



The Compassionate Friends of Boca Raton

CHAPTER LEADERGail Schroeder (*Engel's Mom*)**CO-CHAPTER LEADERS**Dottie Kidd (*Tim's Mom*)**TREASURER**Ronda Fryburg (*Brandon's Mom*)**MEETINGS COORDINATOR**Christine Williams (*Lauren's Mom*)**NEWSLETTER EDITOR**Gail Schroeder (*Engel's Mom*)**NEWSLETTER DESIGNER**Michael Kleper (*Jodi's Dad*)**REFRESHMENTS**Shelly Sigale (*Cindy's Mom*)**LIBRARIAN**Jerry Flax (*Brett's Dad*)**NEW FAMILIES COORDINATOR**Walter Hochhauser (*Brett's Dad*)**GREETER**Eileen Kesnig (*Eric's Mom*)**DATA MANAGER**Dottie Kidd (*Tim's Mom*)**WEBMASTER**Michael Kleper (*Jodi's Dad*)**Boca Raton Chapter, February, 2011****561-368-0324****www.tcf-br.com**

The Compassionate Friends, Inc., is a self-help organization offering friendship and understanding to all bereaved parents. TCF is non-denominational and all bereaved parents are welcome. TCF National headquarters mailing address: P.O. Box 3686, Oak Brook, Illinois 60522. Telephone 630-990-0010, toll free 877-969-0010, Fax 877-969-0010. The National TCF website is www.compassionatefriends.org

To Our New Members

At nearly every meeting, we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are sorry for the circumstances that bring us together. We understand your pain and we hope our unconditional friendship and understanding will help you through your grief. Attending a meeting for the first, second or third time takes courage, but for many, it is the first step towards healing. The meetings may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become more comfortable.

To Our Old Members

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting, we have new parents. Think back...what would it have been like for you if there had not been any "oldie" to welcome you, share your grief, and encourage you? It was from them you heard, "your pain will not always be this bad; it does get softer.

Telephone Friends...

if you need to talk:

Gail Schroeder	561-901-0483
Jerry Flax	954-224-1973
Ronda Fryburg	954-753-0493
Tracey Joiner.....	954-593-2766
Dottie Kidd	954-562-5919



Jason MacGowan (561) 818-5847 lost his brother and sister and has offered to speak to siblings. He is a member of The Compassionate Friends in Palm Beach.

The Compassionate Friends Credo

We need not walk alone. We are The Compassionate Friends. We reach out to each other with understanding and with hope. Our children have died at all ages and from many different causes but our love for our children unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life and many different circumstances. We are a unique family because we represent many races and creeds. We are young and we are old. Some of us are far along in our grief but others still feel a grief so fresh and so intensely painful, that we feel hopeless and see no hope. Some of us have found our faith to be a source of strength; some of us are struggling to find answers. Some of us are angry, filled with guilt, or in deep depression; others radiate an inner peace. But whatever the pain we bring to this gathering of The Compassionate Friends, it is a pain we will share just as we share with each other our love for our children.

We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together, as we reach out to each other in love and share the anger as well as the peace; share the faith as well as the doubts and help each other to grieve as well as to grow.



A wife who loses a husband is called a widow. A husband who loses a wife is called a widower. A child who loses his parents is called an orphan. But...there is no word for a parent who loses a child, that's how awful the loss is!

—Neugeboren 1976, 154

Meetings

1st & 3rd Mondays of each month

Held at St. Paul's Church

701 W. Palmetto Park Rd.

Boca Raton, FL

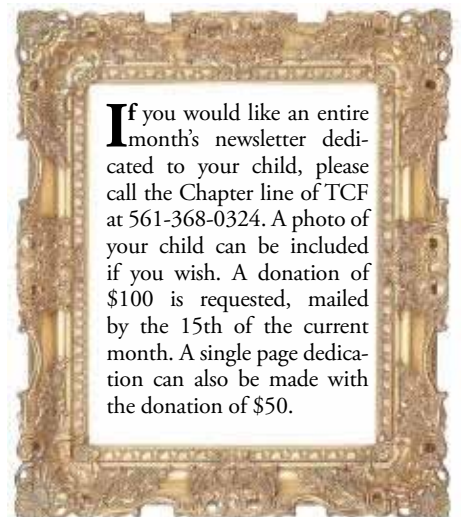
All meetings begin at 7:30 p.m. and end at approximately 9:00 p.m.

facebook

The TCF Facebook page is now available. To join the page and become a "friend" of TCF, Facebook users only need to search for "TCF Boca Raton" and request to be a friend.

