



**THE
COMPASSIONATE
FRIENDS**
of Green Bay
Supporting Family After a Child Dies

A Quarterly Newsletter

by and for Bereaved Parents

JULY/AUGUST/SEPTEMBER 2021

Our Mission Statement:

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.



Vacationing with Our Children:

Now that summer is officially here, for many of us it is hopefully vacation time. Growing up, my family never took a vacation together. When my mother took her vacation in the spring and fall it was to house clean. I don't remember my dad taking a vacation until I was in college and then it was to paint the windows and trim on our house. Fortunately, Mickey and I were able to take Melissa and Emily on several vacations. Our very first one was to Mount Rushmore and the Black Hills of South Dakota. The following year we went to Sea World in Cleveland and Niagara Falls on the Canadian side. The following year we surprised them over the first quarter parent-teacher conference school break and Thanksgiving holiday by going to Florida and Disney World. We ended that vacation by visiting some friends in Tampa and going to Cape Canaveral before heading back home. Our last vacation with them was in 2004, when we went back to Florida and Universal Studios over spring break. These are memories we will always cherish forever. Mickey and I even talk about these vacations from time to time.

When we started attending the National Conferences beginning in 2006, many attendees at the conferences talked about these annual conferences as being vacations with their deceased children. We thought about that more and more and started to look at the annual conference as our family vacation. This is because the conferences were in different cities each year. Our second conference was in Oklahoma City and on the last day of the conference, we took a tour of the Alfred P. Murrah Federal Building the site of the April 19, 1995 bombing. One conference was in Portland, OR and we had the chance with another couple to go to Mt. Hood. At the conference in Boston, we met up with a classmate of Emily's and had lunch with her during a break from the sessions. But each conference we attended we always thought about it being our annual family vacation. Even when I go on one of my turkey hunts out of state, the girls are with me as I want them to send a turkey my way. So when you vacation this year, know that your child or children are really along with you, enjoying it.

In Peaceful Sadness, Melissa and Emily's Mom and Dad

Mickey and Steve

The Green Bay Chapter of The Compassionate Friends

meets the third Tuesday of each month at 6 p.m.
at First United Methodist Church, 501 Howe Street, Green Bay.

(Enter the parking lot off Monroe at Doty)

For further information contact:

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Sue DeLong, Remembering our Children

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Monthly Support Group

Tuesday, July 20, 2021 6 p.m.

Vacationing Without Your Child

Tuesday, August 17, 2021 6 p.m.

Complete This Sentence: "One Thing I Believe Is..."

Tuesday, September 21, 2021 6 p.m.

DVD - Turning Loss Into Legacy

Just Let Me Be Sad

Maria Kubitz
TCF Contra Costa County, CA
In Memory of my daughter, Margareta



We live in a world where – if you have the means – pain and suffering are to be avoided at all costs. We are always looking for the next “quick fix” to alleviate discomfort with the least amount of effort required. In many cases, this means treating the symptoms while ignoring the root cause of the problem. In the United States, we live in a society so uncomfortable with emotional pain that when someone dies, society expects the outward mourning period to end once the funeral is over. When the bereaved do not cooperate with these prescribed time tables, they are often accused of “wallowing” in their grief. They are indignantly told to “move on” and “get over it.”

Do these statements mean prolonged outward grief is a sign of weakness? Maybe self-pity? Perhaps it means they think the bereaved secretly enjoy the pain, and the attention it brings? For those of us who have lost someone dear to us, we know that it could not be further from the truth. If we could, we would give ANYTHING to not feel this pain. The hidden meaning behind these statements is that our outward projection of sadness is an unwelcome reminder of all the negative emotions they’ve managed to stuff deep inside until the pain went away. I see it kind of like “out of sight, out of mind.”

So which is healthier? To bury the pain, only to have it lie dormant until some tragedy unearths it again – but this time stronger and *more* painful? Or to acknowledge that there is no quick fix to alleviate the overwhelming pain of losing someone you have built your life – and in some cases, your identity – around?

