



# THE COMPASSIONATE FRIENDS

Volume One – Number Five



May - June 2010

Waccamaw  
South Carolina  
Chapter  
Serving Georgetown  
& Horry Counties

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## NEWSLETTER PRINTING

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## OUR 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... But whatever hope we bring to this gathering of The Compassionate Friends, it is pain we will share just as we will 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 pain as well as the joy, the anger as well as the peace, 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.**

*Grief is not a straight line, but rather maze full of twists and turns and even some dead ends. 🦋 Remember to grieve the best way for YOU.*

## WHAT WE'RE ALL ABOUT

The Compassionate Friends is an international non-profit self-help support organization offering friendship and understanding to bereaved parents and siblings. **We meet on the first Tuesday of each month at 6:45 PM in the Grand Strand Senior Center.** Our next two meetings will be **May 4<sup>th</sup>** and **June 1<sup>st</sup>**. You may find it extremely difficult to share your grief. Please know that there will be others present who are ready to listen and who truly understand what you are going through. Please try to join us. It may help. Remember...

**YOU NEED NOT WALK ALONE!**



## OUR NEWSLETTER

This newsletter is typically published every other month and mailed to those during the first year following the death of their child. Our goal is to inform those in grief that there are others sharing similar circumstances who are available to offer support. Our hope is that our newsletter brings comfort to those reading the words within. If you wish to remain on the mailing list after the first year you may do so by attending a meeting or offering a Love Gift.

We apologize for any errors that you find. However, I would truly appreciate being made aware so we can make the necessary corrections. We also welcome any feedback... comments, complaints, ideas... If you have an article that you have found meaningful, please share it with us. We may publish it in a future newsletter.

If you know someone who would like to receive our newsletter published free, please send us their address. Those wishing to be removed from our mailing list, please let us know. We want to respect your privacy.

### **OUR TIME WITH YOU**

When we are bereaved we may never live at the top of the mountain again. That's just the way it is. But, if we let our sadness be more powerful than our happiness, death wins. POMC. Reach out to each other and know we are there and we truly understand

### **A LITTLE HEALTH NOTE**

We'd like to remind you to stay healthy by watching your diet and exercising. It has been suggested that a large percentage of cancer is due to stress related events in our lives. Those who neglect their emotional needs for the sake of others appear to develop a higher percentage of cancers.

Grieving is emotionally, physically and mentally exhausting and leaves little energy for anything else, including communication between spouses. While a shared grief brings many couples closer together, care must be taken to preserve relationships. Many parents feel they must be "strong" for others in the family by not crying.

Yet this stops a natural reaction.

Tears are a tribute to the child who has died, as well as, a healthy emotional, physical and mental release.

### **EDITOR'S NOTE:**

I would like us to share more about the lives of our children, but to do that I need your help. ***Wouldn't it be nice to read about or see your child in our bi-monthly newsletter???*** Please share some memories of the life your child. You may Email me @ [quentin8smama@aol.com](mailto:quentin8smama@aol.com), a story about &/or picture of your child to include in the next newsletter. *Thanks, Barb (see page 8)*

### **Welcome!**

If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful. We cordially invite you to attend any of our meetings. Spending time with a small group of people who have undergone a similar loss can be very therapeutic. You can discover how natural your feelings are. Nothing is required of you. There are no fees or dues. Coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Please make an effort to attend at least three meetings so we can get to know each other better. We are truly friends who understand your grief.

### **SIBLINGS WALKING TOGETHER**

**(formerly known as the Sibling Credo)**

We are the surviving siblings of The Compassionate Friends. We are brought together by the death of our brothers or sisters. Open your heart to us, but have patience with us. Sometimes we need the support of our friends, at other times we need our family to be there.

Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be. We cannot be our dead brother or sister, however, a special part of them lives on within us. When our brother or sister died our lives changed. We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak. Yet we can go on because we understand better than many others the value of family and the precious gift of life.

Our goal is not to be the forgotten mourners we sometimes are, but to walk together to face our tomorrows as

### **SURVIVING SIBLINGS OF THE COMPASSIONATE**

If you are seeking grief support on the web, The Compassionate Friends Online Support Community (OSC) gives you the opportunity to meet with others who are also grieving the death of a child.

