



**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.



Grief, Old Age and Forgetfulness

On Father's Day weekend at Sunday mass our priest, in his homily, was talking about an older Norbertine priest at the Abby that was suffering from Alzheimer's disease. He knew this priest when he was younger and related how painful it was to see him that way. He mentioned that he walks around the Abby asking "What time is it." The next day while getting ready for work and it was Emily's 32nd birthday, Mickey and I talked about this affliction and how it could someday strike either or both of us. She mentioned that she would find it hard since she would forget about Melissa and Emily. She remarked about all the things she has memories of and still remembers and how painful it would be to have that wiped from your mind. I agreed with her but then said to her but if you lose your memory of things and especially the girls passing, then wouldn't your pain and grief also be gone or a faded memory. She agreed but then it got me to thinking, would that be a fair trade-off, losing the memories of your child but then also losing the memories of all the pain over the years that we have endured?

I told her that might even be a topic for discussion at an upcoming meeting. As painful as it is when we worry about others forgetting about our children, what about us? Would you accept the fact that besides forgetting about your child, you would also be free of the pain of their loss? I am sure that the majority of us, would still want to endure that pain as long as they were able to retain all the memories of their child until we pass away and are re-united with them. I recall in the video we have watched, called Spaces between Breaths, a bereaved dad made the comment that, when he dies one of 2 things will happen. The first was that he would be reunited with his daughter in heaven, or the here after. The second was that if there were no heaven, or here after then he would be free of his pain and suffering over losing his daughter. Food for thought, as that old cliché goes.

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:
Main Number: 920-370-3858
Sue DeLong, Remembering our Children
Mickey Schmeisser, Chapter Leader/Newsletter Editor
Steve Schmeisser, Treasurer
Sue Van Straten, Remembering our Children
Carol Wautlet, Resource Coordinator
E-mail: compassionatefriendsgb@gmail.com
Website: compassionatefriendsgreenbay.org

Monthly Support Group	
Tuesday, July 19, 2022 6 p.m.	
	What Does Grief Look Like
Tuesday, August 16, 2022 6 p.m.	
	Coping Strategies For Stressful Times
Tuesday, September 20, 2022 6 p.m.	
	What Hopes Do You Have For The Future

The Tree in our Backyard

Pat Langford
TCF North Platte, NE
In Memory of my daughter, Lesa



My daughter Lesa was a free spirited child who always had something to say, who enjoyed school and loved life. One day, as part of a school project, she planted a tree in our back yard and announced that she had named the tree Angella. Lesa watered the tree daily, fertilized it, talked to it, and finally placed stakes in the ground to give it more support to help the tree grow straight. Lesa watched over this tree she named Angella with determination and a certain amount of pride that she was able to nurture a spindly, leafless tree into a blossoming life-giving part of nature.

One day our daughter Leslie was mowing the lawn and accidentally hit the tree. Lesa witnessed this event from an upstairs window and immediately flew down the steps to confront her sister. A confrontation followed between the two girls, with Lesa demanding an apology. Leslie told me later that she did, in fact, go over to Lesa's tree, pat it on the trunk and apologize. Laughing, she told me it was not only the first time she had spoken to a tree but also the first time she had apologized to one.

Angella the tree continued to flourish and grow, watched over and nurtured by my daughter. Lesa, however, became ill with cancer. As her cancer worsened, she was unable to watch over Angella. Before our last trip to the hospital, Lesa visited the tree and discovered bumps on the leaves. We delayed our trip to spray the tree to reassure Lesa that her tree would be safe while she was in the hospital.

Lesa died on a hot summer day in August, two days before her eighth birthday. We moved away from that house, hoping to find some peace in a new environment and we transplanted Lesa's tree Angella to the back yard of our new home. We watched it closely, wondering if the tree would survive the transplant. Our special friends who knew the story of Lesa's tree shared its progress with us.

Several years later we sold our home, but this time Lesa's tree was too big to transplant. I wrote the story of Lesa's tree and how she named it Angella and how Lesa had died of cancer and I left it on the kitchen counter for the new owners, hoping they would take care of the tree.