I would equate the first option to following the latest fad diet to lose weight quickly without exercising or changing your eating habits. Maybe you’ll pop some appetite suppressing pills and lose weight in the short term, but the chances of you keeping the weight off are slim, and the reality is that the next time you try to lose weight, it will likely be harder than the time before. The second option would mean facing the harsh reality that transforming your body a stable, healthy weight requires permanently

changing your eating habits and amount of regular exercise. It probably even requires you to readjust your expectations of what your ideal body should look like (sadly, most of us will never look like supermodels or pro athletes). In other words, the second option is **HARD WORK**, but it has the greatest likelihood of becoming a permanent reality. But if I’m being honest here, I have to admit that given the opportunity, I would have gladly chosen to bury the overwhelming pain when my daughter died. Suppressing pain and emotions is what I had done my whole life until that point. The fact is that the pain of losing someone I loved **MORE** than my own life was too much to bury. I reluctantly – and resentfully – took on more pain than I could bear. I did so because I had no other choice. For the first time in my life, I learned how to slowly take small steps with that unbearable load on my back. I learned that by sharing my story and my pain with others – whether it was support groups, counseling, or with other bereaved individuals – the load was reduced, even if it was only a very slight amount each time. By reducing the load over months and then years, it became easier to carry. I have since come to understand that the load will never fully go away, but I have learned how to balance it with the rest of my life. And as time goes on, the balance will become easier still. That is not to say that occasionally, the load won’t suddenly feel nearly as heavy as it did when my grief was new. And when it does, I’ll remember how to go back to taking small, careful steps until it feels lighter again.

To all those who cringe in discomfort when they see me experiencing outward emotional pain, I say this: just let me be sad. My intention is not to make you feel uncomfortable. I don’t expect - or want - you to follow in my footsteps. But I do expect you to respect the path I have been forced to take on my journey through life. I truly hope you never have to carry this load yourself.

***There are things that we don’t want to happen but have to accept,
things we don’t want to know but have to learn,
and people we can’t live without but have to let go. ~ author unknown***



Summer Memories



Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

Summertime is a happy time for most people in this country: vacations, holidays, family reunions, relaxed days at the pool, evenings in the backyard talking with family and friends, the smell of a fresh rain, the long days, the cooling nights, fresh mown grass and flowers that bloom profusely.

Despite Houston's heat, summer has become a treasured time for me. My son was a child of summer. Born in May, he loved the summer sun on his face and the wind in his hair as he first rode a tricycle, then a bicycle, then drove a car. Those were wonderful times for him. The summer solstice on June 21 was a favorite day for us both. Since the summer solstice is the longest day of the year, Todd particularly loved to watch the sunrise and sunset. I found myself doing that again this year. As I looked at the sun directly overhead at noon (1:00 pm DST), I made the comment that this is the one perfectly balanced day of the year. Later as I watched a beautiful solstice sunset, I remarked to my husband about the light....the gorgeous light. I was seeing Todd in that light. He was laughing, chasing lightening bugs, running and spinning and turning, filled with the joy of summer. He was happy.

I listened to the neighbors' children playing, and I thought about all the wonderful summer days I had spent with my son. I am thankful that I had that time. I am thankful that my child was a son of summer. He found much joy

in nature, in the outdoors, in activities that took him out of the ordinary and into the sublime.

That's how it is for bereaved parents. We eventually come to a place where we realize that our joyful memories have overtaken the pain of the loss of our child to death. We wouldn't trade the time we shared with our children for anything or any other experience. We have many relationships in our lives, but the unique nature of the parent-child relationship is so special, so deep, so life changing, that we endure and even embrace the pain because we had, for that time in our lives, a relationship of pure love and pure joy with our child. There is no way to measure the depth, width or volume of a parent's love. It exceeds every other human relationship. Yes, we miss them terribly. We weep silently into our pillows at night. We light candles, take flowers to the cemetery, wear their favorite colors, treasure pictures of our children and keep them forever in our hearts. This is a big part of life for every bereaved parent.

Somehow, on the summer solstice, I felt my child's presence in the light of the day and the beautiful rose color of the solstice sunset. I could hear his voice, see his smile and feel his emotions. Peace slips into our hearts in extraordinary ways.

My "Chris" Birds

Robyn Kingery
In Memory of my son, Chris Kingery



It's the twigs below the birdhouse
Lets me know your birthday's near
This back yard once sat empty
Not a bird in sight all year

We placed the houses in our yard
To give the birds a home
But never did we see one
Till the day that you went home

We looked outside on that day
We laid you in the ground
On that dark day in September
The starlings swarmed around

We had never seen so many
Certainly not in our back yard
But there they were aplenty
On that day that was so hard

They came again in the Spring
Round your birthday, the end of
March
The starlings flew around again
Bringing twigs, a home to start

So March and in September
Are special months indeed
The starlings come to see us

They recognize our need

Because they came when you left
They were never here before
I've named them after you my son
Your legacy, I'm sure

So, it's these twigs below the bird-
house
That lets me know that you are near
My "Chris birds" come a-callin
Reminding me of you so dear

Remembering our Children

During the three months that each newsletter covers, we include your child's birthday and the anniversary of your child's death — if we know those dates. Based upon TCF National policy, we will not print the year of your child's birth or death.

