



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)

May 13, 2012

6:30 pm

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 11, May, 2012

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 of each month)

Wednesday, May 2, 2012

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 813-997-1709
for directions or information.

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

Michael David Holmberg
Brian H. Collum
Taylor Keith Pike

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		
MAY 2012						

Mother's Day By Traci Cooley

There is no way around this bittersweet time of the year for bereaved mothers and grandmothers. For our family Mother's day has never been a huge celebration, it was always a simple day at church followed by lunch and a few small gifts including those handmade by the kids. But when your child dies a simple day at church only magnifies that one of your children is not with you. It is inevitable that a pastor at some point will ask the congregation to stand based on how MANY children they have. Which number do you stand for? The true number or the number people know? I always stand at four because I have learned over the years to give myself permission to acknowledge Malena. To not worry about the questions of people who don't or won't take the time to know me enough to know about her. If you cannot give that gift to yourself on Mother's day when can you? Find a way to acknowledge your child who is in heaven on this day but also celebrate your surviving children as well if you have them.



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

Chapter News

Angel of Hope Information

www.angelofhopetampabay.com

Located at:

*Riverside Park
201 Riverhills Drive,
Temple Terrace*

Mailing Address:

*P. O. Box 2573, Lutz, FL 33548
813.495.7539*



www.angelofhopetampabay.com/index.html

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 Espanol) (813) 996-4281

CRISIS CENTER 211

Love Gifts

Martha Thompson in memory of her son,
Scott William Thompson

Tom & Judy Sluder in memory of their children
Kathryn, Keith & Theresa

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.

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 includes 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 or coolfamily6@verizon.net. Please note that sponsorship pages are due by the 15th of the month BEFORE the publication month.

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.

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.

Newsletter Articles or Contributions

Have you written a poem or article about your bereavement process? Would you like to share it in the newsletter? We are looking for article submissions every month from members of our chapter. Articles will be edited if needed. Please contact Traci Cooley at 813-464-4525 or coolfamily6@verizon.net if you have any questions.

REMEMBERING MICHAEL



MICHAEL DAVID HOLMBERG

May 15, 1976 - March 2, 2012

.....to be washed into eternity on a flood of tears. Is there anything worse? Or better? Is there any better gift for the dead than grief. What better testimony than tears that their going has left a hole in the fabric of our lives that we can never patch.

From "A Fall of Kings"
By: Justin Jurs

HAPPY BIRTHDAY!

YOUR FAMILY MISSES YOU EVERY DAY

HAPPY BIRTHDAY, MY SON

BRIAN H. COLLUM

5/11/65 - 3/7/05



Brian, you passed away to be with our Lord seven (7) years ago this past March....now on May 11th you would have been 47 years old. I miss you more than words can express – trying my best to remember just the good times we had together (you, me and your brother, Reid) and NOT the last five (5) months of your terminal illness.

Two nights ago I dreamed you and I were in the ocean swimming and even though I did not see your face, I know it was you – as you told me to “look down”. I looked down to see a whale below me and when he surfaced, I was on his back. As he slowly was swimming away with me, you said, “don’t be afraid”. I assured you I was not afraid and I threw up my arms toward the sky and remember it being the most exhilarating experience I ever encountered!! The whale swam toward a pod of whales who were diving and surfacing – appeared to be feeding or mating. I remember thinking I hope my whale doesn’t dive with me on his back!! With that, I awoke!! I dearly LOVE horseback riding and this was the ultimate – seemed so real in my dream! I believe this experience was trying to show me FREEDOM – if I were to analyze this dream, that’s what I would think. It was so real – I could still feel the sensation when I awoke.

Reid being 21 months older than you sort of “took you under his wing” growing up – especially since I was a single Mom for so many years. Reid taught you to read before you were in the first grade – I received a note from your teacher along with a book informing me you could read it through. I knew you could read some words, but had no idea your brother had taught you so well – plus the fact you were so intelligent, you picked up things quickly. I believe those informative years laid the foundation for you, as you were an avid reader for the remainder of your life – treating your books with such care and love.

