



Compassionate Friends of Boca Raton

CHAPTER LEADER
Gail Schroeder (*Engel's Mom*)

CO-CHAPTER LEADERS
Dottie Kidd (*Tim's Mom*)
Tracey Joiner (*Kayla's Mom*)

TREASURER
Ronda Fryburg (*Brandon's mom*)

CAMPAIGN MANAGERS
Vacant

MEETINGS COORDINATOR
Christine Williams (*Lauren's Mom*)

NEWSLETTER EDITOR
Gail Schroeder (*Engel's Mom*)

REFRESHMENTS
Volunteers needed
Please contact Christine Williams

LIBRARIAN
Jerry Flax (*Brett's Dad*)

NEW FAMILIES COORDINATOR
Walter Hochhauser (*Brett's Dad*)

GREETERS
Eileen Kesnig (*Eric's Mom*)
Janet & Rob Kohn (*Parents, Brian Fox*)

DATA MANAGER
Dottie Kidd (*Tim's Mom*)

WEBMASTER
Michael Kleper (*Jodi's Dad*)

Boca Raton Chapter, October, 2010

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

Meetings:

Held at St. Paul's Church
701 W. Palmetto Park Rd., Boca Raton

1st & 3rd Mondays of each month

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

Chapter Leader: Gail Schroeder
(*Engel's Mom*)

Co-Chapter Leaders: Dottie Kidd
(*Timmy's Mom*)

Tracey Joiner
(*Kayla's Mom*)

Visit the web site's Wall of Memory
A special page for your child can be created

**This newsletter is dedicated in loving memory of Larry, Nancy, Robin and Nate
by Civia Yellin**

Welcome to our New Members:

Our New Members in September:

Rachel Burnstein, son Joe, 11-21-53 / 8-14-10
Rita Cortese, son Paul, 4-18-57 / 7-25-10
Ernest Credidio, grandson Robert 12-26-86 / July 2010
Linda & Joe Herbert, daughter Lori Rizk, 12-11-68 / 8-29-10
Allison Herbert, sister Lori Rizk, 12-11-68 / 8-29-10
Fran & Jack Lisabeth, son Alan, 4-4-84 / 5-26-10
Debi & Harold Sanders, son Tyson, 11-25-83 / 8-7-10

To Our New Members

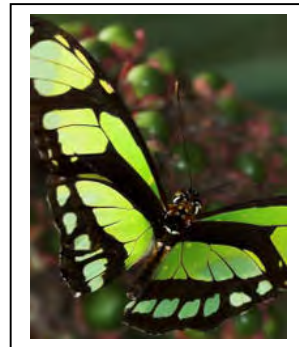
At nearly every meeting, we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are sorry for the circumstances that bring us together. We understand your pain and we hope our unconditional friendship and understanding will help you through your grief. Attending 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

Special Days

We call them “special days” but there is really nothing special at all about a child dying. The important thing is we never forget them, and by listing their birthday and the anniversary of their death, we always acknowledge their existence- that they were HERE, that their lives had MEANING, they were LOVED, and that they are MISSED.

October "Special Days"

