



## THE COMPASSIONATE FRIENDS Ocean County Chapter

### THE COMPASSIONATE FRIENDS OF OCEAN COUNTY

P.O. Box 485, Toms River, New Jersey, 08754  
(732) 730-1726

Website: [www.oceantcf.com](http://www.oceantcf.com)

E-mail ([friends.ocean@yahoo.com](mailto:friends.ocean@yahoo.com))

**June Newsletter: Vol. 38 No. 6**

#### GROUP CONTACTS

Chapter Leader Billie Ellis (732-363-3894)  
Facilitators: Betty Juliano (732-255-1582)  
Jeff Alexander (732-886-8888)  
Newsletter: David Rothman (732-288-9114)  
Website: Debra Connolly  
Garden: Bruce Jones (732-244-9631)  
New Members: Jim Fennell (516-972-5873)  
Outreach: Michele Moore (732-341-8612)  
Treasurer Stacy Nuccio (732-506-9017)  
Telephone: Billie Ellis (732-730-1726)

---

Phone Friends: Tony Petro (732-244-3208) Loss by suicide.  
Jim Fennell (516-972-5873) Loss by auto. accident.  
Stacy Nuccio (732-506-9017) Loss of an only child.

---

Regional Coordinator: Camille William (856-728-8685)

The Compassionate Friends National Office

P.O. Box 3696

Oak Brook, IL 60522

Phone: 630-990-0010 Fax: 630-990-0246 Toll Free: 877-969-0010

<http://compassionatefriends.org>

#### CHAPTER LEADER NOTES

A special thanks to the Montemeyors for their hospitality and observance of the birthdate of their daughter Samantha. Also, if anyone wants to contribute articles or poems please do so by sending them to [friends.ocean@yahoo.com](mailto:friends.ocean@yahoo.com). Also, if anyone wants to contribute a poem or reading to the candlelight ceremony for December, please send to the same address.

### **UPCOMING MEETING DATES**

Date: Our next meeting is Tuesday, June 4<sup>th</sup> at 7:30PM. Meetings are held at the building opposite the Children's Memorial Garden, Winding River Park-North End (See directions below)

### **DIRECTIONS TO MONTHLY MEETING, WINDING RIVER PARK, TOMS RIVER**

The north entrance to the park is off Oak Ridge Parkway at the intersection with Whitesville Road. From the intersection of Routes 9 and 571 (at the Pathmark/ Home Depot shopping center) go west on 571 and make immediate left onto Oak Ridge Pkwy. Go to first light (skating rink will be on your left) and make left onto Whitesville Rd. Make the first right turn and follow the road to the parking lot at the end. Building will be on your left and garden on the right. If you are going 571 East, make right onto 527 South/Whitesville Rd. and park area is just past intersection of Whitesville Rd/Oak Ridge Pkwy. Make a right and follow road to the end. If you are coming from the Parkway drive to exit 82A for Route 37 West and drive to the 2d traffic signal. Turn right onto Oak Ridge Parkway and go 1 mile, the park entrance will be on the right. Make right on Whitesville Rd. and first right into park. Follow road to the end. Do not turn into the entrance for Winding River Park on Route 37, you cannot drive through to the garden site.

### **MEETING INFORMATION**

*To Our New Members*-coming to the first meeting is the hardest, but you have nothing to lose and everything to gain! Try not to judge your first meeting as to whether or not The Compassionate Friends will work for you. At the next meeting you may find just the right person or just the right words said that will help you in your grief. The purpose of our meetings is to listen, share and hopefully offer support. Please be assured that there is no obligation to speak or participate. Just attend and hopefully you will receive some measure of comfort from joining the group and meeting other families that understand. You are also encouraged to bring someone with you for support, we realize how difficult that first meeting can be and assure you that you will find a place where people that do understand are willing to listen and to care. Grief is experienced by everyone in very different ways, but there are some common thoughts and feelings that all who suffer grief will share. It is important to understand what your normal reactions will be. We cannot change the pain you may experience during grief. We can give you a better sense of control while going through these experiences by make them less frightening. Having something to "hold onto" will help maintain some sense of reality for those going through intense change.

