



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

A Quarterly Newsletter

by and for Bereaved Parents

October/November/December 2019

**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.



Another Summer Come and Gone, the Holidays are Coming, the Holidays are Coming!!!!

Well, we are into the fall season, another summer come and gone. With all the rain and hot humid weather, I didn't feel like I had much of a summer, which makes it even more depressing. We have celebrated Labor Day, schools are back in session and the football season is upon us. The next holiday we have off of work is Thanksgiving, then Christmas and finally New Year's Day. Mickey and I were discussing how nice it would be to just snap our fingers and we would be past these 3 holidays and into January of 2020. It's hard to believe that we are ending the 2nd decade of this century. Will this decade be another roaring Twenties??? These 3 holidays are usually the hardest to celebrate given the family nature of them. For Mickey and myself, it is more the anticipation and getting ready for these days than the actual day themselves, that are worse.

But there is actually another holiday that doesn't seem to get that much attention, to me that would be Halloween. I don't think we have ever discussed Halloween at one of our meetings. Our children were either the age of trick or treaters or would be getting their own children ready for trick or treating. I remember each year our Girls trying to decide what costume or character they would like to be. But I mostly remember our Girls not being out there trying to see how much candy they could accumulate. Melissa enjoyed coming home and handing out candy and seeing how all the other kids were dressed. I think Emily was more concerned about how much loot she got and what candy she didn't like and could trade with Melissa or give it to Mom or Dad as her way of sharing.

In fact since the accident, Mickey and I have always found a way to avoid Halloween. We either went out and did something be it dinner or shopping, or we would come home and have dinner downstairs in the family room with the lights off so no one would think we were home and knock on our door looking for candy. This holiday still has its painful memories of how to soon our child or children have left us.

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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Carol Wautlet, Resource Coordinator

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Website: <http://compassionatefriendsgb.org/home.aspx>

Monthly Support Group

Tuesday, October 15, 2019 6 p.m.

Anyone Dreaming about Their Son or Daughter

Tuesday, November 19, 2019 6 p.m.

Suggestions for Candle Lighting Ceremony

Tuesday, December 17, 2019 6 p.m.

Send A Christmas Card



And For This I Give Thanks

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



"I am acutely aware that autumn is here. As I write this, the air coming through my window is crisper and the leaves are taking on the golden and scarlet hues of the season. The shorts and tee shirts, which were the summer mainstay of the neighborhood children, are being replaced by sweats and flannels. Pumpkins are replacing pink flamingos as lawn ornaments. The beauty of nature is at its most spectacular. It is unmistakably here, welcome or not...

This will be my fifth autumn, to be followed by my fifth holiday season without my daughter Nina. I find that I am far enough along in my grief to find memories to smile about now, but still close enough to remember those first few years and the piercing stab of pain in my heart that went along with them. Halloween, with memories of the costume party she threw when she was 10 years old, the major production she made out of what she would wear as a trick-or-treater, and as she got older, her enjoyment in passing out candy to neighborhood goblins. Then came Thanksgiving, one of my favorites. I liked the idea of family and friends gathering together with no other purposes other than eating until you nearly exploded and being thankful for each other and the blessings of the past year. No presents required, just the joy of family togetherness - and the knowledge that my children were here, all of them. On that first Thanksgiving the empty chair and place at the table seemed to scream out at me that someone precious was missing. And the message of this particular holiday was thankfulness? What on earth could I ever find to be thankful for?

Some TCF parents have memories of being unable to choke down any morsel of food because they were continually trying to choke back tears that first Thanksgiving. Just wanting to curl up in a ball, pull the covers over their heads, and wake up some time in January after the last remnants of the holidays were cleared away. In all honesty, I cannot tell you even one detail of that first one: where I spent it, who was present, where I was, if I cried all day. I remember nothing.

I do remember three months after Nina had died, though. On a visit to my neurologist I tearfully told him of my depression over her death. His response to me was "Why don't you count your blessings rather than your sorrows? Think happy thoughts and maybe you won't feel so sad." I, of course, asked him if he had ever lost a child. He had not

obviously. Only someone uneducated in the school of grief would say something like that.