I remember you and Reid being in the Boy Scouts (and I was Den Mother); playing baseball; playing pee-wee football one year in Alabama where they take football **very seriously**; having a Big Brother for awhile; skating together; bowling together; horseback riding together; beach trips frequently (sometimes overnight); Lowry Park frequently before you had to pay for admittance; picnics; Walt Disney World a few times; Sea World once; camping trips, etc. I basically “grew up” with you both – being 18 when Reid was born and 20 when you were born. I loved just going to public playgrounds with you both and swinging with you or just sitting and enjoying watching you both have fun. I wish so much that we could at least communicate somehow. I know I will see you again, but in the meantime, know that come **Friday, May 11th**, I will be “celebrating” the wonderful years we had together.



Your love was the wolf – for YOU!!!

Your Mama, Diana Reams & Brother, Reid Collum

TAYLOR KEITH PIKE
11-09-85 / 5-14-07
FOREVER 21
FOREVER IN OUR HEARTS

*Every morning I wake and think of you.
Every night I sleep to dream of you, if I am lucky.
I am grateful, so grateful to have been your mom.
I will never stop missing your presence here on earth.
I will always look forward to seeing you in heaven.
Life is full of beginnings and endings.
Life on earth must end in death... of body; not spirit, not love.
Grateful to know you are safe in God's arms till we meet again.
We all hold you in our hearts, forever.
Mom, Dad, Megan and family*





Our Children . . . Remembered

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

May Birthdays

Boyd, Anastasia "Nicole"
5/4/1998 - 7/8/2004
P-Anita Dennert & Thomas
Boyd
Sibs-Tara Lewis, Mike Boyd,
Alan Boyd
GP-Huey & Marie McDonald,
Angus & Jewell Howell &
Angus Grace
GP-(Precrued in Death)
Arthur & Vivian Boyd

Bracewell, Madisyn Nevaeh
5/8/2002 - 5/8/2002
P-Jessica & Joshua Bracewell
GP-Mark & Pamela Leonhard

Collum, Brian H.
5/11/1965 - 3/7/2005
M-Diana Reams
B-Reid Collum

Delp, Jeff
5/15/1972 - 5/30/2001
M - Karen Kornman

Holton, John William
05/20/52 - 08/10/94
M - Ann Holton

Holmberg, David Michael
5/15/1976 - 3/02/2011
M-Mary Ellen Holmberg
B: Kristian and Stephen

Keithly, DeAnne
5/24/1976 - 5/12/1993
P-John & Peggy Keithly
S-Dawn & Karen
B-Dustin & Kevin
GP-Clark & Frances Keithly
and Alice Pugh

Kickner, Kevin
5/18/1995-3/16/2008
M-Cynthia Kickner

Lavalee, Grace
5/3/2009-7/17/2010
P-Natalia Lavalee

Loftis, Tabitha Marie
5/25/1984 - 5/21/2009
M-Misty Lampp
GM-Harriet Lampp

Makowski, Anthony
5/20/1983 - 4/24/2005
M-Cathy Makowski

McKaughan, Michael
5/19/1989-11/3/2000
P-Darlene Lack
Sibs-Andrew & Lauren
GP-Virginia Dosci

Metallo, Armando
5/3/1984 - 9/15/2005
P-Angelo & Luisa Metallo
S-Ana, Angelo, Luisa, & Joe
Metallo
GP-Armando & Ana Metallo
and Graciela & Dorotheo
Martinez

Morrow, Mark
5/19/1978 - 12/7/2005
P-John & Joan Morrow

Pfister, Megan Lynn
5/2/1990 - 3/3/1999
P - Frank & Stephanie Pfister

Roberts, J. Michael
5/31/1963 - 9/25/2002
M-Ann Roberts Mitchel
GP Merle H. Brunson

Robinson, Ashley Lauren
05/20/94 - 01/16/96
P - Sara & Tim Robinson
S - Morgan Ashley Robinson