Parents	Names	Child's Name	Birthday	Passing
BASS	Donald & Joan	Sheree Rosenblatt,		10/1/0
SPERBER	Denise & Joel	Sean, Son		10/2/0
X BRITTON	Barb & Charlie	Bret, Son	10/3/79	
X SCHNEIDERMAN	Seymour	Louise Ann Swift, daughter	10/4/51	
KIMBLETON	Nate	Robin, Daughter		10/4/0
LANHAM	Valerie	Michael, Son		10/5/0
CHESKIN	Fay	Jake, Grandson	10/7/97	
X RICKARDS	Bill & Barbara	Earl, Son	10/10/61	
X ABRAMS	Anita	Marc, Son	10/10/50	
MASLIN	Nina & Alan	Dorit Shapiro, Daughter		10/12/0
X BERGMAN	Garry & Shellie	Jules, Son	10/13/63	10/30/0
MARKOWITZ	Bobby	Jason, Son	10/13/69	
CARO	Gaspar	Christy, Daughter		10/13/0
X DeCANTO	Joe & JoAnn	Christopher, Son		10/13/0
X BRIGANTI	Frank & Palma	Christopher Seiffert,		10/13/0
MAXEY	Jodette	Sean, Son	10/13/93	
MITCHELL	Alison	Charles (Lee), Son	10/14/84	
X HYMAN	Bebe	Lynne Oliphant, Daughter	10/15/46	
MOLINSKI	Harriet & Bernie	Kathy		10/15/9
SCHWARTZMAN	Shirley & Bob	Ben, Grandson		10/15/0
X AIELLO	Connie & Jack	John W., Son	10/20/90	10/16/0
X HARRIS	Jean & Harry, Stewart	Alan, Son		10/16/0
GROESBECK	Mary J.	Jennifer, Daughter		10/16/0
X McCRACKEN	Mary	Leo, Son		10/16/0
BRIZEL	Dan & Bonnie	Dr Allyn Brizel, Son	10/16/60	
MOFFATS	Renee	James, Son	10/17/91	
AZZINARO	Patty	Dorothy (Missy) Munsey		10/17/0
SAMUELS	Helene	Jonathan, Son	10/18/61	
X FRYBURG	Bob & Ronda	Brandon, Son	10/19/86	
IVERSON	David & Raiza	David, Son		10/20/9
RADDING	Lois & Michael	David Rappaport, Son		10/20/0

Note: Those names with an "x" by the last name are listed in your phone directory. If we have missed a special day for your child, please let us know so it can be corrected.

October "Special Days" (page 2)

	Parents	Names	Child's Name	Birthday	Passing
X	SOLOMON	Daniel & Diane	Zachary, Son	10/21/88	
	ABATI	Beverly	Bobby Ghelfi, Son	10/21/67	
X	GOYNIAS	Al & Selma	Lynn Greif, Daughter	10/21/54	
	SCHMIEDE	Eric & Audrey	Rocky Peace, Son		10/21/08
X	JOINER	Tracey	Kayla		10/22/07
	KULEBA	Tom	Stephanie, Daughter	10/25/89	10/22/08
	ROSENBERG	Maxine	Alex, Son		10/23/08
	MICHAELIS	Lorraine & Herb	Jonathan, Son	10/24/61	
	GALLAGHER	Sean	John, Son		10/24/09
X	SCHIFF	Joan & Hank	Scott, Son		10/24/94
	KULEBA	Tom	Stephanie, Daughter	10/25/89	10/22/08
	HARRIS	Rich & Lynn	Amy, Daughter	10/25/83	
X	BJORKLUND	Heidi	Tanner, Son	10/25/08	10/25/08
X	DeBENEDETTO	Roni	Jennifer Lynn, Daughter	10/25/75	
	YELLIN	Civia	Robin, Daughter-in-Law		10/25/97
	YELLIN	Civia	Larry, Son		10/25/97
	YELLIN	Civia	Nancy, Daughter		10/25/97
	YELLIN	Civia	Nate, Grandson		10/25/97
	KROULAS	Alice	Ben, Grandson		10/25/04
	TROY	Ruby	Billy, Son		10/25/06
X	GORDON	Kenneth & Nancy	Michael, Son	10/27/55	
	HERZOG	Peter	Lauren, Daughter	10/27/85	
X	BEN ARI	Ann	Christopher, Son		10/27/91
X	RUBIN	Bea	Fran, Daughter		10/27/99
	SCHLOSSBERG	Joan & Bernie	Jeffrey	10/24/66	10/26/09
X	HILEMAN	Ginny	Steven, Son		10/28/08
	MEYER	Cynthia	Parker, Son		10/28/04
X	BERGMAN	Garry & Shellie	Jules, Son	10/13/63	10/30/06

Note: Those names with an "x" by the last name are listed in your phone directory. If we have missed a special day for your child, please let us know so it can be corrected.

Forever Young - Forever in our Hearts



Larry - Our pride and joy.
One of the best and brightest.
There will never be another you.



