



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

Tucson Chapter
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P.O. Box 3696
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www.compassionatefriends.org

WALKING THIS VALLEY- Tucson Chapter Vol. 35 No.4 July-August, 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
July 12, 26 August 9, 23 September 13, 27

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. 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.

We are not professional counselors. We are bereaved families who want to help each other.
Please join us as we heal.

Past Events:



Our Annual Picnic was on May 6 at the Brandi Fenton Memorial Park. This annual event allows us to join together in fellowship outside of our meetings and remember our children.



Sorry if we missed you. We hope to see you at the October and December candle lighting events as well as the picnic scheduled for April 2018.

Upcoming Events:



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. **QUESTIONS? PLEASE CALL THE NATIONAL OFFICE AT 877.969.0010.**

There are several ways to participate even if you can't make the trip to Orlando.

1. Go on the National Website and put your child's name in the memorial book that travels to each convention.
2. Go to the National Website and give your child's name to be carried on the Walk to Remember.
3. Fill out the form and pay \$50 for a sign with your child's name and picture to be posted along the Walk to Remember route.
4. Order a keepsake of your child. This will be displayed during the convention and sent to you after. To avoid shipping/handling ask someone attending to bring it home for you.
5. Bring to a meeting by July 12 an 8"x10" or smaller photo(s) of your child and/or memorial tattoo to be posted at the conference.

IMPORTANT ANNOUNCEMENT:

THE TUCSON CHAPTER OF THE COMPASSIONATE FRIENDS WILL SOON (NOT IMMEDIATELY) BE CHANGING OUR MEETING LOCATION. WE HAVE BEEN AT CATALINA UNITED METHODIST CHURCH FOR SEVERAL DECADES BUT, DUE TO INCREASES IN RENT AND A GENEROUS OFFER FROM ANOTHER CHURCH, WE WILL BE MOVING OUR MEETINGS TO CHRIST CHURCH UNITED METHODIST AT 655 N. CRAYCROFT. CHECK FOR UPDATES ON OUR FACEBOOK PAGE, ONLINE, AND IN THE NEXT NEWSLETTER.

OTHER TUCSON SUPPORT GROUPS

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

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

Fundraising:



Jim Click Raffle: Win one of THREE great prizes! Grand Prize: 2017 Ford Explorer Platinum 2nd Prize: Two round-trip, first-class airline tickets to anywhere in the world!* 3rd Prize: \$5,000 cash! Check Millions for Tucson for more information. Any money brought in stays with the Tucson Chapter of TCF. Last year we made \$3000 on this opportunity.

Dine to Donate: We will be having a restaurant night in August. Check our Facebook page and website for updates.

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.

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 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.



July Birthdays

JAMIE ARNOLD	MARK BATES	JENNIFER BUNNELL	JAMES THOMAS BUSEY
JENNY CRIM	ANGELA DILLON	CARM-IDRELLE CASSEUS	ELLILAH ROSE CHICO
FRANK GARCIA	ANDREW GAINES	COLETON DAVID DORMAN	RYAN GRIFFIN GAMBLE
ELISA GASTELLUM	DONALD GREENE	DAVID KETTUNEN	JASON KRAUSE
MORGAN LOR	GABRIEL LOPEZ	RAUL "RULLY" JR LOPEZ	CHRIS MAIER
RYLIE MCREYNOLDS	DALE MELLBERG	MARINA ESTRELLA PALOMO	TIMOTHY PARFREY
BOBBY PARKINSON	JASON PHANCO	SHAWN DOUGLAS RAMON II	JOSEPH SHIELDS
ALYSSA RILEY	KATHERINE RILEY	ERIC ALEXANDER RUBOYIANES	LANCE SENICK
BRYSE VASQUEZ	CINDEE TURNER	BABY TSOSIE SIQUIERUS	TARA SWAIN
LINDA STUBBINS	DANIELLE BARNETT	NATHAN SPANGENBERG	JESSICA GRACE WING
DEANA CAPPuccio	EDWARD VINCENT ANDREW RAMOS		

July Remembrance Days

PALINA ALDECOA	SEBASTIAN ALDECOA	JAMIE ARNOLD	JACK ATKINSON
JENNIFER BAIN	MARTY BEDELL	CHRISTOPHER BREY	PAUL BRUMBAUGH
JENNIFER BUNNELL	SELENA BURNEY	WENDY CARBONEL	SHANTI CARLISI
ALEAH CRUCE	DREW DAVIS	COLETON DAVID DORMAN	KAREN FORD
TIMOTHY HESKIN	ROLAND JAMES	MARTHA HARRINGTON	DEVIN KAMBER
GABRIEL LOPEZ	CLAYTON LEVIS	JOSEPH (JAY) KAPLINSKI	PAIGE LOVE
SCOTT MILLER	ROLANDO MONGE	SANTINO MARTINEZ-PACHO	TODD PIERCE
CASSIE RAO	REBEKAH MARIE RAY	ALYSSA RILEY	KATHERINE RILEY
JOE ROMMEL	JAMES SELBY	BABY TSOSIE SIQUIERUS	MAURICIO B. SALAZAR
AMANDA SUMAN	GEOFFREY STENSON	KATHLEEN TEMPONE	JAMES THELEN
JAMES TURNER	ROBERT ERIC TURNER	MATHEW VYBORNY	MARINA MAY WALDRIP
JESSICA GRACE WING			

Vacations

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind-at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you.

