



Tampa Bay Chapter

P.O. Box 3226
Tampa, Florida
33601-3226
www.bpusatampabay.com

MEETING INFORMATION

Regular Monthly SUNDAY Meeting

(held the second Sunday of the month)

St. Joseph's Hospital
Medical Arts Building, Auditorium
Sunday, April 11, 6:30 p.m. for regular meeting.
3001 Martin Luther King Jr. Blvd.
Call Beverley Hurley at 813-832-3175
for directions or information.

Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas

(held the second Friday each month)

Friday, April 9, 10:00 a.m. to Noon
The Greater Brandon Chamber of Commerce
330 Pauls Drive, Brandon, Florida 33511
Please call Debbie Nemitz 813-907-1441
for directions or information.



Regular Monthly PLANT CITY Meeting

(Held the fourth **MONDAY** each)

Monday, April 19, 7:00-9:00 p.m.

South Florida Baptist Hospital
301 N. Alexander Street, Plant City
in the Community Conference Room
Call Janice Falcon at 813-779-9353
for directions or information.

"When the veteran bereaved parent comes to a meeting, he is the hope for the newly bereaved because he has survived."

Unknown Author

UPCOMING EVENTS

Tampa Bay Chapter Steering Committee Meeting—We need you!

Please call and learn more about how you can help plan meetings and events.
Call Beverley for information 813-832-3175

CHAPTER PICNIC

Looking for a volunteer to organize a picnic at the Riverside Park? Please call Beverley Hurley at 813-832-3175

ANGEL OF HOPE Annual Spring Tea

Saturday, April 24, 2010

Hurry and get your tickets!!

Cost: \$35 per person or \$280 per table of 8
Sponsorship Opportunities Available

We have great entertainment, food, raffles and silent auction items for you to enjoy.

Call Jackie Loadholtz for tickets
at 813-625-1468

Call Julie Leyde to donate raffle & silent auction items
at 813-784-6929!

Tickets may be purchased on line at
www.angellofhopetampabay.org
We now accept Paypal on line!

*This month's newsletter lovingly sponsored by
the families of:*

Joseph D. Martinez

Eric John Rutkowski

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
				APRIL 2010		

Practical Ways to Deal with Your Grief

By: Cheryl Lawson, bereaved mother

Surround yourself with people who are positive and who will understand your pain. Each day, leave the day before behind. Don't retrace your steps. You are on a healing path and looking back is a reason to intensify your pain.

Believe it or not, your loved one would have wanted you to be happy. Do something spontaneous like going on a cruise or going to dinner. It will enlighten you or it may make you feel sad, but you will never know unless you try something.

Never give up hope because while there is a life there is always hope for your future. Your dreams are still real. You have much to love for in fulfilling your purpose on earth. Be encouraged to know that you are important and there is a reason why you are still alive.

Every day will be different for you, but hold on to your sanity. You need this to advance into the future. Read books that will motivate and encourage you. Do not withdraw yourself. I cannot stress this enough. This will sink you into a depression that is hard to shake off.

Cry if you want to. This is completely reasonable for someone going through the grieving process. It is a way of purging your soul. Never be too hard on yourself and never feel guilty about being happy.

There are times when you feel lost and alone, but I want to remind you that there are people like me who want to provide support and encouragement, not for financial gain, but a genuine concern because we have experienced what you are going through right now.

Everyone deals with grief differently, but for the most part, there are some specifics that are universal. I am speaking from the heart of my experiences and hope that the encouragement will lead you to a peaceful place of new beginnings. Don't give up. Keep holding on to each day and be thankful for each new day that you get closer to your healing.

Chapter News

ANGEL OF HOPE NEWS

www.angelofhopetampabay.com

*Angel of Hope Memorial Garden
Riverside Park, 201 S. Riverhills Drive,
Temple Terrace*

Memorial Bricks

*Engraved memorial bricks still available.
Please see our website for brick order
form. Dedication of newly ordered engraved bricks will be
held periodically and you will be notified.*



Award

Annual awards are presented by the Tampa Bay Regional Planning Council (includes Tampa Bay counties – pretty much the area channel 9 covers!).

“The Awards program purpose: The significance of innovative planning has never been more important than it is today. The future of the Region Awards Program provides honor and recognition for notable achievement in the public and private sector for resource planning and management in the Tampa Bay region. The Tampa Bay Regional Planning Council’s mission in recognizing excellence is to encourage future vision and cooperation within the regional community.”