*To Our Seasoned Members* - We need your encouragement and your support. Each meeting we have new parents. THINK BACK - what would it have been like for you at your first meeting if there had not been any TCF 'veterans' to welcome you, share your grief, encourage you and tell you "your pain will not always be this bad, it really does get better. All are invited to bring a picture of your child for "Our Children Remembered" table. We will have a candle lit in memory of all the children listed in this month's newsletter and invite you to bring a picture and/or something special if you would like to speak about your

child this month. This is the one place that speaking about your child is not considered an imposition and expressing how you are really feeling is appropriate and welcome.

### OUR CHILDREN REMEMBERED, June, 2013

This month we are remembering these children who are sadly missed. Please take a few moments of silence to remember their day with their parents. A phone call or note would be so kind. None of us ever forget those very special days and messages that say "I care" do help us get through them.

<b>Child's Name</b>	<b>"birth" date</b>
Kevin M. Addas	June 6
Maren Arnone	June 20
Jonathan Barna	June 4
Tommy Beck, Jr.	June 30
Sandra Kathleen Bell	June 23
Jessica Bernick	June 3
Jackie Kelly Bozicev	June 2
Christopher Buss	June 19
Brian Connell	June 8
Brad Christopher DeBlasi	June 8
Dennis Patrick DePhillips	June 30
Michael Dushnick	June 9
Keith Brian Falk	June 17
Tommy Fischer	June 13
Bernadette Catherine Flanagan	June 20
Matthew Frank	June 19
John Galanos	June 14
Pamela Zyla Giordano	June 6
Thomas Earl Beach Hartley IV	June 14
Mason William Hess	June 28
Brianna Nicole Hroncich	June 28
Lucky-Joe Jackson	June 16
Kodi Jamison	June 5
Heather Johnson	June 3
Joseph Michael Klitsch	June 7
Dan Knechtel	June 2
Daniel Kullback	June 13
Cliff Allen LanFranchi	June 27
David LeBron	June 6
Jessica Leshay	June 25
Walter McConnell	June 14
Joseph McGinley	June 7
Pam McGregor	June 11
Clifford McKennan	June 10
Eugene Melahn	June 13
Reese Rose Miller	June 20
Bryan C Moser	June 17
Paula Marie Napolitano	June 27

Cont.

Thomas Ohagan	June 18
Christopher Palumbo	June 3
Anthony Petro III	June 14
Paul Puccerella	June 16
Jaida Rose Reynolds	June 17
Brian Scott Rogers	June 18
Michael Rondinelli	June 19
Joey Scarano	June 25
Evan Schatzman	June 23
Christie Rose Shimak	June 2
Joseph Robert Seibert	June 21
Brian Speaker	June 30
William Staffa	June 15
Bolton Eric Suttle III	June 17
Andrea Greene Swan	June 6
Mary Margaret Taylor	June 16
Kim Thorston	June 24
Jake Travers	June 8
Thomas A. Venskus	June 20
Michelle Viducic	June 2
Tommy Vitolo	June 11
Brian Weithenauer	June 1
Logan Edward Wilantewicz	June 27
William Wissel	June 1
Jesica Yantz	June 3

<b>Child's Name</b>	<b>"passing" date</b>
Mary Annuniziato	June 19
Patrick O'Grady Boyce	June 13
Michael Thomas Brennan	June 26
Dawn Marie Byrnes	June 26
Eric Camisa	June 6
Ryan Joseph Caperilla	June 21
Eric J. Caposele	June 21
Eddie Capuano	June 18
Rosanne Isgro Chiappardi	June 4
Michael Civitano	June 8
David Clancy	June 5
Joseph De Titta	June 30
Julie Michelle Foukarakis	June 2
Joseph L. Gillick	June 18
Michael Patrick Grayson, Jr.	June 7
Valda Grinfelds	June 12
Colleen Gullen	June 27
Ronda Jean Gundry	June 1
David M. Harmer	June 13
Thomas Earl Beech Hartley IV	June 26
Jonathan Houston	June 27
Tom Hartley IV	June 26