We've said it many times: YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change-it can help with your re-evaluation of life.

Elizabeth Estes
TCF Augusta, GA
In Memory of Tricia

AUGUST BIRTHDAYS

MADISON ANGUIANO	TAMARA DAWN BASS	JADEN ELIJAH BLUE	BARRY BOYLE
CALEB CANDLER	BILL CARSON	MORGAN COLE	NANCY KONERTH
AIDON COPFER	ASHLEY DENEEN	ALAN DOYLE	RACHAEL EDWARDS
EBERT S.R. EISSENSTAT	MARISA GALLEG0	BENJAMIN ROHEN-TRAPP	RONALD GARDY
GABRIEL ADRIAN GASTELUM	JARED GIDDINGS	RICHARD HAYES	BRIDGET MCCABE
NATHANIEL LEWIS HEDGES	ROBERT HORSTMAN	MERCER JOHNSON III	CLYDE BURKEY
JAMIE MULLINS, III	OHN WOOD	SHAUN MOORE	DANIEL TATTRIE
CHRISTOPHER PALACIO	LOGAN PALMER	JAMISON PESSIN	TRACY ANN POLLINS
MADISON RODRIGUES	JEFFREY SEWELL	OLANDO TRUJILLO	LINDA VARGAS
SAVANNAH GRACE WATSON	PRESTON WERNER	ALEXANDER WHEATLEY	JA-MUS WHITFIELD
GLENN HARRISON WILLIAMS	MAXFIELD LANE WILLIAMS	NATHAN NOWECKI-HUBBLE	

AUGUST REMBRANCE DAYS

ARI BLATTSEIN	BARRY BOYLE	ROBERT BREMOND	ANNABELLE CAMP
BRANDIE CAMPBELL	TORRE LYNN CARLS	SEAN CATAUDELLA	ROBERT GLEN CREWS
KATIE CLARK	ZAC CLARK	ASHLEY DENEEN	LILY FAIRCHILD
ANTHONY JESUS DURON	SAMANTHA FULCO	PHILIP GANOTE	RONALD GARDY
JARED GIDDINGS	TYLER GROVE	SHANE HARVEY	MATTHEW KAUFMAN
NATHANIEL LEWIS HEDGES	WILEY HERREN	DANIEL HUGHES	MELISSA LOPEZ
JOE KEELING	ERIC SETH KOVITZ	AMY LOGAN	RAUL "RULLY" JR LOPEZ
CHADWICK THOMAS KENYON	BRIAN MOHN	JUSTIN MOHN	SCOTT NEVINS
MICHEAL PESQUEIRA	DONN OWENS	NEAL REINACHER	BRODIE SCHMICH
CARMEN MARTINEZ RUSSO	NIKOLAUS SMITH	ETHAN STRASSMAN	WILLIAM TIDWELL
TINA VALENZUELA	JUSTIN WITT	OHN WOOD	DEANA CAPPuccio
KATERI LAURA JOANN FRANCISCO		CHRISTOPHER J.R. HESSE	

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 Elephant in the Room

There's an elephant in the room.

It is large and squatting, so it is hard to get around it.

Yet we squeeze by with, "How are you?"

And, "I'm fine"...

And a thousand other forms of trivial chatter.

We talk about the weather.

We talk about work.

We talk about everything else—except the elephant in the room.

We all know it is there.

It is constantly on our minds,

For you see, it is a very big elephant.

But we do not talk about the elephant in the room.

Oh, please, say her name.

Oh, please, say "Barbara" again.

Oh, please, let's talk about the elephant in the room.

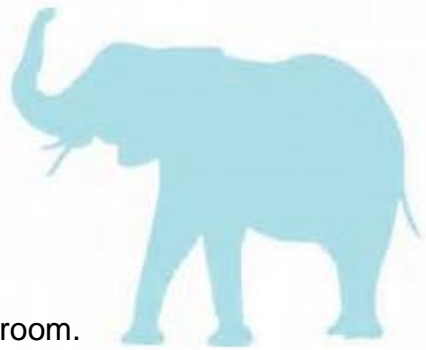
For if we talk about her death,

Perhaps we can talk about her life.

Can I say "Barbara" and not have you look away?

For if I cannot, you are leaving me

Alone ...in a room...with an elephant.



Terry Kettering

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

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.

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

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Library: Debbie Russell

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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



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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

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“You will lose someone you can’t live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn’t seal back up. And you come through. It’s like having a broken leg that never heals perfectly – that still hurts when the weather gets cold, but you learn to dance with the limp.”

–Anne Lamott

July-August, 2017