The Riverside Park and Angel of Hope Memorial Garden received second place for **Cultural/Sports/Recreation category!** http://www.tbrpc.org/events/for/2010/commemorative_2010_web.pdf

The award will be shown at the upcoming City Council Meeting and then displayed in the showcase at City Hall. Yeah to the City of TT and AOH!

Telephone Friends

Need to talk? Having a bad day? Call one of our Telephone Friends. They’re here to lend a knowing ear because they’ve been there. Don’t hesitate to call, we understand.

Linda Delk (General Information)	(813) 661-0680
Theresa Farmer (Homicide)	(813) 994-0707
Traci Cooley (Drowning)	(813) 464-4525
Ron Ellington (Suicide/Grandparent)	(727) 410-2308
Charles L’Homme (Accidental Death)	(813) 335-7628
Debbie Nemitz (Long Term Illness)	(813) 907-1441
Barbara or Tommy Dietrich (Death of an Only Child)	(813) 234-4705
Serena Graves (Sibling Contact)	(813) 810-7169
Violeta “Cookie” Fernandez (Se Habla Espano)	(813) 996-4281
Sandy Boehning (Grandparent Grief)	(813) 989-3255

CRISIS CENTER

211

Bereaved Parents/USA National Office
Post Office Box 95, Park Forest, IL 60466
Phone/Fax: (708) 748-7866
www.bereavedparentsusa.org

Love Gifts

Love Gifts-A Thoughtful Way to Remember

Love Gifts are a beautiful and loving way to remember a loved one. Through Love Gifts, we are able to reach out to others with our brochures and newsletters as well as obtain books and other information for our library. We truly appreciate every Love Gift, donation and sponsorship. Our Chapter work is done by volunteers and these donations help us reach out in many ways, including the preparation and mailing of the newsletter.

Donated by Charles & Teresa L’Homme

In loving memory of their son

Ryan L’Homme

4/16/1981-3/23/2000

We Can Always Use the Help!

There are dozens of tasks that go into running our chapter and our special events, from helping set up the meeting room, to finding potential articles & poems for the newsletter, to working on public relations. We can always use the help. If you feel you are now in a place in your grief journey where you can help and give back to the chapter in little or large ways, please contact Beverley Hurley 813-832-3175 or bee.hurley@gte.net. Most of us find that when we reach a point of giving back to those who come after us, we gain far more than we give.

Refreshments



Some of us like to remember our child’s birthday or the anniversary of his or her death by bringing a cake or cookies to the meeting that month. We would appreciate having you bring a special treat to any meeting. You may also want to bring and share a picture of your child. Thank you!

Chapter Library

We maintain a large lending library of books and tapes of interest to bereaved parents, siblings and grandparents, at all three of our support group meetings. These resources are available to check out at each meeting to be returned at the following meeting, if possible. Donations of books are always gratefully accepted, and acknowledged in the newsletter. If you are no longer attending meetings regularly and come across a book at home that belongs to our library, please mail it to us at the reduced “media rate” to: BP/USA, PO Box 3226, Tampa, FL 33601-3226. You can contact me at 813-832-3175 or bee.hurley@gte.net.

The Bereaved Parents of the USA 2010 National Gathering “Rock of Hope, River of Healing”

Friday, Saturday, and Sunday, July 9-11, 2010
Holiday Inn Airport Conference Center
Little Rock, Arkansas



We’ll have information at our meetings or go to:
www.bereavedparentsusa.org



Our Children . . . Remembered

So long as we live, they too shall live ... For they are a part of us as we remember them.