Several months passed while I considered contacting the owners, and then one day I met the daughter of the family that now lives in our old home. She stopped to tell me that the story of Lesa's tree had been passed on to them and that they would guard Lesa's legacy for us. She described how her family had been touched by this story and they were planning to pass on the story should they move in the future.

So, the legacy of a child's love of nature and determination to take care of a special tree goes on. My daughter did not survive her cancer but the story of Angella the tree has touched the lives of every family that has lived in our house.

LIST OF WISCONSIN CHAPTERS

TCF WI Healing Hearts
TCF of Central Milwaukee
TCF of Green Bay
Waukesha County Chapter
TCF Milwaukee County Chapter
TCF Dodgeville Area Chapter
TCF of the Greater Antigo Area
TCF of Chippewa Chapter
TCF of Tri-County Area Chapter
TCF: Parents Caring & Sharing
TCF Ozaukee Chapter
Madison Area Chapter

Burlington WI
Wauwatosa WI
Green Bay WI
Waukesha WI
Oak Creek WI
Dodgeville WI
Antigo WI
Chippewa Falls WI
Clear Lake WI
Mount Pleasant WI
Grafton WI
Monona WI



You Are My Sunshine

Carol Clum
TCF, Medford, OR



As a child, I learned to sing on road trips in the family car. We sang "She'll be Coming 'Round the Mountain", "Row, Row, Row Your Boat" and my favorite:

You are my sunshine, my only sunshine,
You make me happy when skies are gray.
You'll never know, dear, how much I love you.
Please, don't take my sunshine away.

Since my son's death, whenever I hear this song, I mentally change the spelling to 'son-shine.' When he left, skies surely turned gray. Gray skies continue to visit me in random moments of grief to the point that at times, it's impossible to see the sun. And when summer brings sunny days, it breaks my heart that he can't be here with me to light up my life.

Grief enhances our senses so that the absence of light allows us to perceive our need for light. A good example came one dark and dismal day as I sat reading, a part of me dwelling on my missing child. Ever so softly, warmth crept across my outstretched leg. I shot a glance in its direction and discovered a stream of golden sunshine. In my preoccupation, I hadn't noticed the parting clouds outside--the transformation from gloom to gleam. If I had not been sitting quietly, thinking of my child, I would have missed the gift--missed an opportunity to find joy in that brief moment when 'son-shine' paid an unexpected visit. What a blessed gift it is to remember my child with joy.

There's a scientific reason that a sunny day brings some joy and energy to our lives. Bright light makes a difference to the brain chemistry. Lack of light causes a condition called Seasonal Affective Disorder. SAD doesn't occur only in the dark winter months. If you work the night shift or you spend all day in an office, wear sunglasses outside, spend your days off in a dimly lit home you may not be getting adequate light. All the more reason to grasp at every golden moment that comes our way.

The true lifesavers in my grief journey are those small surprising occurrences that often go unnoticed. When memories arrive on beams of joyous sunlight, I'm learning to take notice, to savor, then stock pile the simple pleasures that somehow appear in spite of heavy days. Sometimes light comes from deep within our hearts. Sometimes friends arrive with small rays of hope, guiding us through the darkest hours. Summer brings moonlit evenings, the flash of lightening across an endless sky, fireflies in a Mason jar, the beam of a flashlight piercing the darkness, yellow butterflies at the break of day; all reminders that our children were bright and full of life.

We are on a dark journey. At the same time, we are on a righteous search for light, grasping at hope wherever we find it. When gray days return and winter seems endless, remember--it's not. As grief changes, we learn to survive the darkness, believing that light lies ahead. May sunshine bless you with small, precious moments of hope and joy in the coming summer days.

Love's Lasting Touch

Jacquelyn M. Comeaux
In Memory of My Angels.. Michelle, Jerry & Danny

Don't weep for me when I'm gone,
Because I'll always be there.
My spirit will exist in all the earth,
In the water, trees, and air.