Almost five Thanksgiving's later, have I found reasons to be thankful? I asked myself this question and decided to put pen to paper. I was surprised to say the list was quite lengthy, so I will only share a few of them. I am thankful for:

- My loving family, and the welcomed joyful additions in the last few years.
- My memory, because now the painful memories are, more often than not, replaced with the beautiful memories of the past, and they were such beautiful memories.
- My life, for whom else will keep Nina's memory alive? Of course, my family, but they have lives, as they should. I am the self-appointed keeper of my daughter's memory.
- Nina. The joy of loving her, the privilege of being her mother. Though I wish it had been much longer, I wouldn't trade those 15 ½ years for anything.
- Smiling a genuine smile, laughing a hardy laugh, and finding my sense of humor again. I sincerely believe that Nina likes to hear me laugh and that she would want me to find humor in life again.
- My sight, because I commented (for the first time in five autumns) on the magnificent colors of the autumn foliage and the grandness of Minnesota's most sumptuous season. I didn't think I'd ever notice again. But I did.
- The Compassionate Friends, who showed me there is life after the death of a child; who allowed me to express my emotions, listened patiently, understood my pain, and welcomed me into their hearts. They helped salvage what remained of my sanity and I will be eternally grateful.
- The opportunity to give back, through TCF meetings and this newsletter. To bring hope to the newly bereaved in the knowledge that it won't always hurt this bad, and that you will make it with the love and support of family and your Compassionate Friends. And, that there will come a time that you too will find things to be thankful for again.

I am told, by those who know, that peace and acceptance are that light we are searching for at the end of the tunnel. Though I find myself still looking for it at times, those further down the grief road have reassured me it will come. Maybe not this Thanksgiving or next, but that it will. And I believe them.

The Holidays Are Coming

Marge Frankenberg
TCF Arlington Heights, IL
In loving memory of my son, Blake



"The Holidays are coming! The Holidays are coming!" Most bereaved parents make that observation with the same sense of fear and dread that Chicken Little had when he announced, "The sky is falling! The sky is falling!" We view Christmas or Hanukkah differently than the rest of the world. In our minds they become great trials to be endured. In my opinion, this trial is tougher than birthdays or death anniversaries. This is the time when love abounds. The family (and extended family) all gather together, coming from near and far, to share in this love. The only trouble with this happy scene is that our child is missing. He or she has traveled too far from us to come for the holidays! We can't buy gifts for a photograph or hug and kiss a memory. The emptiness that this creates in us cannot be filled, no matter how many relatives gather by our hearth. To add to the pain, most well-meaning friends and relatives feel that the best way to handle the problem is to pretend that it doesn't exist. They never mention the one person that is on the minds and in the hearts of everyone. We found out early on that it is not possible to keep the "presence" of our child out of a family gathering. Trying to do so makes everyone uncomfortable and causes us as parents to feel disloyal.

The first Christmas after our son died, we did it "their" way. Never again! Now we make sure that he is very much a part of our holiday. For starters, we decided once again to hang all three stockings. We don't fill them, but just seeing them all hanging together is right for us. The tree was very important to Blake. Every year he took the responsibility of stringing the lights for us. Now it is important to us to see that Blake has a tree. We have a very special one, about 3 feet tall, that we weight heavily at the bottom. We decorate

it with weather-proof ornaments and place it at his grave. We leave the tree there until spring so it can make the gravesite when the snows are deep. We also have a lovely candle that we burn on special days. This is our way of including our missing son in the family circle. But most important, we talk about him. We don't do it obsessively, but we don't hesitate to recall memories of him as often as we recall those of other children in the family. Because we talk of him in an easy and natural manner, the rest of the family has taken our cue. They now bring up his name naturally. It is all so much more comfortable than the way we tried to handle it that first year.