April Birthdays

Alvarez, Dean 4/28/1965 - 6/12/2000 M-Diana Stenglein B-Nadie Alvarez S-Athens & Lynette Alvarez	Heath, Austin Noah 4/6/2000 - 7/4/2000 P - Isaac Heath & Regina Jacobs GM - Gigi Schools	Noriega, Aiden 4/4/2001 - 6/18/2001 P - Rick & Ethal Noriega	Reynolds, Darrock 4/26/1986-6/28/2008 M-Crystal Reynolds
Bliss, Lindsay Rebecca 4/26/1977 - 12/1/1991 P - Jim & Mary Beth Bliss S - Shannon Bliss	Hines, Heather 4/28/1975 - 11/25/1998 M - Sue Hines	O'Connor, Ashley Lauren 4/12/1991 - 4/8/1996 M-Pamela Hite-Bocchino B-John O'Connor GM-Victoria Hite	Sluder, Keith Joseph 4/25/1964 - 5/11/2006 P-Tom & Judy Sluder Children-Keith II and Miranda Granddaughters-Kali & Ella Mae S-Theresa & Kathryn B-Tom III N/N-Israel, Brandon & Brandy
Buckley, Deja' 4/26/2001 - 4/26/2001 P - Lisa John & Wade Buckley	Holdren, Steven "Scott" Jr. 4/10/1986-5/31/2007 P-Donna & Bill Henry and Steven Scott Holdren Sr. GP-Jos. & Catherine Washington, George Wayne and Mary Joe Holdren	Pegram, Baby Boy 4/1976 - 4/1976 P - Earl & Susan Pegram S - Jodi & Robin Pegram B - Scooter & Craig Pegram GP - Betty Jennings	Spellman, Xavier Lane 4/17/2006 - 4/17/2006 M-Veronica Lane
Castellano, Vinny 4/26/1977-6/19/2008 M-Marie Castellano	Horst, Trey 4/16/1974 - 9/8/2000 P - Art & Linda Horst B-Todd & Thad S-Trisha & Tammy	Pegram, Jodi E. 04/06/70 - 07/22/01 P - Earl & Susan Pegram S - Robin Sue Pegram B - Scooter & Craig Pegram GM-Betty Jennings	Todd, Joan 4/22/1960 - 3/12/2004 M-Mary McCord
Cox, Jailyne & Arye 4/19/2009-4/19/2009 M-Alycia R. Cox	L'Homme, Ryan 4/16 /81 - 3/23/00 P - Charles & Teresa L'Homme S - Cortney L'Homme	Pitts, Steven 4/17/1978-12/13/2007 F-Bob Pitts	Vallee, Kama Marie 4/22/1976-8/16/2009 P-M. Louise & Gerry Vallee Daughter-Shen GF-Roy C. Parsons S/O-Ronald J. Branam III
DeRoche, Cameron Gaines 04/11/89 - 01/25/95 P - Peggy & Karl DeRoche S - Mary Amber DeRoche	Littlechild, Will 4/6/1979-7/4/2008 M-Lula Littlechild S-Patricia Littlechild	Rardin, Kelly Rose 04/17/1993 - 04/17/1993 M - Lori Rardin Regis, Chad 4/7/1971 - 3/22/2005 P-Ray & LaRae Regis GP-Bea Forbes	
Dixon, Russell 01/04/1975-4/29/2007 In Law-Donna Budd & Bill Baker Child-Ryan Dixon Wife-Lori K. Baker Dixon	Martinez, Joseph 4/23/1972 - 10/13/2007 M-Josie Martinez S-Patty Camunas	Roark, Kelli Colin 4/30/1990 - 8/30/1998 P - Joe & Angel Roark B - Kyle & Kaleb Roark GF - Ron Ellington	
Geiger, Jacob 4/9/2003 - 4/9/2003 M-Darla Geiger B-Jared Geiger S-Brooke Geiger GP-Kenneth & Barbara Dykes	Mohammed, Ian Roger 04/19/73 - 08/02/92 P - Judy & Rick Mohammed S - Alison Mohammed B - Cameron Mohammed	Rusnack, Tamara 4/6/1972 - 7/23/2004 M-Donna Johnson	
Gladen, Renee Rose 4/21/1961-11/17/1999 S-Diana Gladen	Nadir, Peter 4/6/1971 - 2/8/2003 M-Barbar Nadir S-Sue McFowan	Rutkowski, Eric John 4/11/1981 - 7/16/2003 P-Linda & Ron Rutkowski GP-Ray & Doris Pomorski	
Hamm, Rusty 4/23/1960 - 4/2/2004 P-Ramon & Rita Hamm Spouse-Joy St. Martin Daughter-Sydney Hamm			