Mandy Hatzinikitas	June 11
Robert Lynam Ives III	June 8
Chase Johnson	June 2
Walter Michael Jurgensen	June 17
Joseph Klitsch	June 22
Daniel Kullback	June 18
David LeBron	June 6
Kathleen Lynch	June 2
Andrew Sean Maloney	June 3
Suzanne Lee Marshall	June 12
Stephanie McGill	June 10
Joseph McGinley	June 21
George Mifsud	June 17
Reese Rose Miller	June 20
Anthony Naputano III	June 17
Shaun Thomas O'Brien	June 16
Rene Piourde	June 5
Craig Reynolds	June 23
Lynne Rodeawald	June 24
Brian Scott Rogers	June 6
Nicole Romanelli	June 5
Anthony George Samba	June 28
Michael B. Schildknecht	June 9
Phyllis Ann Scurman	June 17
Anthony Skyers II	June 6
David Smith	June 17
Eric Camisa Snatch	June 6
Daniel Soto	June 4
Brian Speaker	June 8
Caroline Stark	June 3
Richard Trentacosta	June 17
Alyica F. Tucker	June 9
Ricky Waehler	June 4
Elizabeth Ann Warnock	June 7
Caitlyn Renee White	June 14
Logan Edward Wilantewicz	June 27
Donna Rae Wooley	June 19
Ryan Worrall	June 9
John P. Wroblewski	June 12
Alan Yoffee	June 25

#### **LOVE GIFTS**

A love gift is a tax-deductible donation given in memory of a child that died. Because of these gifts we are able to continue reaching out to bereaved parents. Please try to send your gifts to the chapter by the meeting date of the month prior to the month you wish it to appear. Love gifts can be sent to Compassionate Friends at PO Box 485 in Toms River, New Jersey 08754. We are grateful to the following people who gave gifts this month:

## **HOW TO ACCESS**

### **OTHER SUPPORT GROUP/HOTLINE INFORMATION**

To access information for other support groups/hotlines that deal with many aspects of grief go to [www.tcfoenj.weebly.com](http://www.tcfoenj.weebly.com) and click on Find Support/Crisis Hotline.

Another way to access more support groups can be found by going to the National Compassionate Friends website at [www.compassionatefriends.org](http://www.compassionatefriends.org) or type in key word "Compassionate Friends." Go to Resources and then Links.

### **HOW TO ACCESS TO COMPASSIONATE FRIENDS ON-LINE SUPPORT CHAT GROUPS**

To access the on-line support system go to [www.compassionatefriends.org](http://www.compassionatefriends.org) or use key word "Compassionate Friends. Click on Find Support then click On-Line Support. A password will need to be set-up.

### **ACCESSING BROCHURES/E-NEWSLETTER**

To access various brochures on dealing with various aspects of grief go to [www.compassionatefriends.org](http://www.compassionatefriends.org) or use key word "Compassionate Friends." Click on Resources then click Available Brochures. You can also register for the national e-newsletter at this site.

### **MORE HELPFUL INFORMATION**

You can access [www.opentohope.com](http://www.opentohope.com), hosted by Gloria and Heidi Horsley. There you can find more information including access to radio and video archives, articles, book lists and upcoming events including webinars.

### **INFORMATION ABOUT OUR LIBRARY**

Please note there is a complete selection of brochures, books and other kinds of literature dealing with grief that is available in our Chapter Library. The Library is in the same building in which we hold our meetings. (Building is in the rear of Winding River Park-opposite the Compassionate Friend Memorial Garden.)

### **SHARING POEMS AND THOUGHTS**

We encourage you to share your poems and thoughts. We would like to include them in future newsletters and use them in a Chapter book. They can be sent to Compassionate Friends at PO Box 485, Toms River, NJ 08754 or they can be emailed to [friends.ocean@yahoo.com](mailto:friends.ocean@yahoo.com)

### **Fathers Do Hurt**

Every father believes in his role as protector of his family. He has been assigned the job of fixer and problem solver. He has been told, since his youngest days, that he must be strong -- must not cry. But each father among us has had to face that point where no amount of fixing, problem solving, and protecting has been able to stop our child's death. And inside we must ask ourselves about our failure, and we must face our lack of omnipotence.