BIRTHDAYS

Kristin Metsa (daughter of Bethany Metsa)	7/1	Doug Cole (son of Don & Karol Cole)	8/19
Patrick Wilkinson (son of Alfred & Isabelle Wilkinson)	7/5	Wendy Jacques (daughter of Sally Martin)	8/19
Madeline Wotachek (daughter of Brandon & Michelle Wotachek)	7/5	Cooper Schroeder (son of Georgia Schroeder)	8/20
Megan Short (daughter of Norb & Mary Short)	7/6	Dalon Calkins (son of Kate Calkins)	8/21
Riviera Konen (daughter of Jennifer Konen)	7/9	Lily Froelich (daughter of Tony & Stephanie Froelich)	8/23
Eric Schalow (son of Lorrie Shafer)	7/12	Gabriela Jacques (granddaughter of Pat Wojcik)	8/23
Austin Reeck (son of Ann Rieckmann)	7/13	Bruce T Blaser Jr (son of Bruce & Paige Blaser)	8/24
Gary Glebke (son of Joyce Glebke)	7/19	Robby Rohr (son of Carol Wautlet)	8/25
Bryan VanderKelen (son of Bob & Debi Lepak)	7/19	Kymberly Koskiniem (daughter of Trudie Koskiniem)	8/26
Shane Lardinois Malliet (son of Debbie Lardinois)	7/19	Andrew Steiner (son of Nicole Steiner)	8/28
Evan DeWan (son of Matthew & Christine DeWan)	7/20	Jessica Hoffman (daughter of Jodi Hoffman)	8/29
Ella Smetana (daughter of Frank Smetana)	7/22	Nicholas Resch (son of Lynn & Steve Marcks)	8/30
Eloise "Ella" Kasprzak (daughter of Eddie & Kimberly Kasprzak)	7/22	Timothy Metoxen (son of Florence Petri)	8/30
Jason Ziemann (son of Diane Strick)	7/22	Chad Schaefer (son of David & Miriam Schaefer)	8/31
Heather Sigl (daughter of Greg & Joyce Sigl)	7/25	Stephen DeBroux (son of Matt & Jean DeBroux)	9/1
Eric Rasmussen (son of Karen Rasmussen)	7/26	Ross Ambrosius (son of Melissa & Rob Ambrosius)	9/5
Joseph Derge (son of Randy & Ann Derge)	7/27	Eric Barlament (son of Jim Barlament & Penny Maraccini)	9/5
Austin Robert Bush (son of Terry & Nan Bush)	7/30	Adam Schultz (son of Stan & Deb Schultz)	9/5
Keaton Sirianni (son of Jason & Lindsey Sirianni)	8/2	Matthew Kiefer (son of Mary Jo Hempel)	9/8
Jeff Skenadore (son of Jude Skenadore)	8/4	Paige Franklin (granddaughter of Judy & Chuck Dams)	9/9
Sarah Lesperance (daughter of Maria Smith)	8/4	Danielle Rogan (daughter of Craig & Harriet Robbins)	9/9
Makayla Lego (niece of Christine Newtols)	8/5	Brett Erickson (son of Christa Erickson)	9/11
C. Lynn Calder (step-daughter of Phyllis Calder)	8/9	Jenah VanGroll (daughter of James & JoAnn VanGroll)	9/11
Ken Johnson (son of Kathy Johnson)	8/11	Wendy Johnson (daughter of Tom & Debbie Johnson)	9/12
Tara Pfaller (daughter of Sally Winger)	8/12	Todd Inman (son of Kathie Inman)	9/12
Grant Lardo (son of Jenny & Tim Cornell)	8/15	Mike Vos (son of George & Jane Vos)	9/12
Luke Watzka (son of Rita & Marty Watzka)	8/17	Megan Mae Vincent (daughter of Mark & Connie Rissling)	9/13

Jackson Rukamp (son of Bob & Missy Rukamp)	9/13	George Stoneburner (son of Judy & Chuck Dams)	9/24
Melissa Schmeisser (daughter of Steve & Mickey Schmeisser)	9/14	Troy Tousey (son of Tim & Vicki Tousey)	9/24
Craig Jacobs (son of John & Cathy Jacobs)	9/16	Kendyn Blaser (grandson of Mark & Kari Blaser)	9/25
Susan Nickel (daughter of Mike & Judy Parins)	9/18	Amaris Soletski (daughter of Amy Soletski)	9/26
Troy Jacques (son of Sally Martin)	9/19	Aaron Lison (son of Adele Coopmans)	9/28
Jessica VanStraten (daughter of Sue VanStraten & Randy Merryfield)	9/22		
Greg Corbeill (son of Sylvia & Richard Corbeill)	9/22		
Andy Bell (son of Patrick & Debbie Bell)	9/24		