Shye, John David
05/27/1964 - 08/07/1994
P - Betty Jean & Charles
Shye
S - Lydia and Mary Shye
B - Chuck Shye
Father of J.D. and Justin
Shye

Thompson, Kimberly Karlin
5/5/1976 - 12/6/1999
P - Sam & Ingrid Thompson

Turner, Devon
5/2/1986 - 7/28/2005
M-Marie Lawson

Waller, Albert Marcus
5/2/1994 - 6/16/2000
P - Marc & Charlotte Waller

Williams, Alec Michael
5/17/1996 - 7/27/1996
P - Kathy & Michael
Williams
B - Chad & Chase
G - Frank & Robbie Edwards
G - Dwight & Melvalene
Williams

*Somewhere between
depression and
recovery lies
the beginning of
HOPE.*

*Darcie Sims, from
"Footsteps through the Valley"*

I give you this one thought to keep - I am with you still - I do not sleep. I am a thousand winds that blow, I am the diamond glints on snow, I am the sunlight on ripened grain, I am the gentle autumn rain. When you awaken in the morning's hush, I am the swift, uplifting rush of quiet birds in circled flight. I am the soft stars that shine at night. Do not think of me as gone - I am with you still - in each new dawn.

If we have omitted your child, misspelled your child's name, or listed incorrect dates, please accept our apologies and contact Traci Cooley at coolfamily6@verizon.net or 813-464-4525 to correct the information.

Please bear with us as we are transitioning the newsletter. Any errors are unintentional and we sincerely apologize in advance.

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.



Our Children . . . Remembered

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

May Anniversaries

Bracewell, Madisyn Nevaeh
5/8/2002 - 5/8/2002
P-Jessica & Joshua Bracewell
GP-Mark & Pamela Leonhard

Buchanan, Sierra Lan
03/07/96 - 05/25/96
P - Kim & Bryan Buchanan
S - May Linh Buchanan

Caldwell-Faught, Thomas E.
2/9/1997 - 5/24/2003
M-Shannon Caldwell

Colla, Aaron Dante
11/15/01 - 05/24/02
P-Amanda Colla
GP-Jana & Frank Colla
A-Danielle
B-Dylan

DeLosSantos, Ailen
1/6/1975-5/5/2009
M-Elena Franklin
B-Orlando DeLosSantos Jr.

Delp, Jeff
5/15/1972 - 5/30/2001
M - Karen Kornman

Dixon, Austin Ryan
03/18/97 - 05/18/98
P - Carrie & Robert Dixon
S-Sara Ryan Dixon

Domzalski, Kristin
3/8/1974-5/6/1982
F-Bob Domzalski

Ellington, Timothy
03/06/62 - 05/25/91
F - Ron Ellington

Finchum, Tommy
07/10/75 - 05/06/94
P - Pete & Joyce Finchum
B - John Finchum

Goldman, Ariel Nicole Rothschild
8/30/1989 - 5/15/2001
P - Steve and Lynn Goldman

Harless, Jessica Nicole
11/15/1988 - 5/10/2000
M - Heather Harless

Holdren, Scott
4/10/1986-5/31/2007
M-Donna Henry

Howard, Christopher L.
3/27/1975 - 5/18/2000
M-Cay Pelaez

Hughes, Jessica Alexis
1/13/86 - 5/11/02
F - Michael Hughes

Keithly, DeAnne
5/24/1976 - 5/12/1993
P-John & Peggy Keithly
S-Dawn & Karen
B-Dustin & Kevin
GP-Clark & Frances Keithly
and Alice Pugh

Knight, Arleen Diane
10/16/1947 - 5/4/2004
P-Arthur & Ethel Fernandez
S-Elaine Rogers
Daughters-Trina Fuller, Amy Diaz,
Katie Tuclula

Loftis, Tabitha Marie
5/25/1984 - 5/21/2009
M-Misty Lampp
GM-Harriet Lampp

Morrow, Mark
5/19/1978 - 12/7/2005
P-John & Joan Morrow

Pike, Taylor
11/9/1985-5/14/2007
P-Bob & Connie Pike
S-Megan Pike

Shelton, Emma Victoria
7/8/2003 - 5/8/2005
M-John & Jennifer Shelton
Sibs-Jacob & Hannah
GP-Peg & Jim Bishop, Tom
Musolin, Art & Sam White,
Rober & Judy

