



**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.



An Ending Ever?

Well, we are drawing to the end of another year, 2022 and the beginning of a new year 2023, where does the time go? In my profession as a CPA, I am always dealing with endings. There is month end for businesses where they close their books, reconcile the checking account, file sales tax and withholding tax returns and payments and prepare financial statements to see how they performed that month. Did they make a profit, have a loss or hopefully breakeven. Then there is their year end, where they go through the same steps as month end, except it is a little more involved as they get ready to file their annual tax returns, so there is a little more work involved to get that done. Possibly taking a physical inventory, deciding on bad debt write-offs, making sure all expenses are accounted for to minimize their tax liability. The cycle for month end repeats itself as does year end, it seems endless and it is an ongoing process, until the business either sells or closes and goes out of business.

Our grief unfortunately has no ending but at times we go through a similar cycle. There are the birthdays approaching and we need to deal with that like a month end. This is followed by the approaching anniversary of their passing, another ending. Finally there are the holidays, Easter, Thanksgiving, Christmas, New Years and even the summer holidays of Memorial Day, 4th of July and Labor Day. Celebrating these special days without them and preparing for them seems like getting ready for an ending. Since our grief is different for each of us, how we deal with these days are up to us. For some of us either their birthday or the anniversary of their passing can be the year end and as we know the cycle will start over. Someday there will be an end to our grief and that will be when we are reunited with them in heaven.

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

<h2>Monthly Support Group</h2>	
Tuesday, October 18, 2022 6 p.m.	Signs From our Children
Tuesday, November 15, 2022 6 p.m.	How to Handle the Holidays
Tuesday, December 20, 2022 6 p.m.	Holiday Struggles



Peace

Kimberly Starr
TCF Facebook Loss to Suicide Group
In Memory of my son Tom



Today is the one year anniversary of the day my son realized he could no longer live. I know this because he told us so in the writings he left behind. It is not the anniversary of his death.

What I remember of the day is that it was not unlike any other. There were no family fights or friend drama. There were no failed tests or poor academic projects.

It was just a day like today.

That week was just like any other as well. Tom attended high school and college classes, and we worked, going through our days just as we always do. But Tom found a way to spend special time with each of us before he left. He and L.J. spent Monday night playing music together. I tried to record it, but it was not perfect, so I deleted the file that night. Tuesday night he and I made his favorite meal together, pasta with hot sausage red sauce. Then, we played a complicated Wii game which consisted of me pushing random buttons to fend off the bad guys while he worked his magic on the most powerful villains. We played for a few hours, until my hands hurt and I could not see straight from all of the blurred images on the television. He played the music he loved and told me which was his favorite song. I listened to it through his ears, but cannot remember the song name. That night, he peeked his head in our room, and played with the light switch, turning it on and closing the door behind him with a mischievous grin. He spent the next few days with his father, doing the things they loved to do together, including gaming with a great bunch of folks on Friday night. He spent

Saturday and Sunday at our house, doing homework, playing on the computer, and listening to music.

That Sunday, as I cooked in the kitchen and talked casually with him, he wrote his final farewell to us.

We had no idea of his pain, his plan, or our future.

In his note, he told us that past week had been the happiest he could remember because he was able to live during that time without fear and anxiety of the future. So a part of me is at peace, if that's possible, because he was able to spend his final hours free from his demons. But how I wish, in that week, he had found the strength to fight through the darkness and tell us of his inner war. How I wish I had seen past his armored wall into his soul, so I could pull him through to the light of our love. I wish we could have shown him how many people appreciated him and were impacted by him, and how many would have stood by his side as he fought his undiagnosed illness so he could win his battle with a full army. I wish...

I miss him every hour of every day. I miss his humor, his intelligence, his presence, his thoughtfulness and his soul. Someone recently responded on one of my posts that maybe Tom misses me, too. I hope he is beside me as I write, and can feel the outpouring of whatever is stronger than love, that I have for him. I pray that through his death, he found the peace he could not find in life.

On behalf of the Steering Committee, I would like to inform you of the passing of Phyllis Calder. She passed away on May 14, 2022. Phyllis along with Dave and Donna Wilkinson resurrected The Compassionate Friends, Green Bay Chapter after it had been inactive for several years. She was our program director for many years during her service to our chapter. Her dedication to the chapter was very instrumental to so many bereaved families.

A Christmas Gift From Heaven

Cathy L. Seehuetter
TCF St. Paul, MN
In Memory of my daughter, Nina



The first snow of the season is gently falling outside my office window. On the one hand, it is beautiful to look at; on the other hand, for me, as I know it is for those whose loved one's chair will sit empty at the holiday table this year, it signals the advent of the remaining three of the "Big Four" holidays. This time of year is perhaps one of the ultimate tests of endurance for the bereaved, and it is particularly difficult for those who will undergo Thanksgiving, Christmas and New Year's for the first time since their child, sibling or grandchild died.

