



**The
Compassionate
Friends**
Supporting Family After a Child Dies

Tucson Chapter
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www.tucsontcf.org

National Headquarters
P.O. Box 3696
Oak Brook, IL 60522
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www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 35 No.3 May-June, 2017

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, H-232
Second and Fourth Wednesdays 7:00pm-9:00pm
May 10, 24 June 14, 28 July 12, 26

Welcome!

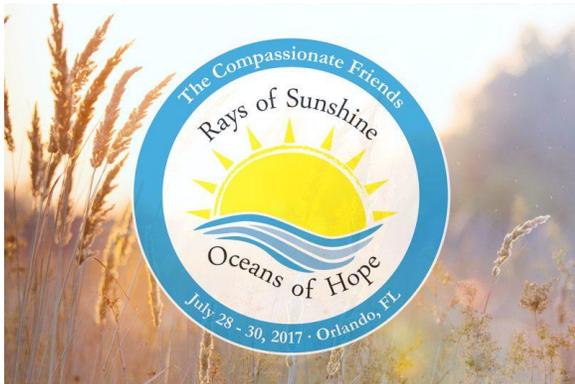
All bereaved parents, grandparents, and adult siblings are welcome at our support group meetings. Here you will find comfort, caring people, and most of all-HOPE. Coming to the first meeting is hard but, you have nothing to lose and much to gain. For many it is the first real step toward healing. Although 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.

The Compassionate Friends Credo: We need not walk alone. We are The Compassionate Friends. We reach out to each other with love, with understanding, and with hope. The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope. We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. 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 they feel helpless and see no hope. Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace. But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died. We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, 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. We Need Not Walk Alone. We Are The Compassionate Friends.



Upcoming Events:

Our Annual Picnic will be on May 6 at the Brandi Fenton Memorial Park, 3482 E River Rd. from 10am-2pm. at Ramada A. Your Tucson Chapter will provide burgers, dogs, drinks, and plates. Please bring a dish to share as well as chairs or blankets. We will be having a 50/50 Raffle to raise funds for our organization. We will also have access to the Splash Pad! Wear your swim suits and bring your families. This is a great opportunity to remember our children and to spend time together. Please note the change in location as we have previously had this event at the Children's Memorial Park. Information about having your child remembered on the wall or garden at the Brandi Fenton Memorial Park is available at meetings or online.



The Compassionate Friends is pleased to announce that Orlando, Florida, will be the site of the **40th TCF National Conference** on July 28-30, 2017. "Rays of Sunshine, Oceans of Hope" is the theme of this year's event. The 2017 Conference will be held at the Hilton Orlando Bonnet Creek. You can register and make hotel reservations through the National Website. Check for updates and details on the national website as well as on our [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.

Fundraising:

Jim Click Raffle: The vehicle this year is a Ford Explorer. Tickets are 1 for \$25 or 5 for \$100. This year there are additional prizes of roundtrip airfare and a monetary prize. Any money brought in stays with the Tucson Chapter of TCF. Last year we made \$3000 on this opportunity.

Restaurant Nights: We earned \$97 on our Texas Roadhouse night in March. We will be having several more this year. Fliers and other information will be available on our website and through Facebook.

Mother's Day Again

It is Mother's Day again.
The day that my first born son became an angel.
Time for remembering Mothers
Time to remember their love for their children
For me it is a reminder of the day you became an angel
And a piece of my heart went with you
Yes it is Mother's Day again.

It is Mother's Day again.
Time for me to put on my happy face
Time to celebrate me
Time to enjoy my daughter
Tell her how much I love her
Also time for me to remember
My beautiful son who has gone too soon
Pray he knows how much I love him
Yes it is Mother's Day again.

It is Mother's Day again
I will remember the good times with Kevin
I will remember his smiles
I will remember his hugs
I will remember his firsts
but I will remember most of all
His love for me, his sister and his daddy.
So yes it is Mother's Day again.