Robin - A dream of a daughter in law.
You made a difference. The hearts
you touched will always be grateful.



Nancy - Our Daughter, our love,
our friend. We will miss you so much.
Nothing in the world will
ever be the same.



Nate - "Nate the Great"
Born to Greatness - loved by
many yet taken so soon.

*May the Angels of Peace Surround all of You
October 27, 1997*

In loving memory of Larry, Nancy, Robin and Nate

IN LOVING MEMORY OF
Earl Rickards
October 10, 1961 - February 28, 2004



Earl:

To our loving son, dad, brother, husband and friend,
It's been six painful years since I've felt your warm embrace and kissed your sweet, warm face. Earl, I'm sorry we never said, "Goodbye," you see the Doctor said you were not going to die. Son, I could not believe God needed another angel more than your son's Billy and Brendon needed their loving Dad. Earl, I was going through the pictures of your life with pain and joy, but knowing your laughter, your smile and your love touched so many lives and we all will feel your love forever.

Love,

Dad, Mom, Bruce, Billy, Brendon, Nora

Happy 49th Birthday!



To my dearest Cindy Beth,

Rosh Hashanah is approaching. I remember your 1st holiday. We dressed you up in the most adorable red dress, white lacy tights, and little dressy shoes. You were all of 9 months. We went to Grandma Tootsie & Papa's home before we went to Temple. Oh boy, what a special time for ALL of us. You were just so adorable, smiling away...Dad & I holding each tiny hand of yours while you tried to walk. "Yoy", is all your Grandma could say!! The pleasure you brought us, THESE are the positive memories I will focus on and remember you.

Love you always & forever,

Mom

(Shelly Sigale)

Creating a Memory Book

by Gwen Kleper



At The Compassionate Friends we often talk about how we can keep our children's memories alive for ourselves as well as others. How do we capture the essence of our child? How do we access the funny, sensitive, real side of our child so these aspects are with us forever? How do we collect little stories, sweet moments, things we may have never known about our child and share these with others? Michael and I decided to create a Memory Book to celebrate the wonderful person our daughter was and is. We wanted our young grandson to know his aunt through the precious memories of others. We wanted to discover a way to collect, preserve and share memories we had of Jodi and we wanted to invite others to share their memories of our daughter as well. We hoped this would be a healing process for us as well as all who chose to participate.

What follows is the letter we wrote requesting memories of Jodi. You are welcome to modify this letter to start creating your own Memory Book. I have to tell you the process of requesting Memory Book input as well as reading and re-reading each memory continues to be a healing experience for Michael and me. It has also been healing for Jodi's friends and relatives who provided a treasured gift to us in the form of cherished memories. Each memory is beautiful, unique, and a wonderful tribute to our Jodi.

Sending out a Memory Book request letter and providing some simple guidelines can help you obtain wonderful memories, thoughts, poems, photos and more to help you create a very personalized tribute to your child.

Michael and I are still in the process of creating our Memory Book to celebrate the life of our daughter, Jodi Lisa Strada. We have all our memory submissions now. We are currently sorting through pictures we will scan for our book. We haven't quite gotten to the production part. A Memory Book can be as simple as a homemade 3-ring binder or as high tech as using one of the many software programs available for use. We are also working on a means for everyone who shared a memory to access Jodi's Memory Book. It's a bit of work and organization, but it's such a labor of love. We are anxious to complete our book and would be pleased to share it with you. Again, feel free to modify our letter to create your child's Memory Book. It's one of many ways to keep your child's memory alive for you, your family, and friends.

Dear Friends and Family,

We are creating a Memory Book to celebrate the life of our daughter, Jodi Lisa (Kleper) Strada. We want to include your contributions in this lasting tribute we will compile to share with Jodi's friends and relatives, especially Jodi's nephew, Fletch (age 2), who Jodi adored. Through your eyes and memories, Fletch will come to know his beloved aunt. We invite you to participate by sharing:

- * A memory
- * A funny or sweet story
- * Details about how you knew Jodi or how she touched your life

- * Photos
- * A poem
- * What the loss of Jodi has meant to you
- * Other

You are welcomed to submit these memories via email and/or your own handwriting, which will become part of Jodi's Memory Book.

