



**The  
Compassionate  
Friends**  
Supporting Family After a Child Dies

Chapter email: [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)

Tucson Chapter  
P.O. Box 30733  
Tucson, AZ 85751-0733  
(520) 721-8042  
[www.tucsontcf.org](http://www.tucsontcf.org)

National Headquarters  
The Compassionate Friends  
48660 Pontiac Trail #930808  
Wixom, MI 48393  
Toll free (877) 969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

## **WALKING THIS VALLEY- Tucson Chapter Vol. 46 No. 5 September-October 2024**

Welcome!

All bereaved parents, grandparents, and adult siblings are welcome at our support group meetings. Here you will find comfort, caring people, and most of all-HOPE. Coming to the first meeting is hard, but you have nothing to lose and much to gain. For many it is the first real step toward healing. Although it may seem overwhelming, we encourage you to come to several meetings to give yourself a chance to become comfortable. The hope of The Compassionate Friends is that those who need us would find us and that those that find us would be helped. TCF also provides information to help members be supportive to each other. We are not professional counselors. We are bereaved families who want to help each other.

**We're sorry for the reason you're here, but we're glad you've found us-Tucson TCF**

**Tucson Chapter Meetings: Christ Church United Methodist 655 N. Craycroft**

**Second and Fourth Wednesdays, 7-9pm**

**September 11, 25    October 9, 23 (Chapter Candle lighting)    November 13, 27**

**Note to Readers: I have computer issues and the database of names for birthdays and remembrance days is being reconstructed. If your child's, grandchild's, or sibling's name is missing and you want it published please leave a message on the phone line or email at [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com) Corrections will be made in the next publication. Apologies and thanks, Diane Allison Editor**

I Can See You

I can see you when a friend visits your grave,  
I can see you when I hear your favorite music,  
I can see you when your dog howls as you taught him,  
I can see you when the stars shine brightly,  
I see you in my mind's image when the summer rain cools the desert brush,  
When spring buds emerge with new growth,  
When winter chills the air,  
When I see young lovers look into each other's eyes and  
make promises, have goals and dreams.  
In my intense pain, I hear you whisper, "I'm O.K."  
I cannot see you when others are uncomfortable with me,  
When I can't even mention the anniversary of your death,  
When someone unwittingly said I have two children and I  
wanted to scream that I have three, now and always.  
Please be kind and allow me to see him in my own way  
because he exists in my world and  
I see him when you let me.

Cindy Nevins  
TCF Tucson Chapter, AZ



## OTHER TUCSON IN PERSON AND ONLINE INFORMATION AND SUPPORT

- \*Information & Referral Services: <http://www.211arizona.org/>
- \*Homicide Survivors, Inc.: 520-740-5729
- \*FOOTPRINTS-Pregnancy and Infant loss: 520-873-6590
- \*Tu Nidito/Children to Children: 520-322-9155
- \*Alive Alone <http://www.alivealone.org/> -for parent(s) who have lost their only child
- \*Survivors of Suicide..... 520-989-0467
- \*www.empactsos.org (suicide loss support group)
- \*Rachel's Gift (pregnancy and infant loss-national group) [www.rachelsgift.org](http://www.rachelsgift.org)
- \*Miss Foundation <http://www.missfoundation.org/>
- \*babysteps.com
- \* thegriefftoolbox.com
- \*griefwatch.com (books and products)
- \*whatsyourgrief.com
- \*Pomc.com (families of murder victims)
- \*save.org (suicide awareness)
- \*webhealing.com
- \*taps.org (military death)

## CRISIS HOTLINE INFORMATION

National Suicide Prevention Lifeline	1-800-273-8255
Suicide Hotline	1-800-Suicide
Depression & Crisis Hotline	1-800-784-2433
The National Institute for Trauma & Loss in Children (TLC)	1-877-306-5256
Families Anonymous (Addiction/Recovery)	1-800-736-9805
Al-Anon Family Groups (Addiction/Recovery)	1-888-425-2666
Post Partum Depression	1-800-944-4773