You'll hear me say, "I love you",
In the whisper of a breeze.
You'll know that I'm beside you,
With the rustling of the leaves.

You'll feel my arms caress you,
In the warmth of each sunrise.

The moon will be my goodnight kiss,
The stars my watchful eyes.

Your life will be my legacy,
Your memories my epitaph.
These ties will bind us together,
Till we meet on heaven's path.

I'll not ever desert you,
We'll never be far apart.
I'll live within you always,
Nestled deep inside your heart.

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	Luke Watzka (son of Rita & Marty Watzka)	8/17
Madeline Wotachek (daughter of Brandon & Michelle Wotachek)	7/5	Kira Smith (daughter of Tara Smith)	8/18
Megan Short (daughter of Norb & Mary Short)	7/6	Doug Cole (son of Don & Karol Cole)	8/19
Alex Olmstead (son of Lisa Olmstead)	7/8	Wendy Jacques (daughter of Sally Martin)	8/19
Riviera Konen (daughter of Jennifer Konen)	7/9	Dalon Calkins (son of Kate Calkins)	8/21
Eric Schalow (son of Lorrie Shafer)	7/12	Lily Froelich (daughter of Tony & Stephanie Froelich)	8/23
Austin Reeck (son of Ann Rieckmann)	7/13	Gabriela Jacques (granddaughter of Pat Wojcik)	8/23
Gary Glebke (son of Joyce Glebke)	7/19	Bruce T Blaser Jr (son of Bruce & Paige Blaser)	8/24
Bryan VanderKelen (son of Bob & Debi Lepak)	7/19	Robby Rohr (son of Carol Wautlet)	8/25
Evan DeWan (son of Matthew & Christine DeWan)	7/20	Taylor Budysz (daughter of Krysta Budysz)	8/26
Ella Smetana (daughter of Frank Smetana)	7/22	Kymberly Koskiniem (daughter of Trudie Koskiniem)	8/26
Eloise "Ella" Kasprzak (daughter of Eddie & Kimberly Kasprzak)	7/22	Andrew Steiner (son of Nicole Steiner)	8/28
Jason Ziemann (son of Diane Strick)	7/22	Jessica Hoffman (daughter of Jodi Hoffman)	8/29
Heather Sigl (daughter of Greg & Joyce Sigl)	7/25	Nicholas Resch (son of Lynn & Steve Marcks)	8/30
Eric Rasmussen (son of Karen Rasmussen)	7/26	Timothy Metoxen (son of Florence Petri)	8/30
Joseph Derge (son of Randy & Ann Derge)	7/27	Chad Schaefer (son of David & Miriam Schaefer)	8/31
Austin Robert Bush (son of Terry & Nan Bush)	7/30	Benjamin Lynch (son of Patrick & Paula Lynch)	9/3
Keaton Sirianni (son of Jason & Lindsey Sirianni)	8/2	Christy Stackhouse (daughter of Frank Stackhouse)	9/3
Jeff Skenadore (son of Jude Skenadore)	8/4	Ross Ambrosius (son of Melissa & Rob Ambrosius)	9/5
Sarah Lesperance (daughter of Maria Smith)	8/4	Eric Barlament (son of Jim Barlament & Penny Maraccini)	9/5
Makayla Lego (niece of Christine Newtols)	8/5	Kory Kuran (son of Carol Pomrenke)	9/5
Olivia DeMeuse (daughter of Cheryl DeMeuse)	8/8	Adam Schultz (son of Stan & Deb Schultz)	9/5
Todd Konop (son of Tom & Dorothy Konop)	8/8	Matthew Kiefer (son of Mary Jo Hempel)	9/8
C. Lynn Calder (step-daughter of Phyllis Calder)	8/9	Paige Franklin (granddaughter of Judy & Chuck Dams)	9/9
Ken Johnson (son of Kathy Johnson)	8/11	Jenah VanGroll (daughter of James & JoAnn VanGroll)	9/11
Tara Pfaller (daughter of Sally Winger)	8/12	Wendy Johnson (daughter of Tom & Debbie Johnson)	9/12
Grant Lardo (son of Jenny & Tim Cornell)	8/15	Mike Vos (son of George & Jane Vos)	9/12

