



The Compassionate Friends

Supporting Family After a Child Dies

Tucson Chapter
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National- www.compassionatefriends.org/



March/April 2016 WALKING THIS VALLEY- Tucson Chapter Vol. 34 No.2
We're sorry for the reason you're here, but we're glad you've found us. –Tucson TCF

Tucson Chapter Meetings
Catalina United Methodist Church 2700 E. Speedway Blvd, Room H-232
Second and Fourth Wednesdays 7:00-9:00 pm
Mar. 9, 23 April 13, 27 May 11, 25

Welcome!

All bereaved parents, grandparents, and adult siblings are welcome at our support group meetings. Here you will find comfort, caring people, and most of all-HOPE. Coming to the first meeting is hard but, you have nothing to lose and much to gain. For many it is the first real step toward healing. Although it may seem overwhelming, we encourage you to come to several meetings to give yourself a chance to become comfortable. We are not professional counselors. We are bereaved families who want to help each other. Please join us as we heal.

Fundraising: This year, Mr. Click is donating a 2016 Ford Mustang Shelby GT350. The iconic Mustang, an American muscle car, burst onto the scene in 1964 and never looked back. The Ford Motor Company is building 4,300 this year making this a collector's item! The approximate MSRP is \$47,000. Tickets are available now at meetings or through the Jim Click website. They cost \$25 each or you can get 5 for \$100. All funds earned stay with our chapter.



Upcoming Events: The Tucson Chapter Spring Picnic will be on April 16, 2016 at the Children's Memorial Park on 15th Ave. Bring a dish to share as well as chairs or a blanket to sit on. The Chapter will provide hot dogs, burgers, and drinks. A Masseuse will be on hand offering low cost massages. We will also have a drawing for several great pamper yourself items. Tickets for that will be for sale at meetings.



National Conference

The Compassionate Friends is pleased to announce that Scottsdale, Arizona, will be the site of the 39th TCF National Conference on July 8-10, 2016 at the Fairmont Scottsdale Princess. "Hope Rises on the Wings of Love" is the theme of this year's event. Look for details on the national website as well as the TCF/USA Facebook Page. Plan to come and be a part of this heartwarming experience.

Questions? Please call the National Office at 877.969.0010.

Discount hotel reservations are available now. There is a link from the National Website: www.compassionatefriends.org

Submissions requested!

Pictures, poems, articles, letters to or about your child or sibling, send to newsletter@tucsontcf.org

Donations:

Love Gifts support all costs for our organization from room rental (currently covered through a grant) and storage rental to printing programs for events and even ink for newsletters. We thank and appreciate all those who donate whether in the name of their own child or in memory and support of family or friends.

The loss of a Compassionate Friend: Submitted by Carol Tilton

Barbara Belhumeur, Mark's Mom, died December 8, 2015 after a 2 year battle with ovarian cancer. Mark, her only child, died in 2011 of the H1N1 swine flu. Barbara was a member of our steering committee and a participant of our U of A nursing panel until her illness. She and her husband, Larry, worked tirelessly at our rummage sales - the only people to return on Sunday to clean up the mess. She was a bereaved parent, a friend, and will be missed by all of us.

My Gift

I never thought I'd have a gift
as special as my son.
God let me have him for a while
and then his life was done.
So dear, so special, such a precious gift
God thank you for each day.

Mark made my life a blessed one
In God's name I will pray.
His friends all loved him for being kind,
protective and sincere
He always had a hug to give
and always ordered beer.

He sought a love for evermore
Nolly is her name.
God greeted them their marriage vows
and many shared their day.
So little time was spent for them
and then he went away.