Kathie Kelly
TCF Fredericksburg, VA
In Memory of my son Kevin



*THE ALLISONS IN IRELAND ON
ST. PATRICK'S DAY TOASTING
CHANCE ON HIS THIRD
BIRTHDAY IN HEAVEN.
THE BOYS ARE HAVING
GUINNESS. I AM HAVING THEIR
VERSION OF A WHISKEY SOUR
WHICH IS WHISKEY WITH A
SLICE OF LEMON.*

MAY BIRTHDAYS

ROGER BEENE
NINA BODEN
MIKE CARLSON
AUDIANNA MARIE COTA
EMILIA F DOYLE
JOEL ESPINOSA
JASMIN GAXIOLA
JOSHUA HOLDEN
KEITH KRAGE
RICHIE LOPEZ
PANCHITO MEZA
ARIANA PORTUGAL
NEAL REINACHER
CARMEN MARTINEZ RUSSO
JESUS TARAZON-ROSAS
MATTHEW UNTERRINER
CARL WALDENSTROM
GENE WATKINS

PHILIP BIGGERS
ZACHARY BOSSELER
MONIQUE CELIA
DREW DAVIS
BRUCE EDWARDS
WENDY FORD
TESSA LEIGH GRIGGS
TRAVIS KATHREIN
AMY KRUPPENBACHER
KENNETH LUIKART
SCOTT MULLEN
MADELINE PREIN
SHANNON MICHAEL ROSE
ROCKY STEWART
JUSTIN WITT
SUSAN WAYNE
MARINA MAY WALDRIP
CONNIE CHRISTINE WILSON

ARI BLATTSEIN
ERICA LYN BOWDEN
NOAH COHEN
BODHI VINCENT DE SANTIS
CURTIS LEE EHLERS
SAMANTHA FULCO
SYDNEY REAGAN HESS
ANDREW KEATON
KORY LAOS
MARIELLE MENTZER
FERNANDO ORTIZ, III
REBEKAH MARIE RAY
STEVEN A SCANNELL
JEAN E. STONE
AARON JAMES "AJ" RACHUY

MAY REMEMBRANCE DAYS

MADISON ANGUIANO
MADISYN BERTSCH
NICOLAS JOURDAIN BURCH
JAMES THOMAS BUSEY
ELLILAH ROSE CHICO
MORGAN COLE
LIANE WILSON
BODHI VINCENT DE SANTIS
ASHLEY FRANCO
JOSHUA GIBSON
JAMES EDWARD HAINES
TRAVIS HEGERLE
RYAN KNOTT
DALLAS LUCAS/BECKER
GARETH OWEN
MADISON RODRIGUES
JONATHAN ROSS
DAVID SNEPP
AMY SVOBODA

PATRICK BENSON
ALLIE BURCH
MIKE CARLSON
BILL CARSON
NOAH COHEN
COLLEEN CONTER
THOMAS WILLIAM NEAL
JACOB EISNER
GABRIEL ADRIAN GASTELUM
MAKAYLA SOPHIA GUNDERSON
LEWIS HARPER
STACY ANN HEMESATH
JASON KRAUSE
RYAN MCCRAY
REYNALDO PARADA
LUNA SAYURI ROMERO
HECTOR MANUEL SANCHEZ III
BETH STERN
WRIGHT SAMUEL JOHNSON



JUDY TIPTON
RYKEN EVERETT
KEVIN GEIS
DREW GYORKE
RICHARD HAYES
ANTONIO TORRES
KORY LAOS
DAN TOMASKO
BRANDEN PEASE
BECKA ROSENWALD
MATTHEW SCOTT
ZAKARY STORM

Father's Day

I just finished watching another miserable cologne commercial on TV. For some reason these are the first signs of the upcoming holiday, commercials that are only shown at Christmas and Father's Day to give wives and kids some idea of what to get Dad to celebrate a gift-oriented holiday.

Like the other fathers who read this newsletter, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen. My son's life. An opportunity not to hurt when I see boys who are the age my son should be now. A chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called and wished my father a happy day the night before, and go to the florist for the flowers I will place on my son's grave. I will stand alone and cry for a time, then return home to my wife and our infant son. This year will have a greater measure of peace due to young Dan's arrival, but I shall always have that Alex-sized hole in my soul, a longing that I know I will have until I too die.

Like many bereaved fathers I have felt the lack of understanding of the non-bereaved on how a father should mourn his child's death, and for how long. I do not understand how a society can have such belief in the strength of maternal love, and do such a good job of ignoring the intensity of paternal love. From the people whose only question at Alex's memorial service was on how my wife was dealing with this tragedy, to the long-time friend who didn't understand my choking up after watching a Hallmark Card commercial last year, the majority of people around us seem to have difficulty with the thought that a father may need to grieve for his deceased child just as much as a mother might.