It has been eight holiday seasons since my Nina died. Though I remember little to nothing about the first Thanksgiving, I still quite clearly remember that painful first Christmas. Even with the blessed numbness of early grief to anesthetize me from some of the sting, I still recall the emptiness. That only an 8 x 10 photo of her smiling face with a lit votive candle placed next to it marked Nina's presence that Christmas of 1995, along with the knowledge she would never physically be present at another holiday family celebration, was beyond comprehension. Although everyone tried desperately to bring some normalcy to an anything-but-normal holiday, by the end of the day we were exhausted from the effort. As we drove quietly from my parent's house that evening, I will never forget the car ride home and watching my son in the rearview mirror. Where in other years past there would have been the back-seat horseplay of brother and sister after a fun holiday spent with extended family, instead he sat alone with tears streaming down his face with the conspicuously unoccupied seat next to him. The silence was deafening and spoke volumes of our intense sorrow.

I can truthfully say that each holiday since the first two have become a little more tolerable—I would never say "easier" because there is nothing "easy" about any of this. I think the word "gentler" fits better. Though obviously never the same as before, it has become bearable, even with moments of joy and laughter sprinkled in. The fact that it gets gentler with time may or may not help any of the newly bereaved reading right now because, honestly, that first and second year I couldn't imagine another holiday season, much less life, without Nina. Moreover, on my early grief voyage when someone who had been down the road before me gave the old "it will get better with time" routine, it fell on deaf ears. I could see no hope, no light at the end of the tunnel. My reality was that my daughter was dead and she was never coming back. Whether it would get better

down the road mattered little at that time; it just plain hurt. Though you may not wish to embrace stories of hope just yet, please let me share with you something that happened to me the week before that first Christmas. For 15+ years, a group of my friends get together right before Christmas. We only see each other once a year but always seem to be able to catch up right where we left off the year before. I decided to go to that gathering of friends that first Christmas after Nina's death. I felt she would want me to surround myself, if I felt able (an important point—please don't feel you have to do anything you don't feel up to—you are the best judge of what you can and cannot handle), with comforting and caring people and perhaps give me a small reprieve from some of the "awfulness" of the holidays.

When I got there one of my friends, Anne, walked over to me, gave me a hug and handed me a box. To the best of my recollection she said something like, "I know this is going to seem odd and I don't know what to make of it, but as I was baking these cookies, something told me to bring some to you. I have no idea why, but the feeling was very powerful to do this, so here they are." I opened the box and I couldn't believe what I saw: Spritz cookies—unbeknownst to Anne, Nina's very favorite Christmas cookie! I had bought a cookie press the previous year so that Nina and I could make them together and I very much regretted that we never had gotten a chance to do that. I agonized about that so often that first season after her death. Through my tears, I explained this to Anne.

I know, without a doubt, that those delicious little butter cookies were Nina's Christmas gift from heaven to me. It was her way to tell me to let go of the guilt of never making Spritz cookies together, and to let me know that even though she was gone from my sight, that she was still very much with me and holding me close during that excruciatingly difficult season. I share this hopeful message of love, which I believe is sent through Nina from **ALL** our children, siblings and grandchildren; that though we can't "see" them yet in the way that we wish, they do most definitely live on.

I hold each of you and your precious children close to my heart this holiday season. Please be gentle with yourself.