Sadness comes and sadness goes
and yet I'll always say
Thank God for every moment
spent along the way.
Because he is my gift from God
and always will remain
In a special place within my heart
may God bless us each day.

by Barbara Belhumeur
January 2015

March Birth Dates

KRISTIN BAILEY

RENEE BLANCHARD

PAUL BRUMBAUGH

WENDY CARBONEL

REESE HOTTEN

BRADLEY CHARLES MAPLES

RYAN MCCRAY

BRYAN MCLAUGHLIN

JESUS RENE

MELISSA HEYMERS

OSWALDO BAKER

CHRISTOPHER BREY

STEVEN BURR

RICK CASEJALUR

MELISSA LOPEZ

DANIELLE MARIT-KALLA

MICHEAL MCDANIEL

GARETH OWEN

KRISTA ANN VALDEZ

CHADWICK "CHAD" SPALDING

March Remembrance Dates

CHANCE MORGAN ALLISON

MARTHA BATES

RICHARD BLAU

KENNETH CHESTER

JASMINE COOMBS

EMILIA F DOYLE

MATTHIAS EDWIN ENLOW

JIMMIE GANIS

TESSA LEIGH GRIGGS

DANIEL HART

ROBERT HORSTMAN

KRYSTAL ARNOLD

CHRISTOPHER BAYZE

DEVANTE CARRANZA

THOMAS CLARK

AUDIANNA MARIE COTA

KATIE EDMONDS

WESTON FOARD

ANNA CECELIA GAXIOLA

SHAY EMMA HAMMER

KYLE HENSON

NICOLE LAJALLEE

CHRIS MAIER

ZACH MORGAN

MARINA ESTRELLA PALOMO

DANIEL TATTRIE

LUIS JAMES TIFFANY

HOLLY VICKERS

MORGAN WISE

KRYSTAL ARNOLD

PHILLIP BECKER

ROBERT GLEN CREWS

RICK HAMILTON

WILEY HERREN

DEVIN KAMBER

DANIEL MERENS

SCOTT NEVINS

JONATHAN ROSS

SUSANN SALMON

JAMES SELBY

JAMES THELEN

WILLIAM TIDWELL

JULIE ANN VONDERSAAR

TONY WINFIELD

MICHEAL MCDANIEL

JOSHUA MOSS

PAIGE JAYDEN STOUT

MARLA THYE

KRISTA ANN VALDEZ

GENE WATKINS

MARTHA BATES

ALLIE BURCH

LEAH GOODMAN

STACY ANN HEMESATH

JAY JOHNSON

DAMIEN MELZER

SCOTT MILLER

JOE ROMMEL

ARIELLE IRENE RUBEN

LUNA SAYURI ROMERO

MATTHEW TESCHNER

PAUL THOMPSON

TINA VALENZUELA

DELLVON WATSON

KASEY PIKE

April Birth Dates



April Remembrance Days

NANCY BATES DIETZ

SUSAN M. BIEGER

W. JARED BLAIR

MARK BRIDGEMAN

GORDON BRYAN

STEVEN BURR

JOE CRAWFORD

RACHAEL EDWARDS

EBERT S.R. EISSENSTAT

JULEE FRASER

MARISA GALLEGO

FRANK GARCIA

NANCY KONERTH

GAGE LA FONTAINE

DANIELLE MARIT-KALLA

BRIDGET MEMBRILA

PANCHITO MEZA

AARON MILLER

ZACHARY ORMAN

MICHAEL JOHN PADILLA

CHRISTOPHER PALACIO

LOGAN PALMER

KYLE PETTEYS

STEVEN A SCANNELL

JOSEPH SHIELDS

EMILY RACHEL SILVERSTEIN

DAVID THORSON

RAMES VALENZUELA

PETER VELAZQUEZ

SAVANNAH GRACE WATSON

ALEXANDER WHEATLEY



Online Support: The Compassionate Friends offers an online support community. There are general and specific bereavement sessions. Go to www.compassionatefriends.org and click on resources.

Also offered is a weekly web radio series called The Open to Hope Show featuring Dr. Gloria Horsley, TCF's Professional Adviser, and Heidi Horsley, M.S., MSW, Psy.D every Thursday at noon ET (10am until mid March then 9am). This hour long program is recommended by TCF as a grief/loss resource and includes a phone-in portion.