April Anniversaries

Baker-Dixon, Lori Kathleen 10/29/1975 - 4/12/2001 Child - Ryan Spouse - Rusty P - Donna & Ron Budd and Marie & Bill Baker S - Tracy Goodson & Phylcia Baker B - Jamey Baker	Dixon Jr., Anthony Howard 11/27/1978 - 4/1/1996 M - Brenda & Toney Dixon B - David Dixon	Muse, Jennifer Lee 08/07/71 - 04/04/92 M - Gretchen Muse F - Robert Muse, Jr. GP - Bob & Gladys Muse GM - Dorothy Deisch	Thornton, Jeremiah 8/29/84 - 4/13/01 M - Tim & Sue Thornton B - Jason S - Amanda
Berry, Michelle 3/8/1967 - 4/2/2003 P-Joanne & Lawrence Ouellette B-Russ,David,Scott & Joe S-Denise Volo Son-Bobby	Geiger, Jacob 4/9/2003 - 4/9/2003 M-Darla Geiger B-Jared Geiger S-Brooke Geiger GP-Kenneth & Barbara Dykes	O'Connor, Ashley Lauren 4/12/1991 - 4/8/1996 M-Pamela Hite-Bocchino B-John O'Connor GM-Victoria Hite	Tucker, Vince 3/8/1972 - 4/26/2005 M-Glenda Tucker A-Judith Gude
Buckley, Deja' 4/26/2001 - 4/26/2001 P - Lisa John & Wade Buckley	Hafford, Lauren Elizabeth 2/17/1977 - 4/13/1999 P - Gwen & John Hafford S - Lindsay & Lesley Hafford	Pathak, Deepak 7/3/1983-4/22/2008 P-Raj & Jai Pathak	Valdez, Joseph Martin 6/3/1974 - 4/24/2007 M-Carolyn Aviles
Burger, Jeffrey Robin 02/05/61 - 04/20/97 M - Cecelia Burger B - Hal & Curt Burger	Hamm, Rusty 4/23/1960 - 4/2/2004 P-Ramon & Rita Hamm Spouse-Joy St. Martin Daughter-Sydney Hamm	Pegram, Baby Boy 4/1976 - 4/1976 P - Earl & Susan Pegram S - Jodi & Robin Pegram B - Scooter & Craig Pegram GP - Betty Jennings	Waller, Lauren Marie 12/12/1990 - 4/16/2000 M - Kristine Colding & Bryan Strahan B-Christopher S-Faith GP-Joyce & Gene Waller
Cason, Todd 10/28/1968 - 4/12/2003 P-Earl and Kay Cason Child- Spouse-	Jones, Sherry 1/18/1971 - 4/27/2000 M - Brenda Copeland	Rardin, Kelly Rose 04/17/1993 - 04/17/1993 M - Lori Rardin	Wallowicz, Michael (Mikey) Kevin 10/23/1981 - 4/28/1990 P - Jim & Judy Wallowicz B - Jimi Wallowicz GM-Josie Varselona
Clark, Kellen William 3/16/82 - 4/15/02 F - Bill Clark	Kauderman, Andrea 7/9/2005-4/1/2006 M-Geri Kauderman	St. Peter, Alexis 2/2/1980-4/28/2008 F-Karyl St. Peter	Webb, Eric Richard 7/1/1985 - 4/2/1999 P - William & Kathleen Webb B - David Webb
Corbett, Shaun 7/8/1985 - 4/23/2003 M-Ellen Corbett	Langford, Todd Allen 01/05/78 - 04/27/01 P - Fred & Janice Langford B - Robbie Langford S - Kathy Peterson G/P - Betty Williams & H.P & Ruby Langford	Shockey, Ann 11/08/56 - 04/26/70 P - Dick & Connie Shockey	Williams, Travis Aaron 9/11/1979 - 4/19/2000 P - Bill & Linda Williams GP - Loretta Ayers, Raymond Ayers & Edna Williams
Cox, Jailyne & Arye 4/19/2009-4/19/2009 M-Alycia R. Cox	Leyde, Darek 7/17/1967 - 4/23/2003 P-Vern & Julie Leyde S-Traci Gainforth	Spellman, Xavier Lane 4/17/2006 - 4/17/2006 M-Veronica Lane	Wynne, Adam Charles 10/13/1971 - 4/24/1993 P-Chuck & Gloria Judson S-Lori Wynne Father to Morgan Wynne
Dechant, Matt 9/26/1984-4/14/2007 F-Matt Dechant	Long, Russell 12/23/1958-4/18/2007 M-Carol Long	Stallard, Judy Lynn 02/28/1981 - 04/24/1981 M-Patricia (Stallard) Bass F-Joe Stallard	Young, Billy 7/14/2003 - 4/17/2006 P-Bill & Sandy Young
Decosta, Brittany 11/19/87 - 04/07/91 M - Kay Decosta	Makowski, Anthony 5/20/1983 - 4/24/2005 M-Cathy Makowski	Thomas, Destiny Jean 10/1/1990 - 4/24/1998 F-Craig Thomas B-Braxton and tin GP-Augie & Betty Thatcher and Marty & Carol Thomas	

In Loving Memory
of
Joseph D. Martínez
"Joe"

April 23, 1972 to October 13, 2007



When Tomorrow Starts Without Me

When tomorrow starts without me, and I'm not there to see
If the sun should rise and find your eyes, all filled with tears for me.

I wish so much you wouldn't cry, the way you do each day,
While thinking of the many things we didn't get to say.