Another couple in our chapter had a wonderful idea for the first holiday after their daughter died. Their greatest fear was that no one would mention her, so they compiled an album of her pictures and casually left it out on the coffee table. It wasn't long before people were looking through it, recalling favorite memories of her, and the ice was broken.

There must be so many other ways that you can make your child a part of your holiday—ways that seem right and comfortable for you. You may choose to keep your thoughts private rather than share them with others. But the most important thing to remember is that the choice is yours. Do what makes you comfortable, not what others think should make you comfortable. If you follow the dictates of your heart and that gives you comfort, those around you will see that it is so and follow your lead.

I would like to extend a special Thank You to Samantha's mom Sue DeLong. Sue will be sharing her time and talent, as she has graciously volunteered to send out the birthday cards Remembering our Children.

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	Matthew Skenadore (son of Jude Skenadore)	11/05
Michael Anderson (son of Ron & Lori Anderson)	10/04	Josh Kimes (son of Susan Kimes)	11/06
Josh Gilson (son of Ron & Cindy Gilson)	10/04	Chad Olson (son of Brenda Olson)	11/07
Allen O'Harrow (son of Cal & Lois O'Harrow)	10/04	Nick Baugnet (son of DeeDee & Joe Baugnet)	11/10
Corey Jonet (son of Dan & Lisa Jonet)	10/09	Debi Schultz (daughter of Barbara Fitzpatrick)	11/12
Seth Philhower (son of Shaun & Stacy Philhower)	10/09	Ryan Patrick Bergevin (son of Randy Bergevin & Barbara Vandebusch)	11/16
Colton Steinhorst (son of Tara Steinhorst)	10/09	Ryan Rockstroh (son of Molly Rockstroh)	11/16
Matthew Arnold (son of Carrie & Bob Arnold)	10/10	Jillian Faymonville (daughter of Louise Faymonville)	11/17
Chad Seitzer (son of Sandi & Fred Seitzer)	10/10	Karson Fenlon (son of Jennifer & Donald Fenlon, grandson of Jan Hendricks)	11/17
Noah Thomas Campbell (son of Kelli & Craig Campbell)	10/10	Zander Varga Schenzel (grandson of Nancy Varga)	11/17
Benjamin Edinger (son of Rosanna Scannell)	10/15	Chad Olson (son of Brenda Olson)	11/17
Jack Natzke (son of Jason and Renee Natzke)	10/16	Dane Cole (son of Don & Karol Cole)	11/18
Taylor Dale Postuak (son of Kathleen Postuak)	10/17	Dillon J. Mueller (son of George and Angel Mueller)	11/18
Lailah Faith Pouwels (daughter of Ed & Carrie Pouwels)	10/20	Amber Mastey (daughter of Brett & Amanda Mastey)	11/25
Evan Van Lanen (son of Dan & Peg Van Lanen)	10/22	Jimmy Wanner Jr. (son of Pam & Keith Blondeim)	11/25
Tara Beilke (daughter of Chuck & Judy Dams)	10/22	Joe Hinton (son of Tom & Kathy Hinton)	11/28
Van Jarchow (son of Mike & Dixie Jarchow)	10/26	Federico Abarca (son of Melgar Concepcion)	11/29
Shane Hopfensperger (son of Mike & Joann Hopfensperger)	10/28	Amanda Rose Skar (daughter of Wayne & Kim Skar)	11/29
Troy Milan (son of Pam Milan)	10/28	Shane Lambert (son of Kim Lambert, grandson of Maria Lambert)	11/30
Richard Allen Zey (son of Tina Zey)	10/28	Chris Krueger (son of Cheryl Krueger)	12/05
Jaysen Calkins (son of Kate Calkins)	10/30	Crystal (Falish) Peterson (daughter of Steve & Darlene Enderby)	12/06
Thea L. Jacques (daughter of Sally Martin)	11/01	Danielle Deda (daughter of Noel & Sally Deda)	12/07
Cassandra LeMere-Zeller (daughter of Donald & Judith LeMere)	11/01	Tara Reetz (daughter of Daniel & Jean Reetz)	12/08
Jessica Lindberg (daughter of Dana Ewald)	11/02	Hannah Fowier (daughter of Ashley Weicheit)	12/12
Craig St. John (son of Debra St. John)	11/02	Travis Stelzer (son of Don & Pam Stelzer)	12/13