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

Mark Shafer (son of Bruce & Pat Shafer)	10/01	Jessica Lindberg (daughter of Dana Ewald)	11/02
Kara Rojas-Spice (daughter of Jerry & Amy Spice)	10/03	Craig St. John (son of Debra St. John)	11/02
Michael Anderson (son of Ron & Lori Anderson)	10/04	Matthew Skenadore (son of Jude Skenadore)	11/05
Josh Gilson (son of Ron & Cindy Gilson)	10/04	Josh Kimes (son of Susan Kimes)	11/06
Allen O'Harrow (son of Cal & Lois O'Harrow)	10/04	Chad Olson (son of Brenda Olson)	11/07
Corey Jonet (son of Dan & Lisa Jonet)	10/09	Nick Baugnet (son of DeeDee & Joe Baugnet)	11/10
Seth Philhower (son of Shaun & Stacy Philhower)	10/09	Debi Schultz (daughter of Barbara Fitzpatrick)	11/12
Leon Schroeder (son of Sawyer Schroeder, grandson of Marci Beck)	10/09	Hunter Temme (son of Lisa Temme)	11/13
Colton Steinhorst (son of Tara Steinhorst)	10/09	Ryan Patrick Bergevin (son of Randy Bergevin & Barbara Vandebusch)	11/16
Matthew Arnold (son of Carrie & Bob Arnold)	10/10	Ryan Rockstroh (son of Molly Rockstroh)	11/16
Noah Thomas Campbell (son of Kelli & Craig Campbell)	10/10	Jillian Faymonville (daughter of Louise Faymonville)	11/17
Chad Seitzer (son of Sandi & Fred Seitzer)	10/10	Karson Fenlon (son of Donald & Jennifer Fenlon, grandson of Jan Hendricks)	11/17
Benjamin Edinger (son of Rosanna Scannell)	10/15	Zander Varga Schenzel (grandson of Nancy Varga)	11/17
Jack Natzke (son of Jason and Renee Natzke)	10/16	Dane Cole (son of Don & Karol Cole)	11/18
Taylor Dale Postoak (son of Kathleen Postoak)	10/17	Dillon J. Mueller (son of George and Angel Mueller)	11/18
Lailah Faith Pouwels (daughter of Ed & Carrie Pouwels)	10/20	Elias Gonzales (son of Maria Gonzales)	11/21
Tara Beilke (daughter of Chuck & Judy Dams)	10/22	Andy Haroldson (son of Ralph & Jean Haroldson)	11/24
Evan Van Lanen (son of Dan & Peg Van Lanen)	10/22	Amber Mastey (daughter of Brett & Amanda Mastey)	11/25
Todd Reigner (son of Arthur & Barbara Reigner)	10/23	Jimmy Wanner Jr. (son of Keith & Pam Blondeim)	11/25
Van Jarchow (son of Mike & Dixie Jarchow)	10/26	Michael Kirst (son of Kris Kirst)	11/27
Shane Hopfensperger (son of Mike & Joann Hopfensperger)	10/28	Joe Hinton (son of Tom & Kathy Hinton)	11/28
Troy Milan (son of Pam Milan)	10/28	Federico Abarca (son of Concepcion Melgar)	11/29
Amelia Wesner (daughter of Jenny Wesner)	10/28	Austin Cottrell (son of Jeff & Nan Cottrell)	11/29
Jaysen Calkins (son of Kate Calkins)	10/30	Amanda Rose Skar (daughter of Wayne & Kim Skar)	11/29
Thea L Jacques (daughter of Sally Martin)	11/01	Shane Lambert (son of Kim Lambert, grandson of Maria Lambert)	11/30
Cassandra LeMere-Zeller (daughter of Donald & Judith LeMere)	11/01	Kyle Barr (son of Karen Strickfaden)	12/02

Chris Krueger (son of Cheryl Krueger)	12/05	Jeremy DeMille (son of Marysue Gerondale)	12/23
Crystal (Falish) Peterson (daughter of Steve & Darlene Enderby)	12/06	Andrea Eve Wirth (daughter of Thomas and Angela Wirth)	12/27
Danielle Deda (daughter of Noel & Sally Deda)	12/07	Nathan Axelrod (son of Johanna Axelrod)	12/28
Tara Reetz (daughter of Daniel & Jean Reetz)	12/08	Tom Manning (son of Peggy Manning)	12/29
Travis Stelzer (son of Don & Pam Stelzer)	12/13	Marjie Duerr (daughter of Linda Duerr)	12/31
Jessica Demo (daughter of Sheila & Chuck Henrichs)	12/16	Darrian Seppanen (daughter of Janet Deterville)	12/31
Joseph Jacques (son-in-law of Pat Wojcik)	12/17		

