

## Of Milwaukee County

*The vision of TCF "Those that need us will find us. Those that find us will be helped."*

### MILWAUKEE COUNTY CHAPTER

115 East Fitzsimmons Road  
Oak Creek, WI 53154

Chapter Leader:

**Rosemary Albrecht** - 414-764-5668

Meetings are held the  
3rd Tuesday of each month  
6:30pm - 8:00pm

At the Oak Creek Community Center  
8580 S. Howell Ave. - Oak Creek, WI

For more information contact  
Rosemary  
at the above number.

Web Site: [www.tcfmilwaukee.com](http://www.tcfmilwaukee.com)

Love gifts and letters for Milwaukee County  
can be sent to:

**The Compassionate Friends**  
at the above address.

E-mail address  
[tcfmilwaukee@yahoo.com](mailto:tcfmilwaukee@yahoo.com)

**~We need not walk alone  
We are the Compassionate Friends~**



## Chapter Newsletter

November, December  
2008

### Our Upcoming Chapter Meetings

Why is Holiday Grief so hard? One of the most anxiety riddled times of the year for bereaved parents is the holiday season. These month's meetings will be an open discussion about handling the holidays. We will talk about the emotions and practical solutions to the increased sense of loss which we feel at this time of the year. We encourage you, our members to attend.

The meetings are:

November 20<sup>th</sup> and December 16<sup>th</sup>  
6:30 at the Oak Creek Community Center

### Check out our NEW Chapter Website

In order to use our newsletters for Chapter news and to aid in the bereavement of families who are grieving, we would like to refer you to our great local website listed. The Chapter is full of thankfulness, to our webmaster, Shirl Furgel who has put together an awesome website for us. Here you will find additional information not noted in our newsletters and great links to the most helpful resources included the National Compassionate Friends.

[www.tcfmilwaukee.com](http://www.tcfmilwaukee.com)

### Join the E-Mail list for Milwaukee Chapter of The Compassionate Friends

If you have a computer and would like your name to be added to the e-mail list for our chapter, please send an e-mail to our site [tcfmilwaukee@yahoo.com](mailto:tcfmilwaukee@yahoo.com) complete with your E-mail address and desire to be on our e-mail list for news and events.

We will have our button maker at monthly meetings for anyone who wants to make a purchase.

Bring a photograph of your loved one that can be cut to 3" diameter



The cost is \$1.00 each

THANK YOU SIEVERT TRUCKING for donating the dirt we needed to renovate the Children's Memorial Garden. Look for new plants and the NEW beauty of your Children's Memorial Garden. We are grateful for the help of families who showed up to shovel all that dirt in. We got to talk about our kids. That was the best part!

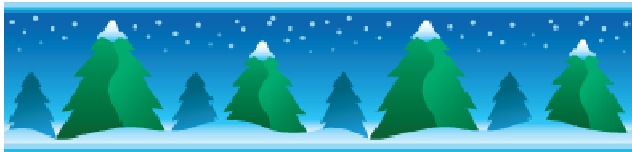


**Gifts of Love** your donations help spread the message of hope and healing. TCF is a 501c3 organization and funded only by donations. Monetary gifts in any amount are deeply appreciated and we gratefully accept these gifts knowing our children are warmly remembered.