There are OSC rooms for: Parents/Grandparents; Siblings; Pregnancy/Infant loss; Bereaved Two Years and Under; Bereaved Two Years and Over; Men Only; No Surviving Children; and Survivors of Suicide.

All rooms have trained moderators.

**GRIEF SUPPORT**

**May – June Birthdays**

- Billy McWatters son of Adele McWatters*
- Brogan Camille Raddish daughter of Marcie Raddish*
- Christopher Meridith son of David & Joanne Joyner*
- Jake Gagnon son of George & Michelle Hall-Gagnon*
- Keith Shapiro son of Bob & Marie Peeling*
- Paul Caudle son of Lee & Sherry Caudle*



**CELEBRATE**

*Each month at our TCF meeting we celebrate life. Those who have a child, grandchild or sibling's birthday in that month will be able to light a candle in honor of their child's birth. Please bring a photo/memento and share a special memory of your child. You are also welcome to bring your child's favorite food or birthday cake to share with the group. We hope you will take this opportunity to share your child with us.*



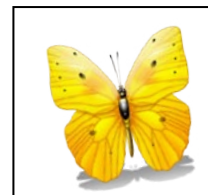
**Grieving is a healing process.** It's the way we put our world back together. We know it won't undo the death or take away the void. We realize life will never be quite the same, but it can be meaningful again. Grieving heals by bringing feelings to the surface where they can be expressed, talked about, understood and resolved. If feelings are left buried, they cause prolonged turmoil, bitterness, family problems and even ill health. Unresolved grief is a serious problem. Grieving is necessary, a work that must be done. --- William Schatz



*...that their light may always shine...*

**May - June Rememberances**

- Christopher Peckham son of Richie & Annette Krapf*
- Jeremy Ruth Cox daughter of Vonda Cox*
- Joseph Isaac III son of Joe & Cheryl Isaac*
- Michael Bubel son of David & Marcie Bubel*
- Ross Alirie son of Wayne & Jane Alirie*
- Sarah Otte daughter of Earl & Doris Otte*
- Steve Galderisi son of Dan & Marion Fallon Sr.*



**"WE NEED NOT WALK ALONE"** is a magazine published by The Compassionate Friends. It comes out seasonally and offers poems stories, contacts for similar organizations, etc. You may order yourselves a subscription by contacting the national TCF office. Contact information is on page 1.

**TIPS AND IDEAS TO HONOR...**

- ...OUR CHILDREN ...GRANDCHILDREN ...BROTHERS ...SISTERS
- Plant a tree
- Give to THEIR favorite cause
- Plant daffodil bulbs at the gravesite (they'll come up each spring)
- Lend an ear to someone who needs you
- Share fond memories with someone
- Take a walk in the fresh air
- Write a poem

**"FOREVER IN MY HEART"****TCF Wristband**

Compassionate Friends wristbands have the phrase "Forever in My Heart" framed by two butterflies. The wristbands are high quality long lasting silicon and are swirled blue and white. These wrist bands are available at each monthly meeting for \$2.00 each.

**CHECK OUT OUR LENDING LIBRARY**

Feel free to check out the books, DVDs, videos and cassettes from our lending library. Perhaps you'd like to write a review of an item you borrow... We would be pleased to print any book review in a future newsletter.

