



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)
Sunday, February 10, 6:30 p.m.
St. Joseph's Hospital
Medical Arts Building, Auditorium
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, February 8, 2008
10:00 a.m. to Noon
The Greater Brandon (new building)
330 Pauls Drive, Ste. 100 (TECO Board Room)
Brandon, Florida 33511
Please call Linda Delk at 813-661-0680
for directions or information.

Regular Monthly BRADENTON Meeting
Call for dates and location!
Melissa Coxwell at 941-708-7052

Regular Monthly PLANT CITY Meeting
Thursday, February 21
7:00 to 9:00 p.m.
South Florida Baptist Hospital
301 N. Alexander Street, Plant City
in the Community Conference Room
Call Sue Bowditch at 813-661-9334
for directions or information.

Upcoming Events:

Angel of Hope monthly meeting
Please call Beverley Hurley 813-832-3175 for info!
Next meeting 7:00 pm February 4, and March 3, 2008
NEW LOCATION— Perkins on Bearss Avenue,
just west of I-275

Angel of Hope Annual Spring Tea
Saturday, April 26, 2008!
New location-Quorum Hotel
700 N Westshore Blvd. and Cypress Street
Wonderful guest speaker, entertainment, fashion show,
silent auction, raffle, and of course a delicious brunch
with Starbucks tea or coffee!
Please contact Gina Casal, GinaCasal15@tampabay.rr.com
(813) 495-7539 or Julie Leyde vleyde1@verizon.net
(813) 784-6929 for information or tickets!

**FREE GRIEF WORKSHOP
& ENTERTAINMENT WITH SPECIAL
GUEST SPEAKER, ALAN PEDERSEN
SUNDAY, APRIL 27**

Please note - Our website is now [.com](http://www.bpusatampabay.com)
and not .org
www.bpusatampabay.com

February 2008

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FEBRUARY 2008						
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	



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 Bereaved Parent's / USA 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 work.

To Our Members Who are Further Down the "Grief Road"— We need your encouragement and 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 Bereaved Parent "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!"

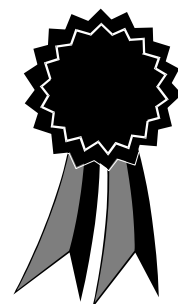
DO IT YOUR WAY

Mary Cleckley, Atlanta, GA

I think it's only fair to tell you – there is no Bereaved Parent of the Month award, nor an award for the one with the stiffest upper lip. In fact, what you will find if you try to be the most stoic, brave and strong, the one doing too well, is instead of a reward, you suffer the consequences. It is not possible to lose someone as vital as one's child and not have the pain or deep grief.

You will find a great many non-bereaved people will encourage you to play the old "if you'll pretend you're okay and it's really not so bad, we'll let you come play with us, but if you're going to cry and talk about your dead child, then you can't play the game."

This is one time in your life you don't have to meet anybody else's standards. There is nothing more unique about you than the way you express your grief – and you have that right, however it is manifested. A great deal of how you go about it is determined by how you have handled previous problems. So, if someone tries to influence you to play the old game of rewarding you with attention because "you are doing well," tell you you're not doing well, that your child has died and you're hurting (still)...Let them know it doesn't help you to pretend everything is okay. Do whatever it is you need to do to survive this trauma, and don't worry about whether it pleases or displeases other people. Just Do It Your Way.



Chapter News



ANGEL OF HOPE UPDATE

Please check out our NEW improved website at www.angelofhopetampabay.com

Angel of Hope monthly meeting

Please call Beverley Hurley 813-832-3175 for info!
Next meeting February 4 and March 3, 2008 at Perkins on Bearrs Avenue (at 275)!

Angel of Hope Annual Spring Tea

Saturday, April 28, 2008! 10:00 am to 12:30 p.m.
New location - Quorum Hotel, 700 N. Westshore!

Reserve your table or seat today!

Please contact Gina Casal, (813) 495-7539
GinaCasal15@tampabay.rr.com or Julie Leyde (813) 784-6929 vleyde1@verizon.net for information or tickets!

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 in memory of your child.

Contact Tommy or Barbara Dietrich at (813) 234-4705 or visit the any monthly meeting 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 \$60 which includes one black and white scan of one color or black and white 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.

The newsletter page will also be posted on our new and improved website for one year.