Jessica Demo (daughter of Sheila & Chuck Henrichs)	12/16	Nathan Axelrod (son of Johanna Axelrod)	12/28
Joseph Jacques (son-in-law of Pat Wojcik)	12/17	Tom Manning (son of Bud and Peggy Manning)	12/29
Amy Schaut (daughter of Ron & Linda Gerbers)	12/20	Marvin W. Pies (son of Dean Pies)	12/29
Jamie Bialozynski (daughter of Mike & Arlene Bialozynski)	12/21	Chris Sauer (son of Ron & Kathy Sauer)	12/30
Jeremy DeMille (son of Marysue Gerondale)	12/23	Marjie Duerr (daughter of Linda Duerr)	12/31
Kristen Sericati (daughter of Jeff & Vicki Sericati)	12/26	Darrian Seppanen (daughter of Janet Deterville)	12/31
Andrea Eve Wirth (daughter of Thomas and Angela Wirth)	12/27		

ANNIVERSARIES

Jacob Engel (son of Billie Jo Engel)	10/2	Gary Glebke (son of Joyce Glebke)	10/25
Caitlin Van Duyse (daughter of Brenda VanDuyse)	10/4	Doug Cole (son of Don & Karol Cole)	10/25
Matthew Kiefer (son of Mary Jo Hempel)	10/4	Jacqueline Evers (daughter of Joe and Alice Evers)	10/27
Dillon J. Mueller (son of George and Angel Mueller)	10/4	Ryan Rockstroh (son of Molly Rockstroh)	10/27
Justin Banaszynski (son of Donna Baranczyk)	10/5	Ryan Tucker (son of Dawn Tucker)	10/28
Brandon Blue (son of Rondell & Barb Blue)	10/8	Scott Zwieschowski (son of Linda Zwieschowski)	10/28
Danielle Deda (daughter of Noel & Sally Deda)	10/9	Jeffery Skenadore (son of Jude Skenadore)	10/29
Seth Philhower (son of Shaun & Stacy Philhower)	10/9	Amy Schaut (daughter of Ron & Lynda Gerbers)	10/31
Jason Ison (son of Rene Ison)	10/10	Karen Mary Schley (daughter of Jon & Ann Schley)	11/01
George Stoneburner (son of Chuck & Judy Dams)	10/10	Steve Knaus (son of Luke & Shirley Knaus)	11/01
Wendy Jacques (daughter of Sally Martin)	10/12	Jeffrey Triatik (son of Carol Triatik)	11/01
Jaysen Calkins (son of Kate Calkins)	10/16	Joel Bagneski (son of Bill & Kelly Bagneski)	11/02
Kelby Bagneski (daughter of Bill & Kelly Bagneski)	10/19	Cody Green (son of Dan and Gwen Green)	11/06
Jessica Lindberg (daughter of Dana Ewald)	10/20	Jason Banaszynski (son of Donna Baranczyk - Pagel)	11/06
Lailah Faith Pouwels (daughter of Carrie & Ed Pouwels)	10/20	Andy Haroldson (son of Ralph & Jean Haroldson)	11/06
Jami Daigneault (daughter of Penny & Armand Daigneault)	10/22	Marjie Duerr (daughter of Linda Duerr)	11/07
Ryan Bader (son of Cheryl & Mark Bader)	10/24	Jack Clusman (son of Jessica and Tim Clusman)	11/07
Andrew Sorensen (son of Wendy Sorensen)	10/24	Ryan Brunner (son of Bill & Sue Brunner)	11/08
Jeffrey Van Lieshout (son of Dave & Connie Van Lieshout)	10/24	Todd Inman (son of Kathie Inman)	11/10

