



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)

March 11, 6:30 p.m. See below for a
scheduled special program

St. Joseph's Hospital

Medical Arts Building, Auditorium

3001 Martin Luther King Jr. Blvd.

Call Linda Delk at 813-661-0680 for directions or
information.

Regular Monthly DAYTIME Meeting

Riverview/Gibson/Brandon areas

(held the second Friday each month)

Friday, March 16, 10:00 a.m. to Noon

The Greater Brandon Chamber of Commerce

330 Pauls Drive, Brandon, Florida 33511

Please call Linda Delk at 813-661-0680

for directions or information.

Regular Monthly PLANT CITY Meeting

(Normally held the first Wednesday each month) **Mon-**

day, March 7, 7:00 to 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.



Angel of Hope

Brick Dedication Ceremony

Saturday April 21, 2012

Riverside Park

201 Riverside Drive

Temple Terrace, Florida

Please RSVP to Jackie Loadholtz

By Wed. April 11, 2012

813-625-1468

March 2012

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	31
1	2	3	4	5	6	7

Sunlight/Sunset

~ Susan Borrowman, Kingston, ON

Oh, Lady in the Park, don't you remember?
I used to come here with three children and
we would push the swings with small talk.
You were fascinated by her and we
laughed because the other two spun
around her like revolving doors and she was
the sunlight in the park.

All winter I have waited for spring to explain
to you where the sun had gone.
But you didn't remember me.

Yesterday I came with two children and we
pushed the swings with small talk.

You weren't even aware that the sunlight
was gone.

First Day of Spring

by Matsuo Basho

First day of spring —
I keep thinking about
The end of autumn.



Chapter News

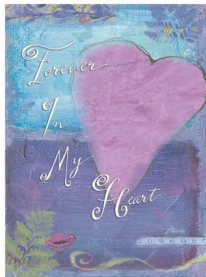


ANGEL OF HOPE UPDATE

Memorial Bricks may be ordered online at
www.angelofhopetampabay.com/OrderBricks

Located at:
Riverside Park
201 Riverhills Drive,
Temple Terrace
Mailing Address:
P. O. Box 2573
Lutz, FL 33548
813.495.7539

We now accept Paypal on line!



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
Sue Bowditch (Adult Child)	(813) 390-9734
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) 340-9120
Serena Graves (Sibling Contact)	(813) 810-7169
Violeta "Cookie" Fernandez (Se Habla Espano)	(813) 996-4281
CRISIS CENTER	211

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

This month's newsletter lovingly sponsored by
the family of:
Malena Rose Cooley

Love Gifts

Terry & Linda Smith
In Memory of Beverley Hurley

Bereaved Parents Central Arkansas
In Memory of Beverley Hurley

Mary Ellen Holmberg
In Memory of her son
Michael David Holmberg

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.

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 Books

If you have finished reading a BP/USA Library book, please, please return it to our library. There is no time limit for how long you can have a book, but the longer you borrow a book, the less opportunities other bereaved parents have to read it. We also gladly accept book donations.

Contact Tommy or Barbara Dietrich at (813) 234-4705 or visit one of our three monthly sharing meetings to return a book, arrange a donation or inquire about an available title.

Sponsor A Newsletter Page

Anyone can sponsor a page in this newsletter in memory of their child. The price for a full page is \$55 which in-cludes one black and white scan of one photograph and your tribute to your child, which can include poems, stories or whatever you like. Your contribution supports the chapter and helps pay for the printing of the newsletter.

To sponsor a newsletter page, contact Traci Cooley at 813-464-4525. Please note that sponsorship pages are due by the 15th of the month BEFORE the publication month.

Electronic Newsletter

The Newsletter is available electronically. To receive it by Email, send your name and email address to: bee.hurley@gte.net and indicate your desire to switch from regular "snail" mail to email. Email recipients will also receive additional news and information, while helping our chapter save costs. We very much appreciate your cooperation by helping us out this way!

Address Change


If you have an address change, the Postal Service will NOT forward! They return to us—FOR A FEE, SO PLEASE LET US KNOW IF YOU HAVE A NEW ADDRESS.