To sponsor a newsletter page, contact Beverley Hurley at (813) 832-3175 (email bee.hurley@gte.net). Please note that sponsorship pages are **due by the 15th of the month BEFORE the publication month.**

Telephone Friends

Need to talk? 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) 300-6877

Ron Ellington (Suicide/Grandparent) (727) 410-2308

Serena Graves (Sibling Contact) (813) 810-7169

Violeta "Cookie" Fernandez (813) 996-4281
(Se Habla Espano)

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

Candlelight Donations

Our special thanks to those who sent donations or volunteered their time to help make our Candle Light Remembrance Service a special evening for our children:

Janna & Frank Colla
In loving memory of their grandson
Aaron Dante Colla
111/15/2001-5/24/2002

Lillian Wiebeld
In loving memory of her daughter
Angela Musette Russo-Afeld
7/10/1969-7/21/1996

Elli Lalis
In loving memory of her son
Timothy "Timmy" Douglas Lalis
7/29/1996-7/11/2001

Mike and Pam Harris
In loving memory of their son
Eric Michael Harris
2/4/1984-9/12/2003

Rita Zvada
In loving memory of her son
Captain Christopher Cash
9/13/1977-8/23/2004

Sue Moos
In loving memory of her son
Geoffrey (Jeff) Ware Rayburn
3/2/1970-10/15/1995

George & Jackie Loadholtz
In loving memory of their son
Glenn Loadholtz
11/25/1969-2/15/2005

Tammy Hill
In loving memory of her son
Tyler Wade Head
2/21/1995-7/15/2004

Teresa Farmer
In loving memory of her son
Ty Kristan Robertson
2/14/1979-3/29/2003

Gina Casal
In loving memory of her brother
Nathan Gabriel Patet
12/18/1988-6/10/1990

Ben, Sue & Catherine Bowditch
In loving memory of their daughter, granddaughter, sister and niece,
Karron Michelle Russell
1/20/1967 — 9/12/2000
Melody Russell
11/25/1985—11/25/1985

Bonnie Booker and Janice Falcon
In loving memory of her daughter and her granddaughter
Michelle Elizabeth Booker
3/25/1987 — 12/1/2004

Tom and Judy Sluder
In loving memory of their daughter and son,
Katheryn Sluder
8/31/1966—3/17/2002
Keith Sluder
4/25/1964—5/11/2006

James Roy & Elaine Rogers
In loving memory of their grandson
Jason Rogers
1/8/1978-3/21/1990



Our Children . . . Remembered

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

February Birthdays

Baker, Holly K.
02/11/84 - 11/15/96
M - Evonne M. Baker

Blanchard, Eric Anthony
2/19/1976 - 8/3/1998
P - Barbara & Wayne Blanchard
S - Lisa, Tammy, Dawn
B - Chris & Michael
Daughter - Samantha

Burger, Jeffrey Robin
02/05/61 - 04/20/97
M - Cecelia Burger
B - Hal & Curt Burger

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

Carter, Cassandra D. "Casie"
2/22/1982 - 9/28/1999
P-Ted & Gayle Carter
B-Justin Carter
GP-Luna Carter

Gochenaour, Laci
02/15/91 - 03/23/98
P - Kelli & Chris Gochenaour
S - Jacee & Riley Gochenaour
GP - Ronald & Clarine Barton
M - Pat Dukes

Hafford, Lauren Elizabeth
2/17/1977 - 4/13/1999
P - Gwen & John Hafford
S - Lindsay & Lesley Hafford

Harris, Eric Michael
2/4/1984 - 9/12/2003
P-Mike & Pam Harris
B-Mark
GM-Joan & Verna Harris

Head, Tyler Wade
2/21/1995 - 7/15/2004
M-Tammy Hill
F-Jerry Toloff
GF-German Toloff

Hernandez, Rebecca
02/10/89 - 01/28/91
P - Regla & Pedro Hernandez

Jackson, April Dawn
02/16/77 - 01/28/96
P - Dan Jackson

Kelley, Emmanuel
2/27/1987—10/25/2006
M-Cynthia Kelley
A-Deitra Luropher
C-Angel Kelley

Parker Richard Wm.
2/5/81 - 2/5/81
P - James & Kim Parker
B - James D. Parker II

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

Schlechty, Michael
2/5/59 - 12/4/01
P - Nancy & Vernon Schlechty
Children - Michael Leann & Morgan Lynn
B - Mark and Julie
S - Amy

Smith, Dominque
2/26/1999 - 2/26/1999
P - Troy and Latanya Smith

Stallard, Judy Lynn
02/28/1981 - 04/24/1981
M-Patricia (Stallard) Bass
F-Joe Stallard

Thompson, Scott
2/18/1985-5/10/2006
M-Martha Thompson

Victa, April Melody
2/20/1976 - 9/17/1998
P-Ron & Suzie Giles

Wisner, James R.
2/20/1982 - 2/24/1999
P - Wayne & Sharen Wisner
S - Crystal Wisner