Father's Day is often a forgotten holiday, overshadowed by the longer standing tribute to mothers. But for the bereaved father it is a poignant reminder of bitter sweetness. Sweet in the memory of a loved, now lost, child; bitter for the death and pain and recognition of the inability to stop what happened.

Fathers do not often have a chance to share their hurts and concerns. Often times they are unable to do so, a remnant of childhood learning's about the strength and stoicism of "big boys." A father may even be uncomfortable opening up to his wife, and the wife who pushes him to talk may be pushing too hard.

Father's Day does not have to be a time when everyone pours out of the woodwork to say, "I'm sorry we haven't talked. Let's do it now." But it can be a time when the family gives Dad a hug, does something special, helps with the chores, and mostly, lets him know how important and needed and loved he is. It is some of these things that he has lost with the death of a child. And like Mother's Day, the day set aside for fathers does not have to be limited to a Sunday in June. It can be any day and every day. Fathers often show their hurts differently, often internally.

BUT THEY DO HURT.

Gerry Hunt, TCF, White River Junction, VT

### **Helping a Father through Father's Day**

Father's Day has become a traditional holiday celebrated by many with gifts, cards, family gatherings, and perhaps even a special dinner out just for daddy. Stores begin advertising for Father's Day weeks in advance of the actual holiday. The scenes in advertisements and cards always depict a loving father with a child snuggled close to that special man called daddy.

Many fathers, however, have experienced the devastation of losing a child, and there seems to be an almost non-existent recognition of the fact that fathers suffer from feelings of lost dreams, loneliness, failure, and loss of identity when a child has died. Very rarely are comments of support made to the father in a family when a child has

Cont.

died. For some reason, our society seems to be more in tune to the feelings of the pain a mother experiences during child loss. Fathers are somehow expected to be stronger emotionally, and they are expected to heal much sooner.

What can be done to show support on Father's Day to a father who has experienced the deep pain of losing a child? Probably the most appreciated gesture of support would be to acknowledge the fact that the father is still a father even though his child is no longer living on this earth. Refer to him as a father, and express your genuine sorrow for his loss. Fathers who have lost a child as early as miscarriage should certainly be included among the group of grieving fathers. Often, fathers of miscarried babies are never given any recognition of being a father.

Finding a Father's Day card specifically for fathers who have lost a child can be next to impossible. If you cannot find a card with an appropriate verse, choose a blank card and write your own message from the heart. "Sharing in your sorrow this Father's Day" or "Blessings to you this Father's Day as God watches over your heavenly angel" will show a tremendous amount of compassion and support to a father who is grieving the loss of a child on Father's Day.

Recognize the fact that fathers go through emotional upheavals during the grief of child loss. Fathers grieve differently than mothers, so they might not want a lot of special treatment on Father's Day. Men are generally less apt to talk about their feelings of hurt and loss than women, but those feelings are still there and need to be recognized. Father's Day without a child can be just as emotionally heartbreaking for a father as Mother's Day is for a mother without her child. We need to be sensitive to the needs of fathers, too!

Special holidays stir up many different emotions for fathers, and Father's Day is a particularly difficult holiday to go through following the loss of a child. With help and support from family and friends, a father can move forward in his grief. By letting a father know that he has not been forgotten on Father's Day, you will validate his identity as a father, and you will allow him the special privilege of once again being called that most cherished name of all-daddy

Finally, find some way to validate the fact that a father is still a father even though his child is not living. Fathers are by nature "fixers" and the loss of a child is one loss that cannot be fixed. This fact is often very hard for a man to accept. By giving a card and a personal word on Father's Day, you will help validate to the father that he is still honored among that special group of men called fathers on Father's Day. Validation of fatherhood on Father's Day is one more step forward in this process we call grief.