Our Children . . . Remembered

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

March Birthdays

Berry, Michelle 3/8/1967 - 4/2/2003 P-Joanne & Lawrence Ouellette B-Russ,David,Scott & Joe S-Denise Volo Son-Bobby	Cowen, Chad 3/31/1973 - 6/7/1997 P - Mary "Pete" & Mike Cowen S - Tiffany Larson	Howard, Christopher L. 3/27/1975 - 5/18/2000 M-Cay Pelaez	Rainey, Wendy Michelle Price 3/7/1968-9/27/2006 M-Shelia Farmer (Lassiter) B-Peter Price S-Emily Furst
Booker, Michelle Elizabeth 3/25/1987 - 12/1/2004 P-Michael & Bonnie Booker B-Justine & Dillon Booker GP-Betty Nichols and Ed & Janice Falcon	Darby, Marc Steven 3/25/1986 - 12/12/1998 P - Steve & Lori Darby S - Cody, Austin, Benjamin Darby GP - John & Linda Darby	Landrum, Mark 03/03/79 - 06/24/94 M - Joan Landrum Adams-Hilliard F - Steve Landrum B - John Landrum	Rayburn, Geoffrey (Jeff) Ware 3/2/1970 - 10/15/1995 P-Robert and Sue Moos B-Bobby Moos S-Amy Rayburn GP-Richard & Jeannette Roberson and Josephine Rayburn
Buchanan, Sierra Lan 03/07/96 - 05/25/96 P - Kim & Bryan Buchanan S - May Linh Buchanan	Dixon, Austin Ryan 03/18/97 - 05/18/98 P - Carrie & Robert Dixon S-Sara Ryan Dixon	Lavin, Kevin Joseph 03/24/80 - 03/30/95 P - Kathy & Mike Lavin S - Maggie & Kaitlin Lavin Gdm - Catherine Lavin	Rogers, Dayna Andrew 3/12/1973 - 11/27/1994 M - Linda Heatherly S - Misty Walker & Amber Roger
Clark, Kellen William 3/16/82 - 4/15/02 F - Bill Clark	Ellington, Timothy 03/06/62 - 05/25/91 F - Ron Ellington	Lespinasse, Bryan 3/8/1991 - 12/27/2004 M-Margarett Lespinasse	Simone, Benjamin Arthur 3/29/1975 - 10/10/1997 P - David & Kathy Simone S - Dawn Figueroa
Combs, Phillip J. 3/24/1986 - 6/12/2004 P-Lisa Pyche' & Phil Combs B-Travis Combs GP-Thomas & Sharon Pyche'	Fernandez, Karen Irene 03/08/68 - 08/23/88 M - Violeta"Cookie" Fernandez B-Rik Fernandez	Mink-Miller, Deborha 3/26/1965 - 9/27/1991 M-Diane Mink S-Renee Mink Crosby	Tucker, Vince 3/8/1972 - 4/26/2005 M-Glenda Tucker A-Judith Gude
Cooley, Malena Rose 3/23/1998 - 9/4/2000 P - Scott & Traci Cooley B - Nolan S - Madelyn & Olivia	Griffis, Julia Rose 03/05/92 - 03/05/92 P - Bruce & Kathy Griffis	Pegram, Robin Sue 03/13/73 - 12/05/93 P - Earl & Susan Pegram S - Jodi Pegram B - Scooter & Craig Pegram GM-Betty Jennings	
	Gugliotta, Dan & Nadine 3/26/1976 - 10/14/2003 P-Dan & Nadine Gugliotta Son-Jason	Prescott, Alexandria 3/25/1990 - 6/28/2017 Stephanie & Tracy Knox	