### **The 2024 Jim Click Millions for Tucson Raffle**

**The Raffle has begun! Grand Prize New 2024 Jeep Wrangler Rubicon 4xe Plug-In Hybrid. Actual vehicle is white which is preferred for our hot summers! 2<sup>nd</sup> prize Two Round-Trip First Class Airline Tickets to anywhere in the world! 3<sup>rd</sup> Prize \$5000!**

**Due to Popular Demand Jim Click brought back the 5 for \$100!! (Of course if you want individual tickets they are still \$25 each.) Please support our chapter. This is our main fundraiser for the year. Tickets available at meetings or leave a message on our phone line and we will be in touch. Remember all money for tickets stays with the charity.**

## September Birthdays

MICHAEL STEPHEN ACOSTA  
MICHEAL AUSTIN ANDERSON  
LYRA DANIELLE BARBER  
JAMES K. BROWN JR.  
BRANDIE CAMPBELL  
SEAN KELLY CATAUDELLA  
MICHAEL SCARDAVILLE  
GEORGIA COLEHOUR  
MAHLON (Jimmy) CRONK  
ANTHONY JESUS DURON  
STEFAN ENRIQUEZ  
MCKENZIE HARRISON  
JAYANNA LYNN JUAN  
MATTHEW KAUFMAN  
CHRISTOPHER FAVELA  
ZEMIRA BAYLA LENC  
KRYSTAL SUE MAEDL  
JANESSA JACLYN SMITH  
CHRISTOPHER MUELLER  
CHRISTOPHER FRANKLIN RICHTER  
EDITH LAURINE WHITSETT

PALINA ALDECOA  
ANITA BECERRA  
ALEAH CRUCE  
MARTY BEDELL  
MAVERICK CAMPISI  
MARLA THYE  
ORION WORLEY  
RICK WILLIAMS  
CLINT SMITH  
JACOB EISNER  
CHRISTIAN WATSON  
JEFFREY HILL JR.  
REBECCA KATZ  
JOE KEELING  
ZACH MORGAN  
REYNALDO PARADA  
RICHARD MORGAN  
MICHAEL SCHNEIDER  
PENELOPE NOELLE PADILLIAS  
MAKAYLA SOPHIA GUNDERSON

MIKE BALL  
TOM BATES  
LISA GATZ  
RYAN HORN  
C WARNER  
MATTHEW DODGE  
DUSTIN YODER  
SEAN SEGALL  
AMY SVOBODA  
ANDY SAUERS  
ANGEL LEON  
DANIEL HUGHES  
ADAM REICHEG  
LORRAINE GUPPY  
AARON NICHOLS  
CRAIG HAUGE  
TRAVIS TRADER  
BEN-DAVID PFLUG



## September Remembrance Days

RICHARD NICHOLAS UMBERGER  
KEVIN ROBINSON-BARAJAS  
LUIS MIGUEL SALAZAR  
JUSTIN ZEHNGUT  
JASON BAKE  
JOHN CARSTENS  
PETER JAMES "PJ" FARRELL  
KALYN MARIE GREGG  
KETZIA AMAIRANY FLORES  
PETER KJOLSRUD  
DAMIEN MELZER  
SEAN ALEXANDER KINCAID  
CHRISTOPHER LAWSON  
GIDEON MCDONALD  
LUKE MICHAEL RICHARDS  
JESSICA ROSE RUSSELL  
NATHAN SPANGENBERG

SABRINA KINSLEIGH WILLIAMS  
ROSALINA ISABELLA SAENZ

DAVID ARAOS  
MARK BATES  
MATTHEW DODGE  
LISA GATZ  
CRAIG HAUGE  
JESSE GELSINGER  
MERCER JOHNSON III  
JONATHAN D WILLIAMS  
RYAN KITTREDGE  
DENNY MALLORY  
BRYAN MCLAUGHLIN  
MICHEAL P SHEATS  
REBECCA SIEGEL  
DELLVON WATSON  
JAZELLE ARMENTA  
KEVIN BOOS  
CURTIS LEE EHLERS  
RAUL (BUDDY) GARCIA  
MELISSA HEYMERS  
MCKENZIE HARRISON  
JAYANNA LYNN JUAN  
WENDY WHITACRE  
RICHARD MORGAN  
TRENT MAPELSDEN  
DAVID RADTKE  
JEFFREY SEWELL  
LORI L. SMITH  
PRESTON WERNER

## **Reopening of School and No Child!**

Summer ends, and across our nation, from the middle of August to the week after Labor Day, schools open for another year. For those parents surviving a child of school age, be that from nursery school to college or university, this can be as trying a time as the holidays.