So that is where some support and love is needed, and needed badly. Of course we have Compassionate Friends, but something more personal and closer to home is needed. In a recent newsletter there was a note from a bereaved mother from New Jersey asking fathers and siblings to be understanding of a grieving mother's needs on Mother's Day. I agree, but I would also hope that you ladies will not forget your husband's this Father's Day as well. It is frequently said that we males don't often talk of our emotional needs, and are reluctant to show our pain, but we need love and 'warm fuzzies' when we hurt also. Please remember us on June 18, and please remember also that those cute little sentimental commercials that hurt you in May, take their toll on us in June. There are definitely times when I can do without Old Spice, McDonalds, Hallmark, and AT&T.

Brothers, I wish you peace, comfort, and love.

Doug Hughes
TCF Cincinnati, OH
In Memory of my son, Alex

JUNE BIRTHDAYS

BILL ANDERSON
RICHARD BLAU
MARK CALHOUN, JR.
ANNA CECELIA GAXIOLA
JAMES EDWARD HAINES
GREGGORY RYAN KAISER
ARMANDO MARTINEZ-PACHO
LIEM MICHAEL O'ROURKE
EMILY RACHEL SILVERSTEIN
ETHAN STRASSMAN
JASE BRYER TINSLEY
MARTIN VALENZUELA
RICHARD NICHOLAS UMBERGER
SABRINA KINSLEIGH WILLIAMS

IAN BEAL
MARK BRIDGEMAN
KENNETH CHESTER
JESSE GELSINGER
DANIEL HART
CLAYTON LEVIS
SANTINO MARTINEZ-PACHO
TODD PIERCE
DAVID SNEPP
AMANDA SUMAN
DAN TOMASKO
BRIAN WILSON
PETER VELAZQUEZ
JONATHAN ZINSLI

SUSAN M. BIEGER
TRUDIE CALE
ISABEL DRENZEK
TIM GOAR
TYGE IRSKENS II
ERIC OGDEN
NIKKI PACKARD
NIKOLAUS SMITH
GEOFFREY STENSON
LUIS JAMES TIFFANY



JUNE REMEMBRANCE DAYS

MICHAEL STEPHEN ACOSTA
MICHEAL AUSTIN ANDERSON
MITCHELL BARRINGAR
ROGER BEENE
AISLYNN TIANA DAVIS
GARY DURRENBERGER
JOVAN ANTONIO ESCARCEGA
DIEGO ANTONIO GADEA
THERESA HEATH
RYAN HORN
TIMOTHY ALLAN KENYON JR.
AISLYNN TIANA MAGUIRE
ARMANDO MARTINEZ-PACHO
ADAM REICHEG
ARIELLE IRENE RUBEN
NICHOLAS ANDREW SAN ANGELO
TAYLOR NICOLE THOMPSON
MAXFIELD LANE WILLIAMS

GENNA AYUP
MIKE BALL
ISAIAH BATES-SCOTT
MAVERICK CAMPISI
ISABEL DRENZEK
BRUCE EDWARDS
JORDAN FAULK
GABRIEL GALLEGOS
SYDNEY REAGAN HESS
REESE HOTTEN
JACQUES MARGODT
SEBASTIAN MEYER
PENELOPE OSWALT
ALEXIA ROBLES
SEAN SEGALL
DUSTIN YODER
JASE BRYER TINSLEY
EMILY KATELYN ARRIAYA TORRES

CALEB FOSSLAND
MORDECAI HARRELSON
CHARLES "BUDDY" HOLLEY
ISAIAH MARTINEZ
TRINA MCQUEEN
BOBBY PARKINSON
MADELINE PREIN
SHANNON MICHAEL ROSE
TARA SWAIN
KRISTEN YODER
MARIO VERDUGO JR
CHRISTIAN WATSON

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

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. Many give through their employer to the ECAP program. 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.

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.

TCF National Organization on Facebook

Please visit and help promote The Compassionate Friends National Organization's Facebook page by becoming a fan. You can get there by clicking on the Facebook icon from TCF's national website home page at www.compassionatefriends.org.

Or, you can find it by going to: www.facebook.com/TCFUSA.

We want this to be both an informative and supportive place for those of us who are mourning the death of a child, sibling, or grandchild. All are welcome to leave messages and talk about their child and their grief. As in our meetings, we especially appreciate shared insights about anything that has brought you comfort, hope, or some measure of peace.