ANNIVERSARIES

Donna Prilepp (daughter of Angeline Brocker)	7/2	Lucas Shallow (son of Robert Shallow)	7/20
Chase Lasecki (son of Steven & Linda Lasecki)	7/2	Jeff McCorison (son of Bonnie McCorison)	7/20
Megan Short (daughter of Norb & Mary Short)	7/3	Susan Nickel (daughter of Mike & Judy Parins)	7/21
David Jacob Schlinz (son of Dan & Brenda Schlinz)	7/4	Steven L Vosters (son of Patti & Marvin Vosters)	7/21
Sarah Schmitt (daughter of Claire Faville)	7/4	Megan Mae Vincent (daughter of Mark & Connie Rissling)	7/24
Jillian Faymonville (daughter of Louise Faymonville)	7/5	Heather Sigl (daughter of Greg & Joyce Sigl)	7/25
Dane Cole (son of Don & Karol Cole)	7/5	Eloise "Ella" Kasprzak (daughter of Eddie & Kimberly Kasprzak)	7/27
Grant Lardo (son of Jenny & Tim Cornell)	7/7	Greg Corbeill (son of Sylvia & Richard Corbeill)	7/29
Lily Froelich (daughter of Tony & Stephanie Froelich)	7/7	Travis Stelzer (son of Don & Pam Stelzer)	7/29
Jennifer Kazik (daughter of Cheryl Kazik)	7/7	Amber Mastey (daughter of Brett & Amanda Mastey)	8/1
Van Jarchow (son of Mike & Dixie Jarchow)	7/7	Justin Plate (son of Mark & Grace Plate)	8/2
Sam Compton (son of Mark Compton, and Todd & Sandra Scheffen)	7/8	Alison Johnson (daughter of Lon & Carolyn Johnson)	8/2
Kevin Kazik (son of Charlie Kazik & Sally Kazik)	7/11	Barbara Van Boxtel (daughter of Angeline Brocker)	8/3
Tyffany Stevens (daughter of Lynn Pigeon)	7/11	Eric Rasmussen (son of Karen Rasmussen)	8/5
Sharon McDaniel (daughter of Jean LaHue)	7/14	Stephen Charneski (son of James and Roberta Charneski)	8/6
Cody Strauss (son of Debbie Strauss)	7/15	Austin Lindberg (son of Todd & Sandy Lindberg)	8/7
Patrick Wilkinson (son of Alfred & Isabelle Wilkinson)	7/16	Anne Johanski (daughter of Judy & Bob Johanski)	8/7
Debi Schultz (daughter of Barbara Fitzpatrick)	7/19	Brett Erickson (son of Christa Erickson)	8/8
Roberta Glebke (daughter of Joyce Glebke)	7/20	Brian LaViolette (son of Doug & Renee LaViolette)	8/8