Woofter, Kimberly Ann "Kimie"
2/24/1970 - 12/25/2006
P-Julie & Steve Woofter
S-Angela Huntley
B-Donny Killian

Our Apologies

The following names were omitted from past Birthday and Anniversary lists:

Mark Thomas Morrow
5/19/1978-12/7/2005
Parents—John and Joan Morrow

*Note: December 2007/January 2008 newsletter
Titled January dates as December!*



February Anniversaries

Barnes Hannah D. M.
12/28/94 - 12/28/94
P - Alfred & Sabrina Barnes

Burney, Trevin Sean
06/04/78 - 02/04/97
M - Georgia Burney
F - Willie Burney
S - Renae & Janae Burney
B - Arkiva Burney
N - Robbie & Marquize Burney

Castellano, Lina
9/15/1966 - 2/20/2004
P-Sam & Jean Castellano

Engdahl, Andrew
07/15/87 - 02/05/94
P - Rick & Vicky Engdahl
S - Stephanie Engdahl
B - Joey Engdahl

Hadley, Katrina
11/17/1961 - 2/4/2006
M-Grace Therman

Harris, Charlotte Marie
1/23/2004 - 2/3/2004
P-Tony & Debra Harris

Hutchcraft, Sharon
8/21/1935 - 2/12/1997
M-Lois Hutchcraft

Lane, Matthew Alexander
6/22/2001 - 2/13/2003
M-Mary Ann Muschick
S-Nikol
B-Devin
GP-Hieu & David Muschick

Loadholtz, Glenn
11/25/1969 - 2/15/2005
P-George & Jackie Loadholtz
S-Gwen Walkowlak

Murphy, Mark Lawrence
12/22/1968 - 2/21/2000
M - Rosalie Baum
B - John Murphy

Nadir, Peter
4/6/1971 - 2/8/2003
M-Barbar Nadir
S-Sue McFowan

Parker Richard Wm.
2/5/81 - 2/5/81
P - James & Kim Parker
B - James D. Parker II

Parrish, Randy
08/22/57 - 02/10/97
M - Juanita Bodiford
B - Dough Parrish

Pittman, Cynthia Marie
1/25/1978 - 2/23/2003
P-Charles & Joan Pittman

Quincannon, Mark Milton
10/5/1981 - 2/17/1996
P - Alana & Joe Quincannon
S - Emi l y & Shannon
GP - Walter Milton
GM - Margaret Quincannon

Raynaud, Jamisen Liberty
12/18/1980-2/19/2005
P-Fred & Jan Raynaud
Sister-Nichole Raynaud
GP-Jim & Janet DePorre

Short, Kimberly
10/21/1969 - 2/11/1993
P - Terrance & Sue Short

Smith, Dominque
2/26/1999 - 2/26/1999
P - Troy and Latanya Smith

Supple, Bart Patrick
07/25/59 - 02/14/94
P - Bart & Toni Supple

Thompson, Phillip John "P.J."
5/26/1966 - 2/7/1993
M-Mary Thompson

Wells, Aaron
05/11/81 - 02/11/87
P-Paul & Carol Wells
B-Sтивен Wells
S-Teresa Amundrud & Jessica
Minnick

Wisner, James R.
2/20/1982 - 2/24/1999
P - Wayne & Sharen Wisner
S - Crystal
Wisner

*If we have omitted your child,
misspelled your child's name, or
listed incorrect dates, please accept
our apologies and call
Beverly Hurley at (813) 832-3175
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.*

*Hug someone
close this
Valentines Day,
February 14*

**Please note - Our new and improved website
is now .com (and not .org)**

www.bpusatampabay.com

WHEN MEMORIES HURT

By Mego Lien
Ladies Home Journal, December 2007 Issue

Why is it so easy to forget where you've left your keys every morning yet so hard to shake the embarrassing memory of flubbing you lines in the second-grade play? Strong emotion undermines our ability to forget, even when we went to, according to a new study from the University of North Carolina at Chapel Hill. The embarrassment—or sadness, glee or any strong emotion—that was part and parcel of the experience causes our brains to forge connections that something mundane, such as being told a phone number, does not, explains Keith Payne, Ph.D., study author and assistant professor of psychology there. “These memories become more ingrained precisely because they have this emotional aspect.” But even unshakable dark memories have a bright side: Remembering bad experiences helps you avoid their recurrence.

How Long Will This Pain Last?