**I thought of you with love today,  
but that is nothing new.  
I thought of you yesterday,  
and days before that too.  
I think of you in silence.  
I often speak your name.  
All I have are memories  
and a picture in a frame.  
Your memory is a keep-sake,  
with which I'll never part.  
God has you in his keeping.  
I have you in my heart  
~~~author unknown**

**Would you prefer to receive your copy of our chapter newsletter by Email??? If so please send your request to our newsletter editor --- [quentin8smama@aol.com](mailto:quentin8smama@aol.com)**

**HELPING PARENTS COPE WITH A CHILD'S SUICIDE**

With every suicide there are brothers, sisters, parents, grandparents and countless others left behind, devastated by the challenge of how to move forward after such a tragedy. In the aftermath of a suicide, mourning families often struggle to find a way to hold on to treasured memories and to construct a bond that transcends death and ultimately leads to healing. The strength and resiliency of any family are unquestionably tested when a parent loses their child by suicide. Parents may torment themselves with guilt, feeling that they failed to protect their child and second-guessing the decisions they made in raising them. In addition, suicide can undermine pride in who the family is, as parents struggle with their anger and sense of betrayal – "How could my child do this to us?" Although we all have different ways of grieving, tolerating this multitude of feelings as a parent is, ironically, critical to developing a way to let go of the agonizing discomfort that these feelings can generate.

Parents may mistakenly assume that they are protecting the rest of the family if they obscure the truth ("car accident" versus "driving into a tree," "died in sleep" versus "fatal intentional overdose," etc.). But this can be very damaging to the family compared to providing honest, developmentally appropriate information. During this type of family crisis, it's essential that family members know they can trust one another. Deception, even if well-intentioned, can be destabilizing when exposed, Telling the truth, even revisiting prior explanations, frees the family to understand the myths and facts about suicide, find words for the devastating loss and overcome corrosive and divisive secrecy.

Dealing with suicide is often called "silent grief," because the feelings are so confusing and because of the stigma attached to suicide. Suicide demands an explanation from the living because the very act defies logic and family members may blame one another and focus on the "what-ifs." Blaming one's self for an inexplicable act like suicide derails the vital cohesion necessary for family members to comfort one another about their loss and heal.

No family should ever endure the brutal loss of a love one to suicide. It's hard to reconcile holding a baby in your arms, the pride of first steps and the anticipated growth with self-destruction and a terminated future. Each of us may find unexpected pathways to learn and grow from loss we would never choose, finding faith in the grace that comes from the conviction that love does indeed last longer than death.

*By Nancy Rappaport – Assistant Professor of psychiatry at Harvard Medical School.*

## APOLOGIES ARE IN ORDER

**I would like to take this opportunity to apologize for the delay in mailing out this issue of our chapter newsletter. An unexpected series of events caused the delay. I truly hope this did not cause you any inconvenience.**

**Barb Stacy**

### YOUR GRIEF *By Susan Chan*

~~~Grief is not an event. It is a process. It does not have a distinct finish line. Each person's journey is as unique as his fingerprints.

~~~Your grief journey will be guided by many things besides the relationship you had with the child who died. It will be influenced by your past life experiences including previous losses), your religious beliefs, your socio-economic status, your physical health, the availability of a support network and, in many cases, the cause of the death itself.

~~~People want you to be "over it" way sooner than you can ever imagine. They don't seem to understand that this is not the flu. We learn to integrate it into the fabric of our lives. What they don't realize is that we will never be the same people we were before our child died.

~~~Grief is not a predictable journey. One day we may feel somewhat stronger, the next day we may crash and burn. Grief is sometimes like winding a ball of yarn — you wind and wind on it and sometimes drop it and it unravels before you, then it is time to start winding it up again.

~~~It is important to remember that as we grieve, we must also mourn the death of our child. The two words are usually used interchangeably, but they mean different things. Grief is on the inside — what we are feeling. Mourning is "grief gone public"— we are allowed to express our grief outside of ourselves.

~~~We have a great need to tell and retell our story far longer than many people are willing to listen.

~~~Pain is part of the grief process and cannot be ignored or "gotten around" if we are to heal. Remember that letting go of the pain does not mean letting go of the love you had for your child. That love will remain with you always.

~~~At some point each of us must make a conscious decision to heal. We must decide whether we want to become bitter or better.