Find this show at <http://opentohope.com>

Like us on Facebook:

The Compassionate Friends-Tucson

The Compassionate Friends-Tucson "All-In-One" Pen, Stylus, and Light is Available at Meetings for \$5

Contact: hotline
(520) 721-8042
or visit our website at
www.tucsontcf.org

Unless expressly stated, the views expressed in articles, poetry, etc. in Walking This Valley are not necessarily the views of The Compassionate Friends, The Chapter Steering Committee or the Editorial Team. The Editor reserves the right to edit any contributions.

COOKIES

Fellowship is an important part of every meeting. Please sign up to bring a snack to share. This can be on a Birthday or Remembrance Day or anytime throughout the year. Thanks so much.

If you would like to be notified when the latest newsletter goes up please leave a message at newsletter@tucsontcf.org

Chapter Steering Committee

Leader: Debbie Russell Co Leader: Melissa Chico
Editor: Diane Allison
Contributing Editors: All members
Outreach/ Correspondence: Estella Salazar
Facebook: Melissa Chico, Cat Morrow
Website: Julie Shulick
New Attendee/Database Coordinator: Paula Harper, Cat Morrow
Library: Debbie Russell
Treasurer: Noelle Rohen
Facilitators: Kevin & Kristin Trapp, Cindy Walter, Melissa Chico, Tara Chico, Carolyn Manka, Kim Teschner, Javier Gallegos

Regional Coordinators

Barb & Gene Caligari, Chandler, AZ

Photo buttons are now made at meetings. Bring your child's photo printed on plain paper (button is 3" round) and ask anyone with a ribbon on their nametag for assistance.

The Fall of Spring

March, Spring, Spring Break

New Beginnings

Spending time together as a family

Chopping wood Overheating the cabin Practicing Archery

Fishing Hiking to the Spring Walking in the woods

Seeing Elk, deer, turkey, even a bobcat!

Watching Fawlty Towers

Playing cards, Munchkin, Fact or Crap

Spring Break-Our Chancey

An Ending

Lost, the Spring in our steps.

We

March

On.

-Diane Allison for Chance Morgan (1996-2014) Tucson TCF

ID PINS: Kevin Trapp makes our ID Pins. Send him an email at kjtrapp2001@yahoo.com with the photo you want attached or bring a hard copy (which will be returned with the nametag). Include the first and last name of the parent and the name and age of the child. These name tags are at no charge.



The hope of The Compassionate Friends is that those who need us would find us and that those that find us would be helped. TCF also provides information to help members be supportive to each other.

OTHER TUCSON SUPPORT GROUPS

Listed below are a few other local support groups. In addition to these organizations, Tucson has several other general grief support group meetings held at churches.

Information & Referral Services.....800-352-3792

Homicide Survivors, Inc.....520-740-5729

FOOTPRINTS-Pregnancy and Infant loss....520-873-6590

Tu Nidito/Children to Children.....520-322-9155

Alive Alone <http://www.alivealone.org/> -for parent(s) who have lost their only child

MISS FOUNDATION <http://www.missfoundation.org/>

Soulistic Hospice Grief and Recovery Group: Annise Miller 520-820-6610



**The
Compassionate
Friends**
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A National self-help, non-profit organization for families who have experienced the death of a child

Non-Profit Org.
U.S. Postage
Paid
Tucson, AZ
Permit No. 2296

THE TUCSON CHAPTER
P.O. 30733
Tucson, AZ 85751-0733

Return Service Requested

Forgive Me, Friend

Forgive me, Friend
If I don't seem there—
If I seem a little distant
Or you think I don't care.
My child has died

It's hard to explain
My down-an-out days
When I don't respond
Or I seem in a daze
My child has died.

-Gretchen Warren TCF Solano County, CA

I seem to be happy
When I suddenly cry-
The emotion overpowers me,
Hard as I try.
My child has died

So forgive me, My Friend,
When I can't seem to give
I'm doing all I can
Just to get up and live.
My child has died