March Anniversaries

Banda, Selena 7/6/2002 - 3/4/2004 P-Richard & Susan Banda	Gallian, John Charles 8/8/1963 - 3/21/1998 M-Virgian Gallian S-Paige Mask	Marchetti, Katie 8/4/1989 - 3/4/2006 P-Vin & Laura Marchetti B-Andrew Marchetti	Rogers, Jason R. 01/08/78 - 03/21/90 P-James Roy & Elaine Rogers B-Justin & Jacob Rogers GP-Arthur & Ethel Fernandez
Byda, Hanna Douglas 7/25/2005— 3/19/2010 P-Erica Buhrke & Fred Byda	Gochenauro, Laci 02/15/91 - 03/23/98 P - Kelli & Chris Gochenauro S - Jacee & Riley Gochenauro GP - Ronald & Clarine Barton M - Pat Dukes	Nichols, Shannon Jr. 10/5/1979 - 3/29/2004 M-Terrena Nichols F-Shannon Nichols S-Brandy& Melissa Nichols	Rose, Kailyn Dyann 8/22/2000 - 3/4/2003 M-Evelyn E. Rose
Cepero, Caylee Marie 9/3/2000 - 3/8/2005 P-Dawn and Lee Cepero B-Corbin S-Kennedy GP-Sandy Boehning	Gould, Richard J. 9/26/1981 - 3/3/2001 M-Cindy Phelps-Wise F-Ralph Gould B-Ryan, Bryan & Mark S-Karen	Pfister, Megan Lynn 5/2/1990 - 3/3/1999 P - Frank & Stephanie Pfister	Sasnett, Debbie Powell 12/14/1956 - 03/31/2000 P-Jackie & Billy Powell B-Debby & Tony S-Penny
Clark, Deborah Denise 1/19/1969 - 3/23/2002 M-Ethel Helms S-Valencia Clark B-James Jr. & Jerel GP-Luella Buford & John L.Clark	Griffis, Julia Rose 03/05/92 - 03/05/92 P - Bruce & Kathy Griffis	Regis, Chad 4/7/1971 - 3/22/2005 P-Ray & LaRae Regis GP-Bea Forbes	Sluder, Kathryn Elizabeth 8/31/1966 - 3/16/2002 P-Tom & Judy Sluder Son-Israel S-Theresa B-Tom III & Keith N/N-Brandon & Brandy, Keith II & Miranda
Collum, Brian H. 5/11/1965 - 3/7/2005 M-Diana Reams B-Reid Collum	Holmberg, Michael David 05/15/1976-03/02/2011 M-Mary Ellen Holmberg S-Kristian Holmberg, Stephen Holmberg	Rivera, Erick 6/4/1988-3/21/2010 P-Maricela & Jose Rivera	Tarez, Kami 7/1/1980 - 3/1/2006 M-Leigh Tarez
Durcan, Andrea Lynn 01/15/1991 - 03/31/1991 P - David & Dixie Durcan S - Lindsey & Lauren Durcan GP-Marie B. Corcoran	L'Homme, Ryan 4/16 /81 - 3/23/00 P - Charles & Teresa L'Homme S - Cortney L'Homme	Robertson, Ty Kristan 2/4/1979 - 3/29/2003 P-Jim & Teresa Farmer S-Toni-Danielle Robertson B-Chris Farmer GM-Wanda Warren Children-Taylor Morris, Trystan & Jordan Robertson	Todd, Joan 4/22/1960 - 3/12/2004 M-Mary McCord
Ferrera, Crista J. 8/23/1975 - 03/11/1997 P - Nelson & Guisela Ferrera B - Paolo Ferrera GM - Magda Alvarez Aunt - Mirta Diaz Uncle - John Ferrera	Lavin, Kevin Joseph 03/24/80 - 03/30/95 P - Kathy & Mike Lavin S - Maggie & Kaitlin Lavin Gdm - Catherine Lavin		

If we have omitted your child, misspelled your child's name, or listed incorrect dates, please accept our apologies and call Traci Cooley at 813-464-4525 to correct the information. Call any of our telephone friends if you are having a hard time on these days. We truly understand your pain; for we, too, remember our own children.



WYNDHAM WESTSHORE TAMPA
REGISTRATION 30.00 PER PERSON
7 MEAL PACKAGE 125.00* UPDATE incorrect pricing was included the newsletter last month!!
INCLUDES: 3 BREAKFASTS, 2 LUNCHES & 2 DINNERS

KEYNOTE SPEAKER: BRUCE MURAKAMI
FROM THE 2007 HALLMARK MOVIE
CROSSROADS: A STORY OF FORGIVENESS

Additional Speakers:
DARCIE SIMS, PH.D, CHT, CT, GMS, BEREAVED PARENT.
SHE CO-FOUNDED AND PRESIDENT OF GRIEF INC. SHE IS THE AUTHOR OF MANY BOOKS.

JAN HOWARD, GRAND OLE OPRY STAR AND AUTHOR OF THE BOOK
'SUNSHINE AND SHADOW', SHE HAS HAD FOUR CHILDREN DIE.

ALICE WISLER, FOUNDED DANIEL'S HOUSE PUBLICATIONS IN HER SON'S MEMORY.
PUBLISH TWO MEMORIAL COOKBOOKS, SLICES OF SUNLIGHT AND
DOWN THE CEREAL AISLE.

Wyndham Tampa Westshore Hotel
700 N. Westshore Blvd.
Tampa FL, 33609
www.wyndhamhoteltampa.com

To make reservations call the hotel at 813-289-8200 let them know you are with the National Gathering of Bereaved Parents.