Sluder, Keith Joseph
4/25/1964 - 5/11/2006
P-Tom & Judy Sluder
Children-Keith II and Miranda
Grandaughters-Kali & Ella Mae
S-Theresa & Kathryn
B-Tom III
N/N-Israel, Brandon & Brandy

Stoeltzing, William (Bill) W.
01/02/57 - 05/09/02
P - Bill & Elvira Stoeltzing
S - Cecille Parido
Father to Eaton & Brent

Mothers hold
their children's
hands for a short
while,
but their hearts
forever.

A BRIDGE CALLED LOVE

It takes us back to brighter years, to happier sunlit days and to precious moments that will be with us always. And these fond recollections are treasured in the heart to bring us always close to those from whom we had to part. There is a bridge of memories from earth to Heaven above . . . It keeps our dear ones near us, It's the bridge that we call love.

VOYAGE TO STRENGTH ON SUNNY SHORES

2012 NATIONAL GATHERING - TAMPA, FL - JUNE 29 - JULY 1, 2012



WYNDHAM WESTSHORE TAMPA

REGISTRATION 30.00 PER PERSON

7 MEAL PACKAGE \$125.00 (AFTER APRIL 30TH PRICE INCREASES TO \$145.00)

INCLUDES: 3 BREAKFASTS, 2 LUNCHES & 2 DINNERS

Menu- 2012 Gathering

Friday, June 29th

Breakfast- All American Hot Breakfast Buffet & Cereal Bar

Lunch- Cuban Sandwiches, Market Salad with Homemade
Ranch & Sundried Tomato Dressing with Guava Empanadas Buffet

Dinner: "1974" Salad / Cuban Feast: Mojo Pork, Cumin Roasted Chicken, Toasted
Cuban Bread, Yellow Rice, Black Beans, Plantains & Vanilla Rum Flan Buffet

Saturday, June 30th

Breakfast: Biscuits and Gravy (Sausage Gravy & Sausage-Free Gravy) with Scrambled Eggs Buffet & Cereal Bar

Lunch: Boars Head Deli Sandwiches (Make your own) with Salad & Assorted Sweets

Dinner- BBQ Baked Chicken, Smoked Pulled Pork with Buttermilk Mashed
Potatoes, Cornbread, Green Beans with frizzled onions, Grilled vegetables & Corn Buffet with Strawberry
Shortcake Station

Sunday, July 1st

Breakfast: Make your own Breakfast Sandwich Buffet & Cereal Bar

KEYNOTE SPEAKER: BRUCE MURAKAMI

In 1998 Bruce's wife and daughter were leaving the Publix Grocery Store on Hillsborough Ave in Tampa, FL, when two teenage boys who were drag racing hit their van. Both were killed. The Hallmark Movie "Crossroads: A Story of Forgiveness" is Bruce's story about how he forgave the teenage driver who killed his wife and daughter. Since the trial, they have been traveling together across the country, talking to teens about safe driving.

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

BP/USA 2012 National Gathering

Hosted by the Tampa Bay Chapter

"Voyage to Strength on Sunny Shores"

To make reservations call the hotel at 813-289-8200. Tell the reservation agent you are with the Bereaved Parents of the USA Group. The BP/USA discounted room rate is \$94.00 plus tax for a double or king size room for up to four people per room. This discounted rate is available for any night from Friday June 22nd through Tuesday July 3rd. Reservations at this rate must be made by **June 12th, 2012**.