In addition to the social support aspect, The Compassionate Friends/USA Facebook page has posts about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

TCF is also now on Twitter. Search for TCFofUSA. These social media initiatives are important to TCF because they will help increase public awareness about our organization and better enable us to fulfill our mission to help bereaved parents, siblings, and grandparents.

For more information, please call TCF's National Office at 877-969-0010 or e-mail sara@compassionatefriends.org.

Like the Tucson Chapter on Facebook: The Compassionate Friends-Tucson

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.

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.

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

Chapter Steering Committee

Leader: Melissa Chico
Co Leaders: Cat Morrow/Stella Salazar
Editor: Diane Allison
Contributing Editors: All members
Outreach/ Correspondence: Estella Salazar
Facebook: Melissa Chico, Cat Morrow
Website: Julie Shulick
New Attendee Coordinator: Cat Morrow
Library: Debbie Russell
Treasurer: Erin Chico Co Treasurer: Sharon Farrell
Facilitators: Kevin & Kristin Trapp, Cindy Walter, Melissa Chico, Tara Chico, Carolyn Manka, Kim Teschner, Javier Gallegos
Regional Coordinators
Barb & Gene Caligari, Chandler, AZ; Denise Dean

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.

ID PINS: Kevin Trapp makes our ID Pins. Send him an email at kitrapp2001@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.

A message from Glen Lord, TCF Board President:

On March 30, 2017, Alan Pedersen voluntarily submitted his resignation as Executive Director of The Compassionate Friends. Alan's love, hope and care will continue to be a part of our organization as he transitions leadership and then continues as a volunteer, just as he did before.

I have known Alan for over 10 years, first as bereaved fathers, and later working together after he began serving in the position of our Executive Director in December of 2013. As the president of the Board of Directors, I have seen Alan's heart for the bereaved and his use of creativity, intellect and passion to further the TCF mission and to bring hope and healing to the bereaved.

Some of the more specific things he has accomplished include instituting regular conference calls with our Chapter leaders, initiating improvements in our Facebook communication, growing the Chapter leadership page, and rolling out our new Regional Coordinator program. It has been a privilege to witness how this has brought our organization forward.

Alan has also brought a renewed spirit of hope to our national conferences. Under his leadership, we have truly lived our motto, *We Need Not Walk Alone*. He will continue his good work as Executive Director through the end of September.

The Board of Directors is working in partnership with Alan to ensure a smooth transition. It is our plan to have a new Executive Director selected before Alan leaves.

On behalf of the TCF Board of Directors, I want to take this opportunity to thank Alan for all he has done and all he will continue to do providing hope to the hurting.

In 2018, The Compassionate Friends will celebrate its 40th anniversary being incorporated in the United States. We have consistently grown and improved throughout this time, and we will continue to do so.

Thank you, Alan, for your heartfelt and dedicated leadership.

Glen Lord

Noah's Dad
Heather's Brother

Dear TCF Family,

After much thought and consideration, I have decided to resign my position as the Executive Director of The Compassionate Friends effective October 1, 2017. It has been an incredible honor and joy to serve in this position since December of 2013.

Together, our more than 4,000 volunteers, National Office staff and Board of Directors have worked in tandem to create many positive changes in our organization. I have learned while serving in this position that TCF belongs to all of us; no individual is bigger than our mission.

My heart will forever belong to TCF and I will continue to volunteer because in my darkest hour of grief, after the death of my daughter Ashley in 2001, The Compassionate Friends saved my life. The road to serving as our Executive Director was unusual; it came on the heels of spending 10 years speaking on grief and loss and playing songs I had written in over 1,000 cities.

This journey included presentations for over 300 of our Chapters. While I have loved working for TCF, I look forward to the next chapter of my life, which will include new music, a book and, of course, another Angels Across the USA Tour.

My plan is to work with our current Board of Directors to ensure a smooth transition and assist in any way I can in the process of finding our next Executive Director. I will always be just a phone call away. I want to thank each of you who do the real work of TCF by serving in leadership of our Chapters, as Regional Coordinators, Facebook and online chat moderators, conference volunteers, and to all who share their story, listen to others, and donate their time and money to our organization.

I will forever be indebted to those who believed in me and gave me the opportunity to lead the largest grief organization in the world. I am optimistic about our future as we continue to grow and fulfill our vision that everyone who needs us will find us and everyone who finds us will be helped.

Blessings and thanks so much for giving me this incredible honor,

Alan Pedersen

Please feel free to call me with any questions or concerns: 720-218-6238



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

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

Return Service Requested



May-June, 2017