Clara Hinton | Jun 08, 2003-Brief Encounters Online Newsletter-  
[www.briefencounters.org](http://www.briefencounters.org)



### **Father's Day**

Warm and sunny day in June,  
Father's day.

Children, small and grown  
give gifts to father  
say thanks to father  
say I love you.

But there are fathers  
whose children are not here  
to give gifts and say thanks  
and say I love you.

Remember the fathers  
whose children are gone,  
because all too often  
they grieve in silence.

By Sascha Wagner

### **When Fathers Weep at Graves**

I see them weep  
the fathers of stones.

Taking off the brave armor forced to wear in the work place  
Clearing away the debris with gentle fingers  
Inhaling the sorrow diminished by anguish  
Their hearts desiring what they cannot have—  
To walk hand in hand with children no longer held—  
To all the fathers who leave a part of their hearts at the stones  
May breezes underneath trees of time ease their pain  
As they receive healing tears...the gift children give.

By Alice J. Wisler

Reprinted from Tributes-2005

### **I'll Always Be Your Dad**

Years have come and gone and time has drifted by  
I've searched for any answer yet I'm left to wonder why  
The only thing I know for sure through the happy and the sad  
No matter what the circumstance I will always be your Dad  
Not a day goes by that I don't hold you in my heart  
My love reaches far beyond this space we are apart  
These empty arms remember all the good times we had  
I may be standing here alone but I will always be your Dad  
Some won't understand so I don't bother to explain  
They look into my eyes but they never feel the pain  
Afraid to look too deep as they are blinded by the fear  
If only they could know a father's love won't disappear  
So when this road gets lonely and the journey seems too hard  
And I get to feeling sorry that I didn't get a card  
I'll close my eyes and I can almost hear you say  
I love you and I miss you daddy...Happy Father's Day  
By Alan Pedersen email:songwrtr@Comcast.net

### **My Dad is a Survivor**

"My dad is a survivor too;  
Which is no surprise to me.  
He's always been like a lighthouse  
That helps you cross a story sea.

But I walk with my dad each day  
To lift him when he's down.  
I wipe the tears he hides from others  
He cries when none's around.

I watch him sit up late at night  
With my picture in his hand.  
He cries as he tries to grieve alone,  
And wishes he could understand.

My dad is like a tower of strength.  
He's the greatest of them all-!  
But there are times when he needs to cry...  
Please be there when he falls.

Hold his hand or pat his shoulder...  
And tell him it's okay.  
Be his strength when he's sad  
Help him mourn in his own way.

Now as I watch over my precious dad  
From the heavens above...  
I'm so proud that he's a survivor...  
And, I can feel his love-!"  
By Kaye Des-Ormeaux

### **A Father's Day Message from Heaven**

My Dad always says I am his hero  
but he will always be  
The strongest man I've ever known  
he is a hero to me.

He would hold my hand and smile brave  
looking in his eyes  
I knew he would give anything for me to be saved.  
But as he saw me suffering and knew there was no cure in sight  
He had the grace to let me go  
ending that trying fight.

I will never forget all the times he spent with me  
as far as I'm concerned  
He is the best Daddy,  
an amazing father of three.

I know there is a hole that will forever be in his heart  
but I want him to know

"Daddy we will never be apart".  
every day I walk you side by side,  
Now I hold your hand whispering  
"Daddy it will be alright".  
I have never left you  
I will always be  
A part of you  
and you a part of me.

I wish I could ease your tears  
if you could only see  
How beautiful heaven is,  
it's a paradise just like they say it would be.

I am happy now  
free from pain.  
I have a piece of your heart  
that will always remain.  
I look forward to the day Daddy that we shall meet again  
I will give you back that piece  
Making you whole again.

For now you go on living  
being as happy as you can be.  
I want the best for you  
Just like you always did for me.

Happy Fathers Day Dad  
and I want you to know one more thing.  
Today I thanked " Our Father"  
for choosing YOU  
as a daddy to me.  
By: Judi Vanderbeck

This poem was submitted for my future husband Al, the most Courageous  
Father I have ever known and in Loving Memory of AlbieJoe 12/19/2002 -  
09/29/2011