School buses travel again the busy highways of our cities and the quiet lanes of our countryside. Anxious parents stand with children about to make the first ride to school. Gaggles of youngsters play at countless stops across our land. America's most precious and costly activity is renewed. The children are off to school.

I remember well the silences of the September mornings of those first years. The bus no longer stopped at our home. It simply drove casually by the people within never realizing it once carried the focus of my love, the repository of my dreams. The drone of its wheels marked anew the mind-numbing dullness of my fragmented senses as it moved its way down the tree lined lane once alive with my son's comings and goings.

It was always possible to avoid "back to school" sales. Seeing young people and their weary parents gather school supplies and clothing was just too much in those earliest years. Somehow, the perfect notebook, the brilliant sweater, the odd-shaped erasers were simply unendurable. The stream of vehicles heading for Cape Cod for that final Labor Day weekend, the last family outing to end the summer, was another scene to avoid. It was a ritual from which we seemed excluded. Could we still be a family without him?

Those years are gone now. Having returned to education, I now have "back to school" buying to do myself. I see the buses arrive to unload their treasured passengers, no longer feeling the emptiness of a bus that drives on, barren of hopes and dreams. But I do and will forever remember the pain of those unhappy years and sometimes I reflect on the many parents who now feel as I did.

If you are such a parent, if you mourn a child who leaves a school desk somewhere unfilled, I promise that you are not alone in that pain. But even though you are not alone, you know that you are forever marked, that the death of your child or children has altered you in some basic manner.

Perhaps time and much grief work remain before your spirit can yield up the agony and permit a new self to emerge. That time and work was necessary for me, as it actually is for all of us. For me, grief resolution finally recalled me to my original work. I teach. I no longer administer or direct. The need for that fled before bereavement's assault.

I teach math, science, and social studies to sixth grade children, ages 11 to 12 over the course of a year. In wondrous ways they have restored love to my living. There is nothing of an intellectual character with enough value to equal that, so I have given them the love and caring that was mine, evoked by and for Olin. Thus do Olin's gifts

live on, called forth and given new lift through the innocent and selfless love of schoolchildren.

All who walk this road realize this is not substitution. Such is not possible. But it does reflect the qualities of successful reinvestment, something each of us sorely needs.

Today as schools prepare for another year, I look forward to a new group of children. But cautions arise within as well, the legacy of that time over 12 years ago, when the world came to a sudden halt, when the laughter of lifetimes ceased, when dreams evaporated with a morning mist.

For those of us who dare live and love again, for those fortunate enough to have found a reinvestment encouraging the same, there is always risk. After all, tragedy can strike again. Our present or past pain grants no immunity. Students, the children within the school, invited me, albeit unknowingly, to take that risk again, although certainly not at the rich and deep level of father and son. Nevertheless, it feels right, and though I will never again know the depth of love which belonged to Olin and me, I welcome the chance to live once more on its margins.

So, schools, which were once just another manifestation of hurt, have helped me to restore purpose and balance to daily living. There is surely such a reinvestment awaiting all of us, but we must seek the circumstances and create the opportunities for it to occur. I pray that all of us who have not yet had such good fortune may soon do so. All of our children would want this for us as well. With that thought in mind, it is indeed worth striving for that dimension in life once more.

Don Hackett  
TCF Kingston, MA  
In Memory of my son, Olin

**Remembrance Cards** To receive remembrance cards for your loved ones birthday month and the death anniversary month, sign-up with your complete information, for the memorial book (<https://www.compassionatefriends.org/find-support/to-the-newly-bereaved/>).

**Tucson Chapter Steering Committee:**

Leader/Facebook: Kirsten Bice Co-Leader: Sharon Farrell

Treasurer: Nancy Richards

Editor: Diane Allison Contributing Editors: All members- contributions wanted!