Utilize this new feature to have further support and communication in-between meetings and to make new friends.

Fellowship is one of the key ingredients to traveling on your grief journey without feeling alone.



If you would like an entire month's newsletter dedicated to your child, please call the Chapter line of TCF at 561-368-0324. A photo of your child can be included if you wish. A donation of \$100 is requested, mailed by the 15th of the current month. A single page dedication can also be made with the donation of \$50.

Special Days Occurring in February 2011

We call them "Special Days" and there is really nothing special about a child dying. The important thing is we never forget them, and by listing their birthday and anniversary of their death, we always acknowledge their existence –that they were HERE, and their lives had MEANING, they were LOVED, and they are MISSED.

Last Name	First Name(s)	Childrens Name	Birthday	Passing
SCHEINER	Sally & Bill	Beth, Daughter	2/1/1959	
HUOT	Susan & Richard	Stephen, Son		2/2/2006
PARRISH	Bonnie & Don	Kelly Welsh, Daughter	2/2/1962	
WIENER	Hope	Justin, Son	2/2/1988	
WYNKOOP	Scott & Marissa	Samantha Rosales, Daughter	2/2/1996	
ASHBY	Phyllis	Amie, Daughter	2/3/1988	
KOHN	Janet & Rob	Brian Fox, Son	2/3/1988	2/15/2009
VOGEL	Janet	Jordan, Son		2/4/2001
HARRISON	Fran	Robin, Daughter	2/6/1959	2/4/2010
LARK	Johnny & Carolann	Lori-Ann, Daughter	2/5/1970	
AURIGEMMA	Peter & Patricia	Arianna, Daughter	2/6/1989	
KIDD	Dottie	Tim, Son	2/6/1976	
DA COSTA	Carla & Alexandre	Carina, Daughter		2/7/2010
HYMAN	Bebe	Lynne Oliphant, Daughter		2/7/2008
CARO	Gaspar	Christy, Daughter	2/10/1969	
HERLIHY	Monica, Ron, Nina	Ivan, Son & brother	2/10/1972	
PASARELL	Laurie	Dacia, Daughter		2/10/2007
BOERSMA	Ken	Patrick, Son	2/11/1993	
MAGDALENO	Evangelina	Antonio G. Isaias, Jr.,	2/12/1985	
CAZES	Gloria & Sam	Elyssa, Daughter		2/13/2010
FAUST	Shelley & Jay	Eric, Son		2/13/2006
KASSEL	Phyllis and Al	Sheri, Daughter	2/14/1952	
BRITTON	Barb & Charlie	Bret, Son		2/15/2006
MOLINSKI	Harriet & Bernie	Kathy	2/15/1953	
MAYO	Cynthia	Jason Falke, Son		2/16/2009
RADBILL	Rodney & Lucille	Eileen Wanicur, Daughter	2/17/1946	
GRAHAM	Britian	Arthur Graham, Brother		2/17/2010
GRAHAM	Kathleen	Arty, Son		2/17/2010
WEINTRAUB	Charlotte & Henry	Allan Scot, Son		2/17/2006
ANDERSON	David	Michael, Son	2/18/1982	
GABRIEL	Barry	Ryan Seth, Son		2/18/2001
RIESGO	Catherine	Michael Muldoon, Son	2/18/1986	
RYDER	Anne D.	Brian Schwartz, Grandson		2/18/2009
KRAFT	Helene & Steve	Jordan, Son	2/19/1978	
SCHROEDER	Walter & Gail	Engel Grace, Daughter	2/19/1991	
VAN WAGNER	Renae	Morgan Patterson, Son	2/19/1983	

FERKEY	Russell & Susan	Kenneth, Son	2/20/1984	
HALPERIN	Rhoda	Chet, Son		2/20/2007
SHAMES	Claire & Jack	Ed, Son	2/20/1959	2/24/2007
DREWN	Jackie	Colette Bates, Daughter	2/21/1979	
ROSEN	Joel	Steven, Son		2/21/2010
ROSEN	Patricia	Steven, Son		2/21/2010
FORREST	Larry	Jeff, Son		2/22/2009
STREADEN	Mr. & Mrs. S.	Autumn, Daughter	2/22/1982	
ANDERSON	Roger & Amale	Clay, Son	2/23/1983	
HOCHHAUSER	Laura & Walter	Brett, Son	2/23/1978	
DURASA	Josie	Chad, Son	2/24/1978	
KRUL	Lois & Michael	Eric, Son		2/24/2007
RAMALLO	Silvia & Eduardo	Luciano, Son		2/24/2008
FADEN	Rita	Richard, Son		2/25/2010
ROTH	Karen & Ron	Evan Wishnia, Son	2/26/1984	
ARONOWITZ	Helene	Mitchell Lee Sheptinsky, Son	2/27/1983	
RICKARDS	Bill & Barbara	Earl, Son		2/28/2004