~~~We need to be selfish as we grieve. We must be good to ourselves, be patient with ourselves.

~~~We need to be open to the help others can provide. This is not a journey we need to make alone. Ask for help when you need it. Asking for help is not a sign of weakness, but an acknowledgment that you want to heal.

## WHY WE GO TO TCF MEETINGS

*"Are you still involved with that group?"*

*Aren't you over it yet? Why do you go?"*

These are questions I often hear. I suspect you may hear them too. There are no easy answers. But not everyone understands, unless you have been there.

Here are ten I can think of:

1. Because we never want the world to forget our child, so what we do, we do in his or her name.
2. Because when we reach out to help someone else, we also help ourselves.
3. Because someone was there for us when we needed it most; now the best way to say "thank you" is to pass it on by being there for others.
4. Because it is the one thing we do that can bring something positive out of tragedy.
5. Because we have found in TCF better friends and closer bonds than we ever thought possible. Here we can cry and hug people even if we don't know their last name or what they do for a living. And it doesn't matter.
6. Because few people are qualified to walk up to a newly bereaved family and say, "I know how you feel." And because we can, we must.
7. Because sometimes we need to talk, too, and to remember and share. We may be further along than many around us, but we never forget.
8. Because many of us believe that one day we will meet our child or brother or sister again, and he or she will ask, "So what did you do with your life after I left?" And we will have an answer.
9. Because our presence might help newly bereaved families understand that they will survive and even laugh again.
10. Because we love cold coffee, cookies, and hard metal chairs.

*Richard Edler, TCF, South Bay/L.A., California. Chapter*

Songs of my heart cry out for you  
 Songs of my Heart cry out for me  
 For what we once had, now can never be  
 The lyrics of this song is sad one  
 The melody plays out, the song is done  
 Every beautiful note  
 Sings to me and lets me see  
 Just how much you mean to me

Songs of mt heart cry out for you  
 Songs of my heart cry out for me  
 For what we once had, now can never be  
 The notes of this song is a sad and lonely one  
 The melody plays out, the song is done  
 Every Bittersweet lyrics cries out to me  
 And commands my heart to see  
 Just how much you will always mean to me

Songs of my heart cry out for you  
 Songs of my heart cry out for me  
 Maybe one day they will understand  
 Maybe one day they will see  
 What it did to the song of my heart  
 When you died and went away from me

*by Louise Lagerman*

## Grief Support For Siblings

When a child has died, siblings are often referred to as “the forgotten mourners.” While parents usually receive much support, siblings usually receive little—often being asked “How are your parents doing?” The Compassionate Friends is an organization that is not just for bereaved parents. It’s also for bereaved siblings and grandparents). Some chapters have sibling subgroups while many welcome adult siblings to their meetings. On The Compassionate Friends national website, you will find support in a number of different ways.

1) Online Support Community (live chats) allows you to talk with other bereaved siblings from across the country during the Online Support Community sessions held every week. These sessions are limited in number of participants and have trained monitors who are also siblings.

2) *We Need Not Walk Alone*, the national magazine of The Compassionate Friends includes stories for siblings as well as the popular sibling column “Ask Dr. Paulson.”

3) We have several books and brochures in our lending library that may be helpful, as well.



How about a critique? We welcome any feedback you’d like to offer on these or other publications in our Lending Library.

## BEREAVED PARENTS WISHLIST

I wish my child hadn’t died. I wish I had him back.  
 I wish you wouldn’t be afraid to speak my child’s name.  
 My child lived and was very important to me.  
 I need to hear that he was important to you as well.  
 If I cry and get emotional when you talk about my child,  
 I wish you knew that it isn’t because you have hurt me.  
 My child’s death is the cause of my tears.  
 You have talked about my child, and you have allowed me to share my grief.  
 I thank you for both.  
 I wish you wouldn’t “kill” my child again by removing his pictures, artwork,  
 or other remembrances from your home.  
 Being a bereaved parent is not contagious, so I wish you wouldn’t shy away from me.  
 I need you more than ever. I need diversions,  