Leslie Blasing (daughter of Jeanne Donart)	11/13	Ross Ambrosius (son of Melissa & Rob Ambrosius)	12/09
Mariah Early (daughter of Melissa Early)	11/17	Brandon Scheider (son of Deb Scheider)	12/10
Todd Konop (son of Dorothy & Tom Konop)	11/17	Jason Kurey (son of Deb Kurey)	12/11
Shane Lambert (son of Kim Lambert, grandson of Maria Lambert)	11/17	Drew Stamsta (son of Lynn Stamsta)	12/13
Joseph Adams (son of Cheryl Skenadore)	11/18	Adam Lee Schultz (son of Stan & Deb Schultz)	12/15
Tami (Sam) Cornelius (daughter of Brenda Cornelius)	11/18	Darrian Seppanen (daughter of Janet Deterville)	12/15
Tara Reetz (daughter of Daniel & Jean Reetz)	11/18	Aaron Lison (son of Adele Coopmans)	12/18
Ella Fickett (daughter of Mindy Meisnest)	11/18	Joe Hinton (son of Tom & Kathy Hinton)	12/20
George Mostek (son of Jim & Debbie Mostek)	11/21	Stephen DeBroux (son of Matt & Jean DeBroux)	12/21
Jessica Demo (daughter of Sheila & Chuck Henrichs)	11/23	Timmy Parent (son of Steven & Cindy Parent)	12/26
Benjamin Edinger (son of Rosanna Scannell)	11/23	Matt Pockrandt (son of Margaret LeRoy)	12/26
Kelli King (daughter of Joe King)	11/26	Thea L Jacques (daughter of Sally Martin)	12/27
Lance Steffens (son of LouAnn Steffens)	11/29	Richard Allen Zey (son of Tina Zey)	12/28
Nicole Kowalkowski (daughter of Sharon & Roman Kowalkowski)	12/01	Christopher Voght (son of Tammy Viegut & Timm Gay)	12/29
Jacob Peters (son of Jerry & Natalie Peters)	12/01	Cassandra LeMere-Zeller (daughter of Donald & Judith LeMere)	12/29
Paul Stone (son of Joan Stone)	12/01	Ryan Jozwiak (son of Lenée & Eddie Jozwiak)	12/30
Kevin Betker (son of Roy "Pete" & Renee Betker)	12/01	Marvin W. Pies (son of Dean Pies)	12/30
Mylisha Klapatch (daughter of Dennis Klapatch & Tamara Walker)	12/02	Joey Wesolowski (son of Jennifer Heller & John Wesolowski)	12/30
Chloe Spice (daughter of Tricia & Jason Spice)	12/06	Kevin Betker (son of Roy "Pete" & Renee Betker)	12/31



ANNOUNCEMENTS, COMMENTS, & MISC.

Calendar of Events 2019

October 15: Anyone Dreaming of Their Son or Daughter
November 19: Suggestions for Candle Lighting Ceremony
December 8: Candle Lighting at 1 pm
December 17: Send a Christmas Card

WE HAVE A WEBSITE!!!

Please visit our site at:
<http://compassionatefriendsgb.org/home.aspx>

All sorts of goodies are included:

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

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.



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

After October

and if there be a perfect month,
for me, it is October...
with days and nights like laughing fauns,
with mornings bright and sober.
when wind will dance in sudden glee
to do the autumn-sweeping
or cloud and fog and wistful rain
can move a heart to weeping.
and in October You were born,
four days before November...
and four years later you were gone,
my little son, my only son,
I love you.
and remember. . .

Sascha Wagner
© The Compassionate Friends

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
Daniel J. Kazik, in memory of Jennifer Kazik
nIc Foundation Steve and Lynn Marcks, in memory of Nicolas Resch
Todd and Sandy Scheffen, in memory of Sam Compton
Frank Smetana, in memory of Ella Smetana
Pam K. Vogels, in memory of Jason Vogels
Carol A. Wautlet, in memory of Robby Rohr



**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 15, 2019
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 8th at 1:00 pm.**