FOR MORE INFORMATION:
LINDA DELK 813-661-0680 OR
GINA CASAL 813-495-7539

The Mourner's Bill of Rights Written by Pamela

- ◆ **You have the right to experience your own unique grief.** No one else will grieve in exactly the same way as you do. Don't allow others to tell you what you should or should not be feeling.
- ◆ **You have the right to talk about your grief.** Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief.
- ◆ **You have the right to feel a multitude of emotions.** Confusion, disorientation, fear, guilt, and relief are just a few of the emotions you might feel as part of your grief journey. Know that there is no such thing as a "wrong" emotion. Accept all your feelings and find listeners who will do the same.
- ◆ **You have a right to be tolerant of your physical and emotional limits.** Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. Don't allow others to push you to what you don't feel ready for.
- ◆ **You have the right to experience grief attacks .** Sometimes, out of nowhere, a powerful surge of grief may over come you. This can be frightening, but is normal and natural. Find some one who understands and will let you talk it out.
- ◆ **You have the right to make use of ritual.** The funeral ritual provides you with the support of caring people. More important, it supportively sees you off on your painful but necessary grief journey. Later rituals, such as lighting a candle for the person who died, can also be healing. If others tell you rituals such as these are silly or unnecessary, don't listen.
- ◆ **You have the right to embrace your spirituality.** If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.
- ◆ **You have the right to search for meaning.** You may find yourself asking, "Why did he or she die? Why now?" Some of your questions may have answers, your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like "It was God's will" or "Think what you have to be thankful for" are not helpful and you do not have to accept them.
- ◆ **You have a right to treasure your memories.** Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring memories, think of creative ways to embrace them.
- ◆ **You have the right to move toward your grief and heal.** Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and tolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

Malena Rose Cooley

March 23, 1998-September 4, 2000



It is so hard to believe that so many years have gone by. That our precious little girl has been in heaven for so long. I cannot wrap my brain around who she would be today, around the fact that she would be a teenager not a toddler. Would she be fighting with her sister over clothes, shoes, iPods, the computer and time in the bathroom to get ready in the morning or would they be best friends?

Would she have a passion for reading, music and art like her brother and sisters? Or her own passions and special talents that we never got to explore? There is just so much that we have missed not having her in our lives.

We treasure the 2 1/2 years that we had Malena in our lives but forever will wonder just what we are missing in the years that we don't have her in our family.

Happy Birthday, Rosie Girl

Our Credo

We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer walk with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved families can meet and share our long and arduous grief journeys.

We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our tears, confusion, anger, guilt, frustrations, emptiness, and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible.

Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, our color, our affluence, or what faith we uphold as we confront the tragedies of our children’s deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family.

We are the Bereaved Parents of the USA.
We Welcome You.



A Beginning

One day you wake up and realize that you must have survived it because you are still here, alive and breathing. But you don’t remember the infinitely small steps and decisions you took to get there. Your only awareness is that you have shed miles of tears on what seems to be an endless road of sorrow.
One day – one glorious day – you wake up and feel your skin tingle again, and you forget just for an instance that your heart is broken...and it is a beginning.

~Author Unknown

Just a Breath Away

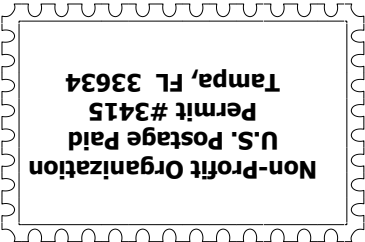
Look for me in springtime
As raindrops fill the air
In the splendor of the rainbow
You’ll find my presence there.
You will find me in the fragrance
Of April’s sweet perfume
Drifting through the clover
On a sultry day in June.
An August day will find me
Upon the summer breeze
On the distant sound of the thunder
In the gently swaying trees.
In the golden fields of harvest
Is where I can be found
As autumn time approaches
And leaves comes tumbling down.
In the wintertime when days are short
And chill is in the air
Just look into a moonlit night
You’ll find me lingering there.
When the setting sun has gone away
And shadows fill the night
When the cloak of darkness lifts its veil
I’ll be your morning light.
So when you feel discouraged
Get on your knees and pray
You’ll feel me there beside you
I’m just a breath away.

Author/Written By:
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<http://www.marilynspoeetry.com>
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Address Correction Requested



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POSTMASTER - Dated Material
Please do not delay.



The Bereaved Parents of the USA
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