“*How long will this pain last?*” a broken-hearted parent asked me. “*All the rest of your life.*” I had to answer truthfully. We never quite forget. No matter how many years go by, we remember. The loss of a child is like a major operation, part of us is removed and we have a scar for the rest of our lives. This does not mean the pain continues at the same intensity. There is a short while at first when we hardly believe it; it is rather like we have a cut our hand, we see the blood flowing, but the pain has not set in yet. So when we are bereaved there is a short while before the pain hits us. But when it does, it is massive in its affect. Grief is shattering.

Then the wound begins to heal It is like going through a dark tunnel. Occasionally we glimpse a bit of light up ahead, then lose sight of it awhile, then see it again and one day merge into the lights. Then, eventually, we are able to laugh, to care, to love. The wound is healed, so to speak, the stitches are taken out, and we are whole again; but not quite. The scar is still there and so is the scar tissue. As the years go by, we manage. There are things to do, people to care for, our living children, tasks that call for our full attention. But the pain is still there, not far below the surface. We see a face that looks like our son/daughter, hear a voice that echoes, see a photo in someone's album, see children playing in the school yard, boys playing football, girls looking pretty, and it is as though the knife were in the wound again. But not so painfully, and mixed with joy too. Because remembering a happy time is not all sorrow; it brings back happiness with it.

To My Son Richard:

Imagine

What a beautiful serene day to watch the clouds drift by.
I can imagine you spreading your wings
somewhere about so high.
I can imagine you helping others as you have done down here
to enclose them in your wings and to shed them of their tears.
I can imagine you listening to every hurtful heart and thinking
of ways to help them so they can make a new start.
I can imagine you watching me crying all the time and saying
“Mom, don't cry for I'm doing more than fine”
The Lord made you an angel and that I know for sure
your heart was made of gold, so very fine and pure.
Fly high my angel for I can see you everywhere.

Love, Mom
Cathy Finkelstein

IT IS A TIME FOR LOVE



By Margaret Gerner
BP/USA St. Louis, MO

February has fewer days than most months and that is may be of special significance to us, as our children had fewer days than most. When we think of this month, the most outstanding day, perhaps, is St. Valentine's Day. It is a time for love. When we were school aged, we had a special chance to give and receive cards in those decorated boxes in our primary classrooms. Perhaps it is the one holiday that children can really do something for everyone. Addressing a card to each and every classmate made you think of how you felt about each one and wonder about how they felt about you.

Love is found in every day of every year, but February and Valentine's Day is very special. I wish I could remember just how it felt to get a “nicer” Valentine from someone I had sent a “nicer” one to. It is so long ago, and there have been so many much more significant happenings in my life. But sometimes I'd like to remember just how it felt. I am sending along this Valentine Love Note to each of you right now and hope that you know it is one of the “nicer” ones. Because each of you is very special to me. Somehow I don't wonder how you feel; somehow I know.

As we grieve the loss of our children and one another's, we begin to find a different kind of love that we never expected to experience.

How long will the pain last? All the rest of your life, but the pain gets softer, much less intense. The thing to remember is that not only the pain will last, but the blessed memories as well. Tears are the proof of life.

The more love, the more tears. If this be true, then how could we ask, that the pain cease altogether. For then the memory of love would go away with it. The pain of GRIEF is the PRICE we pay for LOVE.

~ author unknown

A Lesson In Grammar

By Mary Cleckley
BP/USA, Atlanta, GA

If you are like me...
I don't want anybody to quibble with me
about whether my son's birthday is or was
November 20 , because
(a) it is,
(b) it was, and
(c) it always will be

And, as to whether I have or had two chil-
dren...Because
(a) I do
(b) I did, and
(c) I always will have

Abraham Lincoln: "With the fearful strain that is
on me night and day, if I did not laugh,
I should die."



Following are his **WORDS OF ENCOURAGEMENT:**

"In this sad world of ours, sorrow comes to all
It comes with bitterest agony.....
Perfect relief is not possible, except with time.
You cannot realize that you will ever feel better.....
And yet this is a mistake.
You are sure to be happy again.
To know this, which is certainly true,
Will make you some less miserable now.
I have experienced enough to know what I say."



BOOK REVIEW *Grief: Is This Normal*

by **Diana M. Cimador Roscigno** - is a powerful and incredibly well written book. It presents the questions that all parents face when the tragedy of their children's death faces them. The book offers practical strategies to help parents understand and identify the emotional, physical, and spiritual changes that bereaved parents face in this journey. One of the most important aspects that the book makes readers recognize is that as painful as this is, you are not alone. The author does a great job of explaining that the feelings, emotions, and unanswered questions bereaved parents face are normal,..... and the author does a phenomenal job making this point crystal clear. The book is loaded with many tools and wonderful explanations of concepts that only a parent put in such