Welcome to our New Members:

Shirley Barman, son, Alan
 Judythe Rachlin, daughter, Susan
 Gloria Richardson, daughter, Danielle
 Angela Shawger, son, Christopher

Gita Alkobi, son Zev
 Frances Rini, son Peter
 Joan Eftis, daughter, Sander
 Judy Basdach, son, Andrew



To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness.

—*Erich Fromm*



Tears are the silent language of grief.

—*Voltaire*

Every one can master a grief but he that has it.

—*William Shakespeare*

Friendship doubles our joy and divides our grief.

—*Swedish Proverb*



He that conceals his grief finds no remedy for it.

—*Turkish Proverb*

Meeting Schedule and Topics | January – June 2011 | 1st & 3rd Mondays 7:30-9 p.m.


Date	Topic	Presented by
January 3	<i>A Test of Endurance</i>	Gail Schroeder
January 17	<i>Having a strong mind</i>	Ronda Fryburg
February 7	<i>The lessons we are learning</i>	Marlys Hector
February 21	<i>Does it help to tell your story?</i>	Christine Williams
March 7	<i>Decisions that Make a Difference</i>	Gail Schroeder
March 21	<i>Life Happens</i>	Gwen Kleper
April 4	<i>How Men Grieve Differently</i>	Michael Hoffman
April 18	<i>Men on one side/Women on the other</i>	Gail Schroeder
May 2	<i>What to Remember about People Not Grieving</i>	Gail Schroeder
May 16	<i>People who use the death of their child for good</i>	Christine Williams
June 6	<i>Where do we find the strength to continue?</i>	Shelly Sigale
June 20	<i>Moods and Feelings</i>	Gail Schroeder

The Broken Angels Grief Support Group

**"GRIEF SHARED IS
GRIEF LESSENER"**

The Broken Angels is a grief support group started by Mothers of troubled teens and young adults who had substance misuse problems, even if that was not the direct cause of their death.

We want to reach out and help provide support, compassion and understanding to Mothers who have lost a child as a result of substance abuse, suicide or related health issues.

Laura (954) 646-3376 • Janet (954) 815-3661 • thebrokenangels@ymail.com •  The Broken Angels Support Group

In Honor of our Son

Philip Royce Tanner

JANUARY 29, 1968 MARCH 18, 2010

We miss you so much. We love you so much.

love,
Mom and Dad

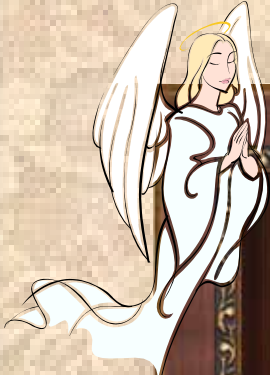


*Happy 19th Birthday
Engel Grace Schroeder*



When God calls a little 9 year old
to dwell with Him above,
her family sometimes questions
the wisdom of His love.
For no heartache compares with
the death of one beautiful little girl
who did so much to make her family's world
seem wonderful and full of joy.
Perhaps God tires of calling
the aged to His fold.
So He picked a rosebud
before it can grow old.
God knows how much we needed her
and so He takes but a few,
to make the land of Heaven
more beautiful to view.
So when Engel departed us
her family who were left behind,
try to remember God loves children, because
Angels are hard to find.

To My Beautiful Daughter, Cindy



Only *you* know how much I miss you.
Only *you* know the tears I shed.
Only *you* know the memories we share & shared.
My beautiful daughter, I wish you birthday wishes
The day G-d granted me my wish, a beautiful daughter,
January 29, 1969 4:14 am
Is a day that will be forever etched in my heart.
I love you now & always...
Until our souls meet again, watch over us.

—Your Mom (Shelly Sigale)



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

Who We Are

In more than 500 large and small communities across the country, there are groups of mothers and fathers who meet together every month. They are unique. They have all experienced the death of a child and they survived that terrible grief because there is an organization dedicated to healing them. Every family who becomes able to function again in their daily life following the death of their child has achieved a major accomplishment. Helping thousands of bereaved families every year toward that achievement is the purpose of *The Compassionate Friends*.