 so I do want to hear about you; but I also want you to hear about me.  
 I might be sad and I might cry, but I wish you would let me talk about my child,  
 my favorite topic of the day.  
 I know that you think of and pray for me often.  
 I also know that my child’s death pains you, too.  
 I wish you would let me know things through a phone call,  
 a card or a note, or a real big hug.  
 I wish you wouldn’t expect my grief to be over in six months.  
 These first months are traumatic for me, but I wish you could understand that  
 my grief will never be over. I will suffer the death of my child until the day I die.  
 I am working very hard in my recovery, but I wish you could understand that  
 I will never fully recover. I will always miss my child,  
 and I will always grieve that he is dead.  
 I wish you wouldn’t expect me not to think about it or to be happy.  
 Neither will happen for a very long time, so don’t frustrate yourself.  
 I don’t want to have a “pity party,” but I do wish you would let me grieve.  
 I must hurt before I can heal.  
 I wish you understood how my life has shattered.  
 I know it is miserable for you to be around me when I’m feeling miserable.  
 Please be as patient with me as I am with you.  
 When I say, “I’m doing okay,” I wish you could understand that I don’t feel okay  
 and that I struggle daily.  
 I wish you knew that all of the grief reactions I’m having are very normal.  
 Depression, anger, hopelessness and overwhelming sadness are all to be expected.  
 So please excuse me when I’m quiet and withdrawn or irritable and cranky.  
 Your advice to “take one day at a time” is excellent.  
 I wish you could understand that I’m doing good to handle it one hour at a time.  
 I wish you understood that grief changes people.  
 When my child died, a big part of me died with him.  
 I am not the same person I was before my child died,  
 and I will never be that person again.  
 I wish very much that you could understand - understand my loss and my grief,  
 my silence and my tears, my void and my pain.  
 But I pray daily that you will never understand.

### GRIEF RELIEF TIPS

*Cry with someone. It’s more healing than crying alone.*  
*It’s OK to let your children see you cry.*  
*When in doubt, just take the next small step.*  
*No matter how you feel, get up, dress up and show up.*  
*Take a deep breath. It calms the mind.*  
*Believe in miracles*

**A passionate plea from your TCF newsletter editor...**

I truly enjoy creating this bi-monthly newsletter for our chapter of *The Compassionate Friends*. I look at it as one way I am able to reach out to others who are also dealing with the unbearable grief that surrounds the death of a child. Shortly after accepting this position I also began attending graduate school. My goal is to complete my master's degree and become certified as a grief counselor. I feel this is another way I can offer support and perhaps guidance to bereaved families.

Unfortunately, the time & attention required for my school work has not left me much time for other activities. I've found that in my futile attempt to maintain this newsletter, in addition to the requirements of my coursework, neither is being done to the best of my ability and my school work is suffering immensely. Therefore, I have reluctantly decided to turn over the newsletter responsibilities to someone who can provide the attention necessary to produce a worthy tool for the bereaved families within our chapter. However, I would be willing to assist the next editor in any way possible.

As mentioned earlier in this newsletter, I apologize for any discomfort or inconvenience the late production of this edition may have created. Thanks for your understanding. Barb

# Love Gifts



**The following Love Gifts were received since the last newsletter...**

- ...in honor of her brother, **Adam Lee Whitley**, by Heather Whitley
- ...in honor of her son, **Jake Alexander-Lee Gagnon**, by Michelle Hall-Gagnon
- ...in honor of her grandson, **Jake Alexander-Lee Gagnon**, by Nancy Hall
- ...in honor of their son. **Matthew Steven Isel**. by Michael and Beth Ann Isel

LOVE GIFT

GIVEN BY \_\_\_\_\_ PHONE # \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

LOVE GIFT \$ \_\_\_\_\_ CHILD'S NAME \_\_\_\_\_  
(make checks payable to: **Waccamaw Chapter TCF**)

BIRTH DATE \_\_\_\_\_ DATE OF LOSS \_\_\_\_\_ INCLUDE IN TCF NEWSLETTER \_\_\_ YES \_\_\_ NO

RETURN THIS FORM WITH YOUR LOVE GIFT DONATION TO:

Jayne Matlock, Secretary  
3117 Robins Nest Way, Myrtle Beach, SC 29579

DATE GIFT RECEIVED \_\_\_\_\_



# OUR CHILDREN.....REMEMBERED

## Jake Gagnon



### You'll Be Adored Forever

Beautiful, smiling, sweet baby boy,  
You know you gave us all so much joy,  