Some thoughts: Maybe you knew Jodi from the time she was a child or as a close friend or maybe she only briefly came into your life. Did you meet Jodi at a party, at Royal Coast, or through mutual friends? It would be helpful if you include how you knew Jodi, when/where you met, what was special about your relationship, what made you smile when being with Jodi. Maybe you recall a holiday party or barbeque Jodi hosted or a delicious drink or food Jodi created; perhaps you enjoyed the same music; maybe you shopped together. You might want to write memories as you would a letter to Jodi, Scott, Marni, Fletch or us.

You may want to include reflections on what Jodi meant to you and how the loss of Jodi has impacted your life. Perhaps a movie, a favorite restaurant, or a line of a song always reminds you of Jodi. You are welcomed to submit as many memories and stories as you like via email or in your own handwriting, which we will include in the memory book. If you submit photos and would like them returned, let us know. You can write a sentence or two or several pages. No memory is too brief or too lengthy.

Please be sure to sign your submission the way you want to see it in Jodi's Memory Book (e.g., Jane & John Doe, condo friends and neighbors since 2001). Return your memory to us by **August 31**. We welcome your participation and your kindness in sharing your memories. We would appreciate your sharing this memory/photo request with family (especially children and grandchildren) or friends who also knew and loved Jodi. We hope to compile and complete this book in the early fall. Your help in creating this lasting memory and tribute is greatly appreciated. Many thanks.

Gwen & Michael Kleper
-Insert contact information-

A Message From The Chapter

Bereaved parents wonder if they will ever feel okay again. Not only do you face overwhelming emotions of loss, you can feel discouraged when your grief doesn't disappear quickly or happen in neat orderly stages. For all people who have experienced loss, moments of joy and normalcy mix with moments of sadness and anger. Being moved once again by painful emotions you thought you had tamed isn't a setback. It's part of an upward process of healing. And when you allow your grief to be accompanied by hope, you can reconcile your world to find contentment, purpose and peace in your life once again.

Like any human process, grieving has its dangers, its pitfalls. There are little trapdoors here, little detours there, that can make us waste precious time and energy. One of the most dangerous aspects of grief can be summed up in one quotation: "I just want to get back to the way I was." Of course, you can't. This loss has made you a changed person. Your world has changed. This is the reality before you. If you continue to seek to get "back", you will unnecessarily prolong the grieving process.

The next dangerous pitfall is that you can feel guilty for enjoying life, guilty for being happy, because your child is not here to enjoy it with you. You might even feel that if you continue on with your life and enjoy the world around you, you are somehow showing "disrespect" for your child. It is almost as if your sadness is seen as a memorial to your child.

Finally another large pitfall for the believer who is grieving has to do with the matter of isolation. Grief turns us inward upon ourselves and our own pain and rightfully so, to a point. It is our world that has been torn apart, and we do need time to ourselves to put things back together again. But grief deceives us here when in fact we need the companionship of others, even reaching out to help others. We tend to have a tendency to shrink back during grief, especially in the beginning. Somehow we are hoping that the pain will lessen...that the monster of grief will somehow not find us or overlook us, if we hide good enough. But it doesn't seem to work that way. Isolation and solitary confinement can be devastating.

While it is important to face our grief and move through it, there is a danger in grieving "too much." Some people get stuck in their grief and wrap themselves in the process without the goal of moving forward. The process of grief becomes comforting, a way to link themselves to their child. Once the death of your child becomes an excuse for not going on with one's own life, or not being able to live fully and somewhat abundantly, than that's pathological.

Essential grief is a tearing down and then building back up. It is simply put, to find a beginning, middle and end so that we may cease obsessive thinking and move beyond the story of our loss towards healing. Transformation stems from a shift in perspective. It also means looking at the positives and negatives of one's life and seeing what treasures can be recovered from the rubble.