Outreach/ Correspondence: Kirsten Bice, Nancy Richards, Kenny Allison

Website: Julie Shulick New Attendee Coordinator/email blasts: Cat Morrow

Library: Debbie Russell Treasurer: Nancy Richards

**Regional Coordinator:** Denise (Dean) Amore



## **The Compassionate Friends National:**

ONLINE SUPPORT information is available on the National Compassionate Friends Website at [www.compassionatefriends.org](http://www.compassionatefriends.org). (NationalOffice@compassionatefriends.org)

The Compassionate Friends 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. There are general bereavement sessions as well as more specific sessions.

**FACEBOOK GROUPS:** The Compassionate Friends offers a variety of private Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. Please click on the link next to the group you wish to join and answer the screening questions so they can confirm your request.

## **47<sup>th</sup> Annual Compassionate Friends Conference in New Orleans July 2024**



## October Birthdays

AMY LOGAN	JENNIFER BAIN	NANCY BATES DIETZ
JONATHAN BECK	MADISYN BERTSCH	KELLI BONN
JOHN BREMOND	SELENA BURNEY	JOHN PATRICK CLINE
KATIE DECKER	JOY FEULING ERB	ASHLEY FRANCO
JOHN GEHLEN	PAUL GOGUEN	JOSHUA GREEN
DREW GYORKE	SHANE HARVEY	RYAN KITTREDGE
MARTHA HARRINGTON	DENNY MALLORY	TRENT MAPELSDEN
GAGE LA FONTAINE	JACQUES MARGODT	ANGEL MARTINEZ
GIDEON MCDONALD	PAUL METZGER	BRIAN MINK
LIYA MONASMITH	JODI MONNARD	COLBY NIGHTINGALE
BRANDEN PEASE	KAREN PRICE	ASHLEY REDPATH
PAUL ROBOLD	JANET ROSS	ZAARON SANTA CRUZ
BRODIE SCHMICH	DANIEL SCHNEIDER	ERIC SCHULTZ
MATTHEW SCOTT	KRISTIN SMITH	BETH STERN
AMANDA VIVIAN	KENNETH WALTER	PHILLIP JOHN WATTERS
RON WHEELER	WENDY WHITACRE	RANDY ZIMMERMAN
AARON THOMAS ATHERTON		
WRIGHT SAMUEL JOHNSON		
HANNAH ELIZABETH PAIRRETT		
KEVIN ROBINSON-BARAJAS		
RAMON EDUARDO TAVERAS		
CARTER GARRICK HERNE		

## October Remembrance Days

COLLIN WILLIAM FORBES	KALEB SHIPMAN	CLIFFORD WALTEIN
DANIELLE WELLS-BORQUEZ	TRAVIS TRADER	ALBERT CORONA JR (AL)
MAHLON (Jimmy) CRONK	OSWALDO BAKER	RENEE BLANCHARD
BRADLEY CHARLES MAPLES	JASMIN GAXIOLA	MONIQUE CELIA
JAMESON GILES PERSONIUS	MATTHEW ALTLAND	ROGER PAUL EAGLE
JONATHAN BECK	HUNTER BECKHORN	C WARNER
JOHN BREMOND	TRUDIE CALE	JONATHAN ZINSLI
HAVEN CROSS	JENNIFER DUTTON	LEAH GOODMAN
JENNIFER ELDRIDGE	JOY FEULING ERB	JOSHUA HOLDEN
RICK WILLIAMS	PHILIP WORKMAN	DAVID KETTUNEN
TIM GOAR	PAUL GOGUEN	ANGEL MARTINEZ
JOSHUA GREEN	RICKY HAMRICK	CHRISTOPHER MUELLER
MEGHAN JONES	SABRINA JOY	COLBY NIGHTINGALE
KEITH KRAGE	JOSE EDY LEYVA	FERNANDO ORTIZ, III
BRIAN MINK	ERIC OGDEN	DOUGIE SALSBUURY
SCOTT MULLEN	TIMOTHY PARFREY	ROCKY STEWART
KAREN PRICE	NICHOLAS PUTNAM	MARTIN VALENZUELA
JOSHUA PARMETER	GRANT J. PIONTEK	CHRISTIAN LOZANO
NATHAN TYLER ROBERTS	ALEX SANOV	
MATTHEW UNTERRINER	MICHAEL TWOHILL	
ALEXANDER FIGUEREDO	LINDSAY WAKEFIELD	
KELSEY ELIZABETH BEITEL	EDWARD VINCENT ANDREW RAMOS	