Now in Jesus' arms, you'll be adored,  
forever.

High 5 giver, for all your friends,  
Always helping other kids till the end.  
Now Jesus has you, he'll be your friend,  
forever.

Now silly Jake, for goodness sake.  
What did you say to me now?  
Oh Boy and how.

Speaking French with Meme, you always  
had a lot to say. And boy could you play  
those drums, with a whole lot of hums.

Favorite little man, who always said I  
can. You can run with the butterflies,  
and fly with balloons in sky.

Drawing us pictures, or just playing little  
pirate man, You made the very best  
of life and love, every chance you can.

Jake you taught us all something very  
well. Besides your circumstance, you  
did really swell. So for years and years,  
your story we will tell, forever.

Jake, mom and dad and everyone still  
love you so, Forever baby, that'll never  
go. Now in Jesus' arms, you'll be adored,  
forever.

Catch the butterflies!

Dedicated to Jake Gagnon by his  
Uncle, Marc Hall

## Jeremy Ruth Cox



I am choking on my heart. Being forced  
to pull the pretty petals of childhood  
aside and look grimly beneath. My only  
home I've ever had I grew while my  
mother slaved over my heart and mind  
to assure that I was more than just  
stable that I was good. Now I'm 19 and  
not stable at all, but I am still good and  
my mother still slaves over her children  
hoping they will be stable, real and  
good. My mother's hands have always  
been gentle and beautiful. She used to  
paint my toenails pink sometimes and I  
still love the color red and strawberries.  
My little brother used to be very kind to  
my mother, but daddy's hateful words  
turned little brother into an angry teen  
and now sometimes he hurts his dear  
mommy which makes me cry. Who will  
lie in our tree house and stare at the  
treetops and pick the blackberries that I  
line the roads? Will anyone water my  
mother's geraniums? Will anyone put  
flowers on my dead puppy's grave? Will  
anyone lie on top of the barn and stare  
at so many shooting stars as I did? Will  
the roses and their thorns tell the story  
of how they grew in that garden? What  
will I do now that the only home I know  
will be sold and the only family I have  
left in shambles? Will my fragile mother  
break again from too much loneliness  
and heart break? Will I ever be stable  
ever again? But my mother's hands will  
always be gentle and completely  
beautiful just like her.

*Written by Jeremy*

## Christopher Peckham



Since you've been gone.....

I speak your name a thousand times  
and hope you hear my call

I miss you every single day  
and when the evening falls.

A song, a face, a butterfly  
It doesn't take a lot  
to bring my sad tears flowing  
and I cannot make them stop.

Richie planted a tree in your name  
It's tall and strong like you,  
I see your face in every leaf  
and smile as Mothers do.

I pray you see your daughters face  
and OH - she's so like you  
Please keep watching over her,  
and your Lisa too.

God has the only answers as why he  
needed you there,  
but he left me with a broken heart that's  
just beyond repair.

With all our love - we miss you so much

Your Mom, Richie, your brothers and  
families

**This page is available to remember and honor our children. Please share your child with us. Just write something about your child and email it, along with a picture, to our newsletter editor.**

## The Compassionate Friends National Conference - 2010



"Reflections of Love, Visions of Hope" is the theme of The Compassionate Friends 33rd National Conference which will be held in **Arlington Virginia July 2-4, 2010**. The event will be held at the Hyatt Regency Crystal City promising a beautiful venue for the **33rd TCF National Conference**. Independence Day will not only feature our Walk to Remember, but will include a world-class display of fireworks over the National Mall, visible from Arlington. A national conference of The Compassionate Friends is unlike any other conference you may ever attend. It is a place where you can go and know that you truly are not alone as you travel your grief journey. Every person comes for the same reason—a child has died. It is a place where “friendship, understanding, and hope” are more than just words.

For over three decades The Compassionate Friends has held national conferences in different locations, from the east coast to the west coast, from north to south. Today it's normal to have 1100-1400 bereaved parents, siblings, and grandparents attend. Of that number, it usually is the first conference for nearly 40 percent. Those new to TCF conferences wear a special butterfly sticker so that others may notice and give them special hugs. Everyone feels they are in a place where they belong. We often say that those at the conference are friends you simply have not yet met.