- In loving memory of their son, **Trenton Thomas Basak-Wilson** on his Angel date, October 2<sup>nd</sup> – Jenny & Jason Basak
- In loving memory of her son, **James Gyuro** – Anna Gyuro
- In loving memory of her son, **Troy Vanderhei** on his birthday, September 8<sup>th</sup> – Donna Vanderhei
- In loving memory of her daughter, **Sarah Stachula** – Lynette Girtler
- In loving memory of his princess, **Sarah Stachula** – Richard Rogalinski
- In loving memory of **Jeremy Achatz** on his birthday, November 7<sup>th</sup> – Sue Achatz
- In loving memory of **Stefani Niechlanski** – Daniel & Ethan Niechlanski
- In loving memory of their daughter, **Suzanne Elizabeth Albrecht-Mole** on her birthday, December 13<sup>th</sup> – Bob & Rosemary Albrecht and brother, Scott.
- In loving memory of their son, **Stephen Boisits**, on his birthday, October 16<sup>th</sup> – Ernestine and Frank Boisits
- In loving memory of their daughter, **Barbara Boisits-Mattson** on her birthday, September 14<sup>th</sup> – Ernestine & Frank Boisits
- In loving memory of her son, **Andrew C. Anton** – Paula Anton
- In loving memory of her son, **Peter Blaske** – Holly Blaske
- In loving memory of their son, **Eric Beine** on his angel date September 5<sup>th</sup> – Mark and Corrine Beine
- In loving memory of her son, **Peter E. Sobotka** on his birthday, August 11<sup>th</sup> – Mildred Sobotka
- In loving memory of their son **Ron Schwerm** – Charles and Virginia Schwerm
- In loving memory of her grandson, **James Allen Czarnecki** – Rosie Czarnecki
- In loving memory of her daughter, **Cheryl Haas**, on her birthday October 6<sup>th</sup> – Beverly Fischer & Ken Boussonalt
- In living memory of their daughter, **Teresa E. Szabo-Schaefer** – Anna & Laszlo Szabo
- In loving memory of their son, **Brandon Giuli** – Doug & Nikki Giuli
- In loving memory of her granddaughter, **Angelina Gunderson** – Auria E Roso
- In loving memory of **Alicia Zalar** – Cory Kiliponen
- In loving memory of their dear son, **Ricky Grundy** on his birthday September 30<sup>th</sup> – Donald and Lillian Grundy & family
- In loving memory of her son **Derrick Christmas-Lewis** on his angel date, November 7<sup>th</sup> – Gloria Dupar
- In loving memory of **Isley M. Neal** on her birthday, November 19<sup>th</sup>
- In loving memory of their son, **Brian Janzer** – Mike & Joan Janzer
- In loving memory of their son, **Howard Bressler**, on his angel date, August 12<sup>th</sup>, Steve and Sue Bressler
- In loving memory of his son, **David Schum** on his birthday, September 17<sup>th</sup> – Tim Schum
- In loving memory of their daughter, **Michelle Hoffmann**, on her angel date, October 30<sup>th</sup> – Earl & Miriam Hoffmann
- In loving memory of her son, **Keith Coburn** – Peggy Coburn
- In loving memory of their son, **Tommy Esselman** – Paul & Kathy Esselman
- In loving memory of their daughter, **Amanda Guth-Trottier** on her birthday, December 27<sup>th</sup> – Dave & Barb Guth

***We thank you for your love gift donations and keep you and your children in our thoughts and prayers***





## Holiday—Again

There always seems to be another holiday around the corner. Now we are looking towards Thanksgiving, Christmas, Chanukah and New Years.

How do we as grieving parents, grandparents, or siblings look forward to or celebrate the holiday?

There is no one answer. It may depend on whether our child died close to the holiday, how the holiday was celebrated, whether the holiday was important to our family, our religious beliefs and/or the length of time since our child left this earth.

We approach the holidays with two thoughts. One, the memory of shared holidays with family and friends. Two, the emptiness brought about by our children who are no longer here. We remember the use to's. Now the holiday season brings us again the melancholy awareness of their absence choose to

After some years, we may return to our previous holiday tradition .Those of us, who recently had their child die, may feel they want to skip from right before Thanksgiving until right after New Year's.

Many not so newly bereaved may feel the same. Make your own results for the holidays. The way that you can best cope with the celebration is uniquely your own. Some of us will need to withdrawal from celebrating the holidays; others celebrate differently from past traditions. Some families never mention their child, while other families might set an extra place at the table and light a candle. Both extremes and all methods in between are right and appropriate.

