the death of my son. Each year I have the same, desperate anxiety, yet each year the day is a bit easier to handle. Each year the anticipation is far worse than the day itself.... "borrowing trouble" as my dad would say. Since my

choice that is based on our own truth.

The day itself is not nearly as overwhelming as the buildup of anxiety and sadness which precedes it. I have found this to be true of all holidays, birthdays, death anniversaries and special occasions. I am trying to live in the moment. When the moment of Mother's Day happens, I will decide what I should do. I refuse to let others pressure me. I refuse to become maudlin over greeting card commercials and heart-grabbing point-of-purchase marketing efforts. I will not be manipulated by the agenda of others.

While my first Mother's Day was filled with tears, subsequent Mother's Days have been more subdued.

The choice to embrace or ignore Mother's Day is yours alone. Many bereaved mothers adopt a new perspective which honors their child and still gives normalcy to their family. Mother's Day is bittersweet for us. The pain is part of the love that we will feel for our children for eternity. We wouldn't trade one treasured moment for a cosmic reduction of our pain.

Some of us plan the day carefully. Some of us just "go with the flow." Some of us weep; some of us work. Some of us read, some of us revel in this special moment set aside just for mothers. Each of us makes a

But on Mother's Day, as on each day of the year, I will think of my son, remembering the child he was and the man he became. I will honor his life by doing the best I can with what is left of my life. I will remain in the moment and treasure my memories. And for this mother, that is enough.

## Love Gifts

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 remember, if given in memory of your child, to include his/her full name. A very special Thank You to those who contribute Love Gifts to the basket during monthly meetings. We greatly appreciate your support! Please send Love Gifts to: David Fields, P.O. Box 647, Nicholasville, Kentucky 40356

## **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.

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