At each conference, there are many activities, but you decide what is right for you. There are more than 100 workshops (but don't think these are work—they're really a time for learning and sharing). Many areas of grief are covered by the workshops. There are workshops for bereaved parents, siblings, and grandparents. And there will be many workshops for those who have no surviving children. You'll find a hospitality room, a reflection room, the Butterfly Boutique, and a complete and stocked bookstore. There are very interesting and well-known speakers who address the Opening Session, the Friday afternoon banquet, the Saturday evening banquet, and the Sunday closing. You'll marvel at the quality of entertainment geared for those attending. There's also a special candle lighting ceremony to conclude the Saturday evening banquet. If you like a more intimate time with others, join in the evening sharing sessions of your choice.

**CHECK OUT FACEBOOK**  
You can view pictures from the August, 2009 National Conference that was held in Portland Oregon by going to The Compassionate Friends National Facebook page.

**“REFLECTIONS OF LOVE”** Keep-sake ornaments are available to honor your child's memory. Each ornament displays your child's name and picture with his/her image lovingly cast across the Washington Monument's Reflecting Pool (as in the image above). Orders may be submitted via the national website: [www.compassionatefriends.org](http://www.compassionatefriends.org) or by mailing: your child's name, a wallet size photo of your child, your name & mailing address & *payment (\$10.00 per item plus \$5.00 S&H)* to: 2010 Conference, 4505 Rachael Manor Drive, Fairfax, VA 22032.



### TCF Annual Picnic & Balloon Release



It's time again for the Myrtle Beach chapter of TCF annual family picnic. This year our picnic will be held on **Saturday June 12<sup>th</sup> from 12:00 to 4:00 pm**. The cost will be \$5.00 per family to cover assorted expenses and drinks. Please bring a lawn chair and place setting for each member of your family. This will be a pot-luck picnic so each family is asked to provide a dish to pass. We will have a sign-up sheet at the next meeting to ensure a variety of items will be available. If you are unable to attend the meeting and wish to sign up please notify Tina or Vonda via phone, Email or text.

The location for our picnic will be the **LW Paul Living History Farm located at 2279 Harris Short Cut Road, Conway, SC**. As part of the Horry County Museum system this “one mule farm” features a visitor's center and gift shop along with a farm house, pack house, a tobacco barn & several other out buildings typically found on local farms around the 1<sup>st</sup> part of the 20<sup>th</sup> century. You'll get to meet Minnie the mule, and other animals who call this farm their home, during demonstrations of farm chores, domestic activities and those of the cane press, black smith shop, and grist mill.

#### Directions to TCF Picnic from Myrtle Beach

**VIA HWY-501**

- ~Take US-501 W towards Conway
- ~Turn Right onto 16<sup>th</sup> Avenue
- ~Turn Left onto Hwy-701 N
- ~Go 2.3 miles. Huck's Country store/gas station will be on the right.
- ~Turn Left onto Harris Short Cut Rd. Farm entrance will be on the right.

**VIA HWY-22**

- ~Follow Hwy-22 W
- ~Take exit for Hwy-701-Conway-Loris
- ~Turn Left onto Hwy-701
- ~Go 3.4 miles.
- ~ Huck's Country store/gas station will be on the left.
- ~Turn Left onto Harris Short Cut Rd. Farm entrance will be on the right.



## The Compassionate Friends

3117 Robins Nest Way  
Myrtle Beach, SC 29579

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### OUR CHILDREN'S MEMORIAL

Although this monument is in honor of our children who've gone too soon, the property belongs to Hillcrest Cemetery. Therefore, we must abide by the rules listed within the contract we hold with them.

We are permitted to place potted plants at the site during the time of major holidays and special dates. However, they must be removed within 7 days of the event. The superintendent reserves the right to remove items not within these parameters.

Vases, shells, toys, ornaments, etc. are not allowed nor is digging holes for plants or trees. We are encouraged to place cut flowers (fresh or artificial) in the urns designed for that purpose. They may remain year round, as long as they maintain their beauty.

If you would like to read the entire set of rules or have questions/concerns you may contact Tina or Vonda. Thank you for your cooperation.



### PAVERS ARE STILL AVAILABLE

Contact  
Jayne Matlock, our secretary,  
for further information

(contact information is on page 1)