The Compassionate Friends, Inc. (TCF) is a national mutual assistance, self-help organization offering support and understanding to bereaved families through the work of local chapters such as ours here in Boca Raton, Florida. Our two-fold mission is to promote the positive resolution of families following the death of a child, and to foster better understanding of bereaved families' grief among their friends, co-workers and the community.

TCF has been active in the Boca Raton area for 25 years. We conduct twice-a-month support group meetings, which provide a caring environment in which bereaved families can talk freely about their emotions as well as the experience they are going through. During our meetings and telephone calls they receive the understanding support of others who have "been there." We publish a monthly newsletter, featuring writings aimed at helping our readers understand and manage their grief. Our Chapter's lending library provides books and brochures on subjects helpful to families grieving the death of a child.

TCF charges no individual dues nor fees of any kind; we have no religious affiliation. Our meetings, lending library and newsletters are available to any bereaved family at no charge. The Boca Raton Chapter is one of nearly 600 local chapters throughout the United States, each one

of which is entirely self-supporting. We depend upon the voluntary donations of our members and the generosity of businesses and individuals in the community. TCF is a 501(c)(3) non-profit organization and all donations are tax deductible.

Our Boca Raton Chapter provides monthly newsletters to over 300 members, some of whom are not able nor strong enough to attend meetings, so our newsletter and website are the only sources of support from us. Our expenses keep rising each month due to the increasing number of newly bereaved families who call all the time. In addition, a national convention is held each year, where families of any age, creed or background can attend to join the thousands of other bereaved families for support.

How You Can Help

In order for us to continue operating our Chapter and offer our services, we are holding our annual fundraiser on April 29, 2011. The fundraiser is our major source of funding.

The funds raised will go towards a Memorial Garden, the 24-hour emergency phone line, a grief lending library, a monthly newsletter and many other services to help the bereaved in our community.

Please help us to continue to reach out and help support families who have suffered so much already by the death of their child.

The Compassionate Friends

An organization dedicated to the Healing of Bereaved Parents

350 Paulus Court

Boca Raton, FL 33486

(561) 368-0324

www.tcf-br.com

Tax ID #59-2125976 Group Exemp. #36-2968329

2011 "Under the Lights"

Car and Truck Show



Fundraiser for The Compassionate Friends

FRIDAY, APRIL 29, 2011 FROM 7-10 P.M

at St. Paul's Church

701 West Palmetto Park Road, Boca Raton, Florida 33486

(Just one mile east of I-95 on Palmetto Park Road exit)



CAR AND TRUCK SHOW **OUTSIDE**

(Cars should begin arriving at 6 p.m.)

Five categories, each receiving a trophy and prize:

- (1) Pre 1950
- (2) 1950-1969
- (3) 1970-1989
- (4) 1990-2010
- (5) Overall Best
People's Choice



Registration fee per vehicle \$20.00 if pre-registered
and pre-paid; \$25.00 day of show

FUNDRAISER HELD **INSIDE** GYM

Raffle with three cash prizes: \$500, \$250, and \$100

(Do not need to be present, check can be mailed)

SILENT AUCTION WITH GREAT PRIZES

such as family trip & hotel at Disney or Sea World, etc.

CHINESE AUCTION

50/50 drawing

Door Prizes all evening

Hot Dogs, Pizza and Soda

Music and more



The Compassionate Friends is an organization dedicated to the healing of bereaved parents to provide friendship, understanding and hope to all parents whose child has died, no matter what age or circumstances. We have a 24-hour hot line and are always available to any parent needing help and understanding. We meet twice a month and publish a monthly newsletter with helpful articles. There are no dues and our only source of income is passing a basket at each meeting and this once-a-year fundraiser.

Bring your friends and family!

REGISTRATION FORM

Owner's Name _____

Address _____

_____ Phone _____

E-mail _____

Category # _____ (pick 1-4 from box above. All entrants considered for overall best/people's choice.)

Year of Car _____ Make _____ Model _____ Color _____

You may register and pay by credit card at "ClubRegistration.net" for the Car Show on 4/29, to make a donation, or to purchase raffle tickets

Checks should be made payable to The Compassionate Friends (website www.tcf-br.com)
Please mail form and check (\$20.00 per entry) to Dottie Kidd, P O Box 5606, Pompano Beach, FL 33074. For more information call Dottie at 954-946-3196 or dottiekidd@bellsouth.net.)