Patton Prunty (son of Edward Prunty)	9/13	Jessica VanStraten (daughter of Sue VanStraten & Randy Merryfield)	9/22
Jackson Rukamp (son of Bob & Missy Rukamp)	9/13	Greg Corbeill (son of Sylvia & Richard Corbeill)	9/22
Megan Mae Vincent (daughter of Mark & Connie Rissling)	9/13	Andy Bell (son of Patrick & Debbie Bell)	9/24
Melissa Schmeisser (daughter of Steve & Mickey Schmeisser)	9/14	George Stoneburner (son of Judy & Chuck Dams)	9/24
Craig Jacobs (son of John & Cathy Jacobs)	9/16	Troy Tousey (son of Tim & Vicki Tousey)	9/24
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

ANNIVERSARIES

Chase Lasecki (son of Steven & Linda Lasecki)	7/2	Travis Stelzer (son of Don & Pam Stelzer)	7/29
Megan Short (daughter of Norb & Mary Short)	7/3	Alex Wesner (son of Jenny Wesner)	7/31
Jillian Faymonville (daughter of Louise Faymonville)	7/5	Amber Mastey (daughter of Brett & Amanda Mastey)	8/1
Dane Cole (son of Don & Karol Cole)	7/5	Justin Plate (son of Mark & Grace Plate)	8/2
Grant Lardo (son of Jenny & Tim Cornell)	7/7	Alison Johnson (daughter of Lon & Carolyn Johnson)	8/2
Lily Froelich (daughter of Tony & Stephanie Froelich)	7/7	Brad Cox (son of Robert Cox)	8/3
Van Jarchow (son of Mike & Dixie Jarchow)	7/7	Eric Rasmussen (son of Karen Rasmussen)	8/5
Sam Compton (son of Mark Compton, and Todd & Sandra Scheffen)	7/8	Stephen Charneski (son of Roberta Charneski)	8/6
Kevin Kazik (son of Charlie Kazik & Sally Kazik)	7/11	Austin Lindberg (son of Todd & Sandy Lindberg)	8/7
Tyffany Stevens (daughter of Lynn Pigeon)	7/11	Anne Johanski (daughter of Judy & Bob Johanski)	8/7
Debi Schultz (daughter of Barbara Fitzpatrick)	7/19	Brian LaViolette (son of Doug & Renee LaViolette)	8/8
Roberta Glebke (daughter of Joyce Glebke)	7/20	Luke Stempa (son of Gerri & Steve Stempa)	8/8
Lucas Shallow (son of Robert Shallow)	7/20	Jeremy DeMille (son of Marysue Gerondale)	8/11
Susan Nickel (daughter of Mike & Judy Parins)	7/21	Samantha LaCount (daughter of Dale & Linda LaCount)	8/14
Steven L Vosters (son of Patti & Marvin Vosters)	7/21	Mike Vos (son of George & Jane Vos)	8/14
Megan Mae Vincent (daughter of Mark & Connie Rissling)	7/24	Maria Cambray (daughter of Jack & Gerry Cambray)	8/16
Heather Sigl (daughter of Greg & Joyce Sigl)	7/25	Nick Bagnat (son of DeeDee & Joan Bagnat)	8/17
Eloise "Ella" Kasprzak (daughter of Eddie & Kimberly Kasprzak)	7/27	Lane Harris (son of Susan Harris)	8/17
Greg Corbeill (son of Sylvia & Richard Corbeill)	7/29	Ben Delain (son of Peter & Becky Delain)	8/18

Molly Klika Zarnoth (daughter of Bob & Barb Klika)	8/18	Kandy Kostka (daughter of William & Sally Kostka)	9/4
Patrice True (daughter of Wendy Hunter)	8/19	Kristin Metsa (daughter of Bethany Metsa)	9/7
Jimmy Wanner Jr. (son of Pam & Keith Blondeim)	8/20	Josh Kimes (son of Susan Kimes)	9/8
Andrea Eve Wirth (daughter of Thomas & Angela)	8/21	Tara Pfaller (daughter of Sally Winger)	9/8
Kelley Calkins (son of Kate Calkins)	8/21	Jason Vogels (son of Pam Vogels)	9/10
Jessica VanStraten (daughter of Sue VanStraten & Randy Merryfield)	8/22	Eric Schalow (son of Lorrie Shafer)	9/11
Greg Lindbloom (son of Ginger Lindbloom)	8/22	Corey Jonet (son of Lisa & Dan Jonet)	9/11
Kali Pfaller (daughter of Sally Winger)	8/25	Jack Natzke (son of Jason & Renee Natzke)	9/15
Jessica Hoffman (daughter of Jodi Hoffman)	8/26	Austin Robert Bush (son of Terry & Nan Bush)	9/17
Kymberly Koskiniem (daughter of Trudie Koskiniem)	8/26	Matthew Skenadore (son of Jude Skenadore)	9/21
Sarah Lesperance (daughter of Maria Smith)	8/28	Cam Wendt (son of Lon Wendt)	9/22
Tammie Gustman (daughter of Victoria Fifield and Marvin Gustman)	8/31	Craig St. John (son of Debra St. John)	9/25
Prisha Janice Laabs (daughter of David & Shamla Laabs)	8/31	Stephanie Corbeill (daughter of Sylvia & Richard Corbeill)	9/27
Jackson Rukamp (son of Bob & Missy Rukamp)	8/31	Troy Milan (son of Pam Milan)	9/28
Keaton Sirianni (son of Jason & Lindsey Sirianni)	8/31	Nick Hietpas (son of Bruce & Diane Hietpas)	9/30
Evan DeWan (son of Matthew & Christine DeWan)	9/1		
Colton Steinhorst (son of Tara Steinhorst)	9/3		

ANNOUNCEMENTS, COMMENTS, & MISC.

Calendar of Events 2022:

- July 19:** What does Grief Look Like
August 5-7: National Conference
August 16: Coping Strategies For Stressful Times
September 20: What Hopes Do You Have For The Future
September 24: October Fest, Appleton, WI
December 11: 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!

Do you want to Share??

Do you want to share a picture and/or a story of your child? Would you like to write an article about how you're feeling? If you would like to submit a post for our newsletter, we would love to hear from you. We only ask that you remember copyright when submitting.

Now I Know...

Alice Kerr
TCF Lower Bucks, PA

I never knew, when you lost your child,
What you were going through.
I wasn't there, I stayed away,
I just deserted you.

I didn't know the words to say,
I didn't know the things to do.
I think your pain so frightened me,
I didn't know how to comfort you.

And then one day my child died.
You were the first one there.
You quietly stayed by my side,
Listened, and held me as I cried.

You didn't leave, you didn't go.
The lesson learned is...
NOW I KNOW!



TCF 45th National Conference
Houston, TX • August 5-7, 2022

Make your hotel reservations now.

We are very pleased to welcome back TCF's annual national conference, this year in person! This eagerly anticipated event for those bereaved parents, grandparents, and siblings who attend seeking renewed hope, ways of coping with their grief, and friendships made with those who truly understand the painful loss of a child, sibling, or grandchild. With inspirational keynote speakers, numerous workshops including a wide variety of topics, and the always memorable candle lighting program on Saturday evening, culminating with the popular Walk to Remember on Sunday morning, and so much more, the TCF 45th National Conference is a much-needed gift that we give to ourselves!



**THE
COMPASSIONATE
FRIENDS**
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 19, 2022
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:

Robert Cox, in memory of Brad Cox
Ken and Mary Gehm, in memory of Jared Gehm
Joyce Glebke, in memory of Gary and Roberta Glebke
Mike and Dawn Niefert, in memory of Tayler Niefert
Todd and Sandy Scheffen, in memory of Sam Compton