## Chapter Candle Lighting: October 23 7pm

The ceremony will be held in the Sanctuary. Bring a photo for the sharing table. If you have not previously submitted photos (limit of 2) for the slide show, please send the photos and your loved one's name as you want it to appear on the slide to our email at [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)

Debbie, Nancy, and Elaine made the beautiful ornaments for our keepsake this year. During the program you will be able to choose one.

Refreshments following in hall on ground level. Feel free to bring a treat to share. Chapter will provide sandwiches, chips, veggie tray, and water.

### Walk Out of Darkness November 2, 2024

Suicide Prevention and awareness event. The Tucson Chapter of The Compassionate Friends has a table at this event and some of us walk. You can register online or at the event. Reid Park 9am.

### Name Badges:

If you would like a name badge to wear on a lanyard at meetings please send your name, your child's, grandchild's, or sibling's name, and a photo of your loved one to our email at [compassionate.friends.tucson@gmail.com](mailto:compassionate.friends.tucson@gmail.com)



### From “Motherhood defined in under 500 words” by Lori Borgman

*I recently asked a friend about his wife, a mother of four, grandmother to nine and brand-new great-grandma to one, the woman with snow-white hair, an easy smile and clear blue eyes. She has Alzheimer's and resides in a memory care unit now.*

*He said the deterioration is progressing. She was restless the other day, so a staff member gave her a baby doll to hold. They sent him a picture of his wife, calmed and at peace, holding the doll. Then they sent a second picture – she was giving the doll a kiss.*

*He shared the picture with one of their daughters, who said, “Once a mom, always a mom!”*

(or Once a dad, grandparent, or sibling always a dad, grandparent or sibling.)

**OF COURSE I CRY FOR YOU WHEN I AM LOW. BUT, IT IS ALSO IN MY HAPPIEST TIMES WHEN I PAUSE AND WANT TO SHARE THEM WITH YOU.**

**AND THEN, I THINK IT WAS PROBABLY YOU WHO PUT THEM THERE.**

**-SARA RIAN (T.A.P.S MAGAZINE VOLUME 30 ISSUE 2 2024)**





# The Mourner's Bill of Rights

Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own **unique** grief. No one else will grieve in the exact same way you do. So, when you turn to others for help, don't allow them to tell you what you should or should not be feeling.
2. You have the right to talk **about your** grief. Talking about your grief will **help you heal**. Seek out others who will allow you to talk as much as you want about your grief. If at times you do not feel like talking, you also **have the right to be silent**.
3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt, and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without conditions.
4. You have the right to be **tolerant of your physical and emotional limits**. Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow **others to push you into doing things you don't feel ready to do**.
5. You have the right to experience "**griefbursts**". Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but it is normal and natural. Find someone who understands and will let you talk it out.
6. You have the right to make use of **ritual**. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the **funeral is a way for you to mourn**. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.
7. You have the right to **embrace your spirituality**. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.
8. You have the right to **search for meaning**. You may find yourself asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, "It was God's will" or "Think of what you have to be thankful for" are not helpful and you do not have to accept them.
9. You have the right to **treasure your memories**. Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.
10. You have the right to move **toward your grief and heal**. Reconciling your grief will **not happen quickly**. Remember, **grief is a process, not an event**. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the **death of someone loved changes your life forever**.



Non-Profit Org.  
U.S. Postage Paid  
Tucson, AZ  
Permit No. 2296

A National self-help, non-profit organization for families who have experienced the death of a child

THE TUCSON CHAPTER  
P.O. 30733  
Tucson, AZ 85751-0733

Return Service Requested



White Mountains in  
October

September-October 2024