We are still in need of workshop presenters applications are available at:

www.bereavedparentsusa.org

Grief on Mother's Day

Adapted from pittsburgh.cbslocal.com/2011/05/06/coping-with-grief-on-mothers-day

Mother's Day can be so painful for bereaved mother's, there are well meaning relatives who want you to put on a happy face or other people who just want more than you are able to give. It is important to remember to set guidelines and boundaries

- ◆ Be gentle with yourself. This could be the most dreaded day of the year for you. You may feel anger, sadness, guilt or a range of other emotions because your child died before you. These emotions are very common with grief—don't try to suppress them.
- ◆ Seek out emotional support; it is a sign of courage, not weakness. It is unrealistic to believe that you will process your grief quickly. Everyone grieves in their own time and their own way.
- ◆ Be patient with yourself. Talk openly with trusted family and friends about your child and encourage them to talk openly with you too—hearing your child's name mentioned can be helpful.
- ◆ Create your own memorial. Whether it involves planting, writing, building or painting, be creative and put your energy into doing something in memory of your child.
- ◆ Talk about your feelings with your spouse and encourage him or her to express to you how they are feeling.
- ◆ Acknowledge your child in your own way- wear his/her favorite color or something that reminds you of them.

SELF CARE FOR THE BEREAVED *By Maureen Kramlinger* (A Three Part Series; part 2)

Sleep and Rest

- ◆ Avoid caffeine, heavy foods and major mental or physical tasks before bedtime.
- ◆ Avoid violent TV programs late at night.
- ◆ Avoid over-use of habit-forming tranquilizers and barbiturates.
- ◆ Relax before bed by taking a bubble bath.
- ◆ Encourage your mind to let go of your day.
- ◆ Practice relaxation by tensing/releasing muscles from toes upward to the top of your head.
- ◆ Listen to a meditation, relaxation or guided imagery tape.

Mental Care

- ◆ Affirm to yourself that you are OK—hurting, but OK. Loss is the problem, not you!
- ◆ Notice what's on your mind, on the surface. Then notice what surfaces next.
- ◆ Keep a notebook to release thoughts that weigh on you.
- ◆ Put things like keys and paperwork in the same place so you can find them.
- ◆ Make lists of things to do.
- ◆ Lower your expectations about how much you can do and how soon.
- ◆ Expect that you will not be able to concentrate, make decisions and/or remember things as well as usual.

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.

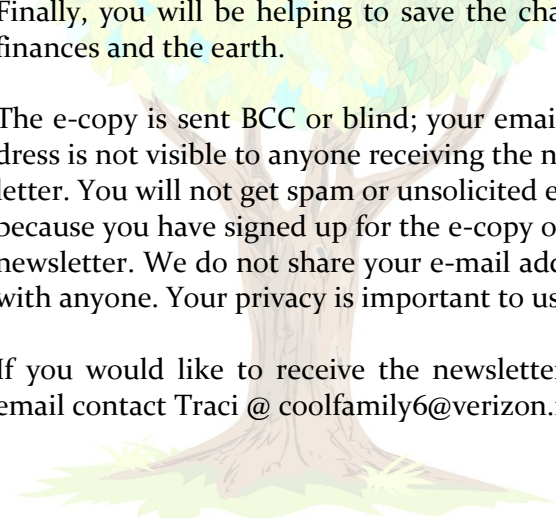
We are the Bereaved Parents of the USA.
We Welcome You.

Help Us Go GREEN!

Did you know our chapter prints and mails 600 newsletters a month? There are benefits to receiving your newsletter electronically. The best benefit to electing to receive an e-copy of the newsletter is you will receive your copy faster. The newsletter is typically emailed about 5-8 days earlier than the mailed version. This is due to it not having to be printed, folded and taken to the post office. Second, the e-copy is in color! Finally, you will be helping to save the chapter finances and the earth.

The e-copy is sent BCC or blind; your email address is not visible to anyone receiving the newsletter. You will not get spam or unsolicited email because you have signed up for the e-copy of the newsletter. We do not share your e-mail address with anyone. Your privacy is important to us.

If you would like to receive the newsletter via email contact Traci @ coolfamily6@verizon.net



Address Correction Requested

April 2012
POSTMASTER - Dated Material
Please do not delay.

The Bereaved Parents of the USA
3805 San Juan Street
Tampa, FL 33629



Non-Profit Organization
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Tampa, FL 33634