Luke Stempa (son of Gerri & Steve Stempa)	8/8	Prisha Janice Laabs (daughter of David & Shamla Laabs)	8/31
Brett Jon Wery (son of Steve & Lonni Wery)	8/9	Jackson Rukamp (son of Bob & Missy Rukamp)	8/31
Megan Dillon (daughter of Mike Dillon & step daughter of Tina Baker)	8/9	Keaton Sirianni (son of Jason & Lindsey Sirianni)	8/31
Jessica Andringa (step daughter of Mike Dillon)	8/9	Evan DeWan (son of Matthew & Christine DeWan)	9/1
Jeremy DeMille (son of Marysue Gerondale)	8/11	Colton Steinhorst (son of Tara Steinhorst)	9/3
Samantha LaCount (daughter of Dale & Linda LaCount)	8/14	Kristin Metsa (daughter of Bethany Metsa)	9/7
Mike Vos (son of George & Jane Vos)	8/14	LaSean Jones (son of Kelley Younk)	9/8
Lola Doepke (daughter of Jean Kolstad)	8/16	Josh Kimes (son of Susan Kimes)	9/8
Maria Cambray (daughter of Jack & Gerry Cambray)	8/16	Tara Pfaller (daughter of Sally Winger)	9/9
Nick Baugnet (son of DeeDee & Joan Baugnet)	8/17	Jason Vogels (son of Pam Vogels)	9/10
Lane Harris (son of Susan Harris)	8/17	Katie McClary (daughter of Meagan McClary)	9/11
Ben Delain (son of Peter & Becky Delain)	8/18	Eric Schalow (son of Lorrie Shafer)	9/11
Molly Klika Zarnoth (daughter of Bob & Barb Klika)	8/18	Corey Jonet (son of Lisa & Dan Jonet)	9/11
Jimmy Wanner Jr. (son of Pam & Keith Blondeim)	8/20	Jack Natzke (son of Jason & Renee Natzke)	9/15
Andrea Eve Wirth (daughter of Thomas & Angela)	8/21	Austin Robert Bush (son of Terry & Nan Bush)	9/17
Kelley Calkins (son of Kate Calkins)	8/21	Matthew Skenadore (son of Jude Skenadore)	9/21
Jessica VanStraten (daughter of Sue VanStraten & Randy Merryfield)	8/22	Cam Wendt (son of Lon Wendt)	9/22
Greg Lindbloom (son of Ginger Lindbloom)	8/22	Laura Greiling (daughter of Bob & Lynn Greiling)	9/24
Kali Pfaller (daughter of Sally Winger)	8/25	Craig St. John (son of Debra St. John)	9/25
Jessica Hoffman (daughter of Jodi Hoffman)	8/26	Stephanie Corbeill (daughter of Sylvia & Richard Corbeill)	9/27
Kymerly Koskiniem (daughter of Trudie Koskiniem)	8/26	Troy Milan (son of Pam Milan)	9/28
Sarah Lesperance (daughter of Maria Smith)	8/28	Nick Hietpas (son of Bruce & Diane Hietpas)	9/30
Isaiah Ebben (son of Tim Ebben)	8/30		
Tammie Gustman (daughter of Victoria Fifield and Marvin Gustman)	8/31		

Where there is great love there are always miracles.

~Willa Cather

ANNOUNCEMENTS, COMMENTS, & MISC.

Calendar of Events 2021:

- July 16:** TCF's Virtual Conference
July 20: Vacationing Without Your Child
August 17: Complete This Sentence: "One Thing I Believe Is.."
September 21: DVD - Turning Loss Into Legacy
September 25: October Fest, Appleton, WI
December 12: Worldwide Candle Lighting

Please Visit Our Sites At:

compassionatefriendsgreenbay.org

All sorts of goodies are included:

- *Past Newsletters
- *Calendar of Events
- *Articles
- *Online Donations
- *and More!

44th TCF National Conference

Presented Virtually July 16 - 18, 2021

The conference will take place on a Zoom platform with an online registration system.

Missing You

Gretta Viney
TCF Yakima, WA

Angels Among Us

By Jacquelyn M. Comeaux

Our Angels are among us
We see them everyday
In all the forms that God created...
They are with us along life's way.
We see them in the sunrise,
That brightens and warms our soul.
We feel them in the summer breeze
That chases away our cold.
They are there among the flowers...
Their sweet scent a memory of love.
They soar with the eagles,
As they fly so high above.
The night will find them in the stars,
Lighting our path below.
And even in our dreams,
Their presence we'll still know.
As the snow melts with the sun,
And spring flowers peek through their beds,
They come on the wings of butterflies,
And flutter about our heads.
They are telling us they are with us,
And will be forever more...
Until it's time for us to meet again,
As we pass through heaven's door.

I just can't believe it...
The sun still rises and sets,
The moon and stars still shine,
The flowers still bloom, The birds still sing.
I expected a change in everything

I just can't believe it...
It still gets dark and light,
The ocean still has waves,
The rain still rains, The wind still blows,
Is it because they do not know?

I just can't believe it...
I thought the world would stop
When in my house I found
an empty chair, a missing smile
I thought it would stop For just a while.
I just can't believe it...



**THE
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of Green Bay
Supporting Family After a Child Dies



PO Box 211
Green Bay, WI 54305

We need not walk alone!

Our monthly
support group
meets next on:

Tuesday,
July 20, 2021
at 6:00 p.m.

at First United
Methodist Church,
off Monroe at Doty.
Call 920-370-3858
for information.



Love gifts were recently given by:

Mark and Cheryl Bader, in memory of Ryan Bader
Ken and Mary Gehm, in memory of Jared Gehm
William and Sally Kostka, in memory of Kandy Kostka
Marianne Peck, in memory of Jason Peck
Todd and Sandy Scheffen, in memory of Sam Compton
Barbara Short, in memory of Andy Short
Pam Vogels, in memory of Jason Vogels