The Compassionate Friends 2011 Fundraiser

Once a year we are in need of fund raising to meet the financial needs of the chapter. Other than passing a basket at our meetings, we receive no other funds from other sources.

Each month our membership continues to grow and for that, we wish to be able to offer the services we have always had available. Without funding, some areas would need to be eliminated.

Members will be receiving two books of raffle tickets that we ask you to commit to purchase yourself or sell to family or friends. This is an area that is a large source of income for our fund raiser, so your efforts will help us to continue to strive for our financial goal. Ronda Fryburg

is coordinating all raffle sales and you may reach her at 954/753-0493.

In addition, a silent auction table is held at our fund raiser. At this time, a basket is donated in memory of that member's child. Each year, many corporations have funds assigned for non profit organizations and it is very easy to obtain these gifts. Please commit also to having a basket that you have solicited for on the table in memory of your child.

The fund raiser will be held on April 29th, 2011 on the grounds of St. Paul's Church. Please call Gail for any further assistance or help at 561-901-0483

A Message From The Chapter

In the wake of loss, all grievers are faced with a choice. Do we try to wade through grief and move forward or do we crumble and lose our sense of purpose? If we take the emotions that are within us and move them outside of us, we will quit repressing our pain and instead we purge it into the world.

It is very important to share these feeling with others. When we do so, we give them life, we acknowledged their reality. We all have a tendency to shrink back during grief, especially in the beginning, somehow hoping that the pain will lesson ...that the monster of grief will somehow not find us or overlook us, if we hide good enough.

But it doesn't work that way. Isolation and solitude confinement can be devastating. No matter how difficult it is to do so, you need to reach out and express your

pain and share your story. It is a story that has torn your heart into pieces and it is a story of beauty, because your heart could not have been torned without your having first loved and lost something that you loved. Now is the time to begin honoring your story. Grief is as much about finding as it is about losing.

Telling your story can be a major catalyst in moving past the grief of "what happened" to the process of rebuilding. It allows you to cycle through the event, instead of stopping to question and getting lost in the who, what, when, where, why and how.

You have a story that only you can tell. Sharing it with others not only helps you, but also helps others.

Using the following example, tell *your story*...

I want the world to know that the one thing I admired the most about my child is _____ and if I could use one word only to describe my child it would be _____.

Not too many people knew that in the beginning after my child died, I felt _____.

I struggle the most with _____, but I do find comfort with doing _____.

My child left me so many memories of good times and I hope _____.

And one more thing I would like to share is _____.



Newsletter Dedication



If you would like an entire month's newsletter dedicated to your child, please call the Chapter line of TCF at 561-368-0324. A photo of your child can be included if you wish. A donation of \$ 100 is requested, mailed by the 15th of the current month. A single page dedication can also be made with the donation of \$50.

Please submit all dedication materials in digital format. If submitting items on paper there will be an additional \$25 scanning charge. Please include a stamped self-addressed envelope if you would like the materials returned.

Volunteers Needed

Please contact Meetings Coordinator, Christine Williams



Refreshments: We all enjoy the goodies, but it's a burden for the same person to do it every meeting. If everyone takes one meeting, it will run smoothly. What you need to do: Come at 7 p.m., bring snacks and soda/make coffee (We will open the room at 7 p.m., when the coffee ingredients, cups, napkins, plates will be supplied).

Clean up: Stay after meeting and straighten up kitchen and room.

Sign up for refreshments or clean-up, or both! Do it in memory of your child! You may want to choose a meeting during a special month. E-mail Shelly Sigale at sheles@comcast.net with the meeting date, your name, telephone and e-mail (for a reminder).

Lending Library

Many excellent books are available for you to borrow from our chapter's library, free of charge. Please see Jerry Flax at our meetings, and return them when you are through—Thank you.



Printer Cartridges



Dottie Kidd has volunteered to collect our empty printer ink cartridges, in order to receive \$2 each for the Chapter's benefit from Staples. Please bring them to the meeting & see Dottie. "Thanks to your donations of used cartridges we were able to purchase paper, new cartridges and copies. Keep them coming!"—Dottie

Website Resources



Our Chapter's website is www.tcf-br.com. You will find many helpful resources, such as our monthly Newsletter, The Wall of Memory, Light a Candle, Chapter News & Events, Meeting Schedule, Frequently Asked Questions, etc.

TCF brochures you may want to read (a link to the National TCF website): www.compassionatefriends.org/Resources/Available_Brochures.aspx. TCF currently has 31 brochures on many different topics related to the death of a child.