*Wishing you a peaceful and gentle holiday season,  
TCF Milwaukee*



### *A note from the Editor*

I had such great plans for the November/December Newsletter. After all it's another holiday without my son Christopher. Newsletter Editors are cautioned not to turn the newsletters into a memorial of our child. But, I was going to hoard some space in honor of my Christopher. So what happened? Nothing!

. I came across a good quote recently by Stephen King. It says, "*the most important things are the hardest to say, because words diminish them*". Maybe this is why I am at a loss for words. How could I express all I wanted to express about my son? Maybe, this too, is the reason others fail to jump in and submit articles about their children. What are appropriate words for a loss so great? I've yet to find any to offer others.

Yet, we do our best to comfort each other, in this road of sorrow we are left to travel until we meet our child again. The Compassionate Friends meets the third Tuesday of each month. If you haven't been to a meeting before or haven't been to one in awhile, I encourage you to come to our next meeting. You just may hear some words of comfort, encouragement and understanding from someone who can say they know what you are going through.

Alan Pederson had said "if you don't come to a meeting because you feel you don't need them anymore.. come, because WE need YOU.

If you would like to submit a poem, a writing or brief article about your child or your grief journey for publication in our newsletter, e-mail your request. We encourage our members to contribute to our newsletter and share their memories and thoughts with all.

[www.tcfmilwaukee@yahoo.com](http://www.tcfmilwaukee@yahoo.com)

Karen Matulis

### TCF Milwaukee 10<sup>th</sup> Anniversary

was a huge success. Close to 200 people attended an amazing performance by Alan Pedersen, a bereaved father as he shared his journey.

Thank you to all who have attended and those of you who helped support our vision in the past 10 years. May we be blessed with 10 more.



Alan Pedersen's website:

<http://www.everashleymusic.com/>

"Though it hurts to lose a loved one, it is most painful to grieve for what you didn't get to enjoy with them. Rather, remember the blessings they left behind, with so many wonderful memories. Treasure their essence, for it is still here with you " *Flora L. TCF California*

## Ten Tips for Surviving the Difficult Holidays after Your Child Dies

Patrica Loder, Executive National Director of **The Compassionate Friends** submitted these ideas as a way to help families whose child has died and are struggling.

- ◆ Plan ahead. Realize you will not be able to do everything with everyone. Decide what is truly important to you and your family.
- ◆ Don't be afraid to ask friends for help. Tasks which may normally take a little effort can feel overwhelming, whether it's fixing a meal, cleaning the house, or putting up decorations.
- ◆ No one expects you to string rows and rows of lights just to prove you have the holiday spirit. If you don't feel up to past efforts, you may simply want to place an electric powered candle in your window in memory of your child.
- ◆ Just because you've hosted gatherings in the past doesn't mean you're obligated to this year. Others will understand.
- ◆ After a child dies, old traditions are often left behind and new ones that incorporate the child who died can take their place. Honor the memory of your child in unique ways that have meaning to you.
- ◆ Surviving children should be include in your plans. They too mourn their sibling, but need a normalcy the holidays can provide.
- ◆ If you don't get everything done that you plan, be easy on yourself. Greif is tough work and you should never feel guilty for not getting everything done.
- ◆ If you must shop for others, find a time when the stores are not extremely busy. Like early morning. Order through the internet or ask others to shop for you.
- ◆ Participating in a memorial service, such as **The Compassionate Friends Worldwide Candle Lighting**, the second Sunday in December, can be very meaningful.
- ◆ Remember that the fearful anticipation of an approaching holiday is usually worse than the day itself.

"Many people believe that they can escape the holidays by leaving home on a vacation," adds Mrs. Loder. "This rarely helps because grief can never be left behind and it is important to have the support of relatives and friends. Talking with others who have also had a child die, can help those facing grief to understand they are not alone. Others have survived the holidays and they will too."

**Plan ahead for the approaching holidays Recognize that this season will be different**

### Please

Please, don't ask me if I'm over it yet  
I'll never be over it  
Please, don't tell me he's in a better place  
He isn't here with me.  
Please don't say at least he isn't suffering  
I haven't come to terms with why he had to suffer at all  
Please, don't tell me you know how I feel  
Unless you have had a child that died  
Please, don't ask me if I feel better  
Bereavement isn't a condition that clears up.

Please, don't tell me at least you had him for so many years  
What year would you choose for your child to die?  
Please don't tell me God never gives us more that we can bear  
Please just say you are sorry  
Please just say you remember my child, if you do  
Please just let me talk about my child.  
Please, mention my child's name  
Please just let me cry.

-unknown



## *My Wish for Santa*

What would I ask of Santa this year  
If any wish that I wished could come true?  
The ultimate wish is that you would come home  
And I could spend one more Christmas with you

The tree lights would seem so much brighter  
Your laughter would fill the air  
It would take us back thru the twenty two years  
When you were always here.

You would come through the door bearing gifts,  
But not the seasonal Christmas toys,  
You would bring what I have missed the most,  
The laughter and the noise.

Our home has seemed so quite  
Since you have gone away  
So when it was time for you to leave  
Would I beg for you to stay?

Or would I try to go with you  
When you went back up above  
But surely I could never leave behind  
The ones here that I love!

So with a tear I'd let you go  
And as I turned around  
The echoes of your laughter  
Would fill the house with sound.

This sound would last a lifetime,  
I would understand that your're okay  
And that we will be all together again  
On a future Christmas Day

He's spent the last five years in heaven,  
Through which I've shed many a tear  
Please Santa, let my one wish be granted  
Let him come home for Christmas this year!

*Memory of my son, Bobby Ching TCF Southern  
Maryland,--Linda McInturff*

## **How Many Stockings Shall I Hang?**

What a torment! Funny how you worry what your friends will think. For days I worried...and finally hung three stockings on the fireplace and laid one gently on the mantle.

But that was last year. This year I shall hang all four above the fireplace. For this year, the confusion of my mind has found new answers with conviction. Whether my oldest daughter lives in Tucson, or my youngest son is dead – these are my children – our family – and as long as we hang the Christmas stockings, we shall hang them all – with love.

- TCF Hinsdale, IL Shirley Melin



### **The Perfect Gift**

Last year I was admiring the Hummel plate and the bell that my husband and I had purchased to celebrate the birth of our two children. It occurred to me that we had nothing to commemorate the birth of our first child, whom has died in October. My husband and I decided that we would purchase a Hummel for our daughter, Kelly Ann, for Christmas. The clerk in the store said the Hummel for 1979 was a bell and that is was on sale that day for half price. We were prepared to spend whatever was necessary, but thought it quite a coincidence that only THAT particular piece was on sale.

Every Hummel figurine has a title. When the clerk took the bell out of the box, on it was a picture of a little girl waiving goodbye. The title said "Farewell"

-Diane Ford

*If you have stories, and want them part of the newsletter,  
Please e-mail them to: [www.tcfmilwaukee@yahoo.com](mailto:www.tcfmilwaukee@yahoo.com)*



~5~



*Whatever you may  
celebrate these  
months, we wish you  
peace, wisdom and  
comfort.*

*TCF Milwaukee Leadership*

## COMPASSIONATE FRIENDS

Milwaukee County Chapter  
115 East Fitzsimmons Road  
Oak Creek, WI 53154

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### Worldwide Candle Lighting December 14, 2008 Oak Creek Community Center 6:00pm



Held annually the second Sunday in December, this year December 14, 2008, The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe as they light candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor children in a way that transcends all ethnic, cultural, religious, and political boundaries. Believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, TCF's gift to the bereavement community, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

For details Check out

<http://www.compassionatefriends.org>