I know how much you love me; as much as I love you;
And each time that you think of me, please know I miss you too.

But when tomorrow starts without me, please try to understand
that an angel came and called my name and took me by the hand.

The angel said a place was ready in heaven up above,
and that I'd have to leave behind all those I truly love.

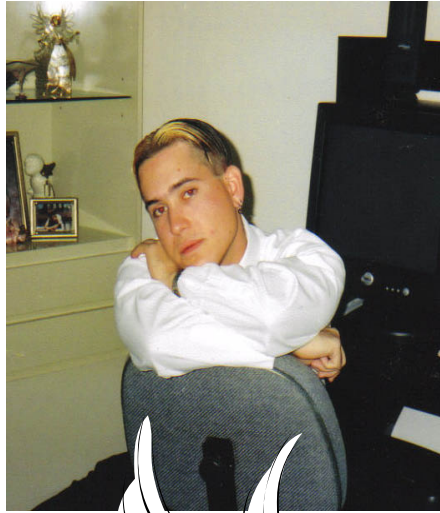
I had so much to live for, so much yet to do,
It seemed almost impossible that I was leaving you.

So when tomorrow starts without me, don't think we're far apart;
for every time you think of me, I'll be right here in your Heart.

Love, Mom

Happy Birthday Joseph!
We love you always and miss you very much!

Love,
Mom, Patty, Mike, Brittany
Family and Friends



ERIC JOHN RUTKOWSKI

Eric led a very troubled life after his car accident, nine years previous to his death, but in spite of that he had a kind and gentle heart. He thought nothing of giving a hand out of money or cigarettes to someone begging on the street corner or helping out a friend expecting nothing in return.

Oftentimes, when I came home from work, he had dinner prepared and had the house straightened up for me.

On my birthday, the last one we were to celebrate together, he decorated my bedroom with Happy Birthday banners, ribbons, a hundred balloons, a bouquet of flowers along with a birthday cake and he had purchased me a beautiful angel picture. It was the best birthday of my life!

He had started setting up my coffee for me each night as he knew that I am somewhat of a zombie first thing in the morning. Even the very night that he ended his life, he set up the coffee for me. He knew that I was going to need it.

He was wearing my sister Mary Ellen's rosary around his neck that night and he prayed that God would forgive him for what he felt he had to do.

Please pray that all his anguish is now over and that he is finally at peace with our Lord.

If you would like to do something in his memory and in memory of all those that lives ended much too soon, I ask that you pick up a lonely neighbor or friend and take them to church, take a child with no father or mother to a ballgame, movie, or the park or perhaps invite a widow or widower over to dinner. It just might give them the hope to go on!

Eric, we will love you throughout all eternity!

Mom, Dad, Grandma, & Grandpa



ADVICE FROM A FELLOW BEREAVED PARENT

Susan Chan knows firsthand what it feels like to lose a child. Her 18-year-old daughter, enjoying the waning weeks before high school graduation, was thrown from her boyfriend's motorcycle after a deer jumped in their way. "You never expect this is going to happen to you," she said. "You read headlines and it's always about somebody else, and one day you're a headline. It's so hard to explain to somebody who hasn't been there what it's like to lose a child. There's no good way." She offers the following advice to bereaved parents:

- 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.

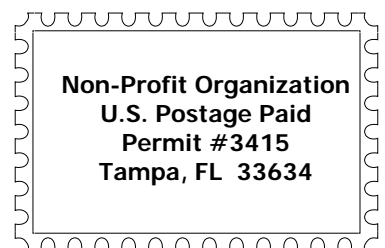
The two words are usually used interchangeably, but they mean different things. Grief is on the inside — what we are feeling. Mourning is "grief gone public" — in other words how we are allowed to express our grief outside of ourselves. (Definitions from the work of Dr. Alan D. Wolfelt, director of the Center for Loss and Life Transition).

- We have a great need to tell and retell our story far longer than many people are willing to listen. We need to find safe places to tell our story.
- 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.
- Everyone seems to have an explanation for why this happened to you. It is a characteristic of our society that we want to be problem solvers. I haven't met a bereaved parent yet who felt there was a reasonable and acceptable explanation for why their child had to die.
- We need to be selfish as we grieve. By this I mean we must be good to ourselves, be patient with ourselves, look to what we need to do to move forward.
- 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.

Lovingly lifted from Mid Hudson New York BP/USQA Chapter Newsletter



The Bereaved Parents of the USA
P.O. Box 156
Gibsonton, FL 33534



April 2010

POSTMASTER - Dated Material

Please do not delay.