This is a future that has been "handed to us"; we have not chosen it. It would be easy to fall victim to this turn of events, but by choosing actions to help with our healing, we become "emotional heroes", not victims.

Little by little, just as the deaf, the blind, the handicapped develop with time an extra sense to balance disability, so the bereaved parent will need to find new strength, new vision, born of the very pain and loneliness which seemed, at first, impossible to master.

When we have lost the framework of our personal identification, we must search for new identities and part of the grieving process is just such a search. It is a painful, yet necessary question and during this gloom that we experience, we become busy picking up the scattered pieces of our self identity and carefully turn each one over, looking for the place in the puzzle where they belong. We gather in all the pieces and try to create a new picture of ourselves, a new identity, a new "me". It is an important and solitary job. No one can help you create the new identity. You must find it in order to continue through your grief journey. You must take the steps to seek out a new and different person. Not necessarily a stronger or better person than we were, but definitely a different person than we were before our child died.

Peaceful moments seem impossibility to a bereaved parent. For most, the goal is just to get through the day. Balance however, is the key. Learning how to create more peace of mind, by injecting serene moments into your day, will reduce your stress levels, create a calmer internal environment and improve your overall quality of life. With time, you will find that your peace of mind is not dependent on outer circumstances, but rather on the choices you make in your inner world.

—Gail



Thanksgiving Dinner

*Provided to bring comfort,
fellowship and support*

November 25, 2010

4:00 pm

*A small memorial service
in memory of our children
will be included*

**Schroeders
350 Paulus Court
Boca Raton, FL 33486**

***RSVP no later than November 10
561-901-0483 Gail***

The Compassionate Friends Annual Candle Lighting Ceremony

Sunday, December 12

*Wyndham Garden Hotel
1950 Glades Road
Boca Raton, Florida*

We are in the process of planning our event. This is the current information that is being given to you for your review.

18 tables – each table being sponsored by a **\$100 centerpiece** which includes a 8x10 photo of your child with inscription done in memory.

Reserve your table now. Securing a table allows you the **10 seats reserved** at the table in advance for the candle lighting.

Please call Gail at 561-901-0483 for a reserved table. A check payable to *The Compassionate Friends* as well as an 8x10 picture needs to be provided.

A memorial picture presentation of our children is a big part of the event. If you already have submitted a picture from previous years, this picture will be included. If you wish to have a picture of your child included, please call Gail at 561-901-0483. A \$5 charge is incurred for this process. An original, clear picture should be selected.

If you would like to make ahead reservations for any available seats left after sponsored tables are taken, please call Dottie at 954-562-5919
Family and friends may be invited.

A light buffet dinner will be served after the candle lighting

Seating begins at 5:00. Parties with only reservations, not a sponsored table, need to arrive no later than 5:30 pm to keep reserved seats. Sponsored tables families need to arrive no later than 5:45 pm.



**The Compassionate Friends of Boca Raton
is now on 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.

*This wonderful new feature is courtesy of Michael and
Gwen Kleper.*

Meeting Schedule and Topics
Meeting Dates for 2010: 1st & 3rd Mondays 7:30-9 PM

October 4th- “Honoring your child on special days”
Presented by Eileen Kesnig

October 18th- “Anger – I’m Mad!”
Presented by Gail Schroeder

November 1st- “Everything you need to know about tears”
Presented by Christine Williams

November 15th-“Permission to Grieve”
Presented by Ronda Fryburg

December 6th- Holiday meeting
"The Gifts We Give Ourselves to Heal"
Presented by Gail Schroeder

December 20th- “Coping with the Holidays”
Presented by Christine Williams

Information Page

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.

Volunteers Needed – *By 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 PM, bring snacks and soda/make coffee (We will open the room at 7pm, 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.

Email me, Christine Williams, at clw023@bellsouth.net with the meeting date, your name, telephone and email (so I can remind you). Available dates for both refreshments and clean-up: July 5, 19, August 2, 16, September 6, 20, October 4, 18, November 1, 15, December 6th and 20th. Thank you! --Christine

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.

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

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.

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.