ANNIVERSARIES

Matthew Kiefer (son of Mary Jo Hempel)	10/04	Karen Mary Schley (daughter of Jon & Ann Schley)	11/01
Dillon J. Mueller (son of George and Angel Mueller)	10/04	Lance Vlies (son of Wendy Vlies)	11/01
Caitlin Van Duyse (daughter of Brenda VanDuyse)	10/04	Joel Bagneski (son of Bill & Kelly Bagneski)	11/02
Justin Banaszynski (son of Donna Baranczyk)	10/05	Kira Smith (daughter of Tara Smith)	11/04
Danielle Deda (daughter of Noel & Sally Deda)	10/09	Jason Banaszynski (son of Donna Baranczyk - Pagel)	11/06
Seth Philhower (son of Shaun & Stacy Philhower)	10/09	Cody Green (son of Dan and Gwen Green)	11/06
Jason Ison (son of Rene Ison)	10/10	Andy Haroldson (son of Ralph & Jean Haroldson)	11/06
George Stoneburner (son of Chuck & Judy Dams)	10/10	Marjie Duerr (daughter of Linda Duerr)	11/07
Wendy Jacques (daughter of Sally Martin)	10/12	Ryan Brunner (son of Bill & Sue Brunner)	11/08
Jaysen Calkins (son of Kate Calkins)	10/16	Mariah Early (daughter of Melissa Early)	11/17
Kelby Bagneski (daughter of Bill & Kelly Bagneski)	10/19	Todd Konop (son of Dorothy & Tom Konop)	11/17
Jessica Lindberg (daughter of Dana Ewald)	10/20	Shane Lambert (son of Kim Lambert, grandson of Maria Lambert)	11/17
Lailah Faith Pouwels (daughter of Carrie & Ed Pouwels)	10/20	Tami (Sam) Cornelius (daughter of Brenda Cornelius)	11/18
Ryan Bader (son of Cheryl & Mark Bader)	10/24	Tara Reetz (daughter of Daniel & Jean Reetz)	11/18
Andrew Sorensen (son of Wendy Sorensen)	10/24	Alex Wolf (son of Keith Wolf)	11/20
Doug Cole (son of Don & Karol Cole)	10/25	Jessica Demo (daughter of Sheila & Chuck Henrichs)	11/23
Gary Glebke (son of Joyce Glebke)	10/25	Benjamin Edinger (son of Rosanna Scannell)	11/23
Jessica Lindberg (daughter of Dana Ewald)	10/26	Nicole Kowalkowski (daughter of Sharon & Roman Kowalkowski)	12/01
Jacqueline Evers (daughter of Joe and Alice Evers)	10/27	Jacob Peters (son of Jerry & Natalie Peters)	12/01
Ryan Rockstroh (son of Molly Rockstroh)	10/27	Paul Stone (son of Joan Stone)	12/01
Jeffery Skenadore (son of Jude Skenadore)	10/29	Mylisa Klapatch (daughter of Dennis Klapatch & Tamara Walker)	12/02
Aidan Hammer Fry (son of Linda Hammer & Megan Fry)	11/01	Ross Ambrosius (son of Melissa & Rob Ambrosius)	12/09

Brandon Scheider (son of Deb Scheider)	12/10	Dana Kapla (daughter of Bob Kapla)	12/26
Jason Kurey (son of Deb Kurey)	12/11	Timmy Parent (son of Steven & Cindy Parent)	12/26
Austin Cottrell (son of Jeff & Nan Cottrell)	12/15	Thea L Jacques (daughter of Sally Martin)	12/27
Adam Lee Schultz (son of Stan & Deb Schultz)	12/15	Cassandra LeMere-Zeller (daughter of Donald & Judith LeMere)	12/29
Darrian Seppanen (daughter of Janet Deterville)	12/15	Christopher Voght (son of Tammy Viegut & Timm Gay)	12/29
Aaron Lison (son of Adele Coopmans)	12/18	Ryan Jozwiak (son of Lenee & Eddie Jozwiak)	12/30
Joe Hinton (son of Tom & Kathy Hinton)	12/20	Joey Wesolowski (son of Jennifer Heller & John Wesolowski)	12/30
Kyle Barr (son of Karen Strickfaden)	12/24	Kevin Betker (son of Roy "Pete" & Renee Betker)	12/31

We recently received a note and love gift from one of our bereaved moms Joyce Glebke, who is the sister of Phyllis Calder: It was to recognize Sue DeLong and Sue Van Straten, who send out the cards on our childrens' birth dates and anniversary dates of their passing.

With gratitude for all you do.

Thank you ladies, for all your thoughts, time and efforts, in sending and writing the memorial cards to our families.

You are ANGELS



ANNOUNCEMENTS, COMMENTS, & MISC.

Calendar of Events 2022

October 18: Signs From our Children
November 15: How to Handle the Holidays
December 11: Candle Lighting at 1 pm
December 20: Holiday Struggles

Please Visit Our Website:

www.compassionatefriendsgreenbay.org

All sorts of goodies are included:

- *Past Newsletters
- *Calendar of Events
- *Articles
- *Online Donations

Do you want to Share ??

Do you want to share a picture and/or 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.

Autumn

In the fall
When amber leaves are shed,
Softly—silently
Like tears that wait to flow,
I watch and grieve.
My heart beats sadly in the fall;
'Tis then I miss you most of all.

Lily de Lauder
TCF, Van Nuys, CA



★ Please note:

If area schools are closed,
due to inclement weather, we will cancel
our scheduled meeting

Love gifts were recently given by:

Ken and Mary Gehm, in memory of Jared Gehm
Joyce E. Glebke, in memory of Gary and Roberta Glebke
William and Sally Kostka, in memory of Kandy Kostka
Todd and Sandy Scheffen, in memory of Sam Compton



**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,
October 18, 2022
at 6:00 p.m.

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



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

NOTE: Our local chapter will be holding our ceremony on Sunday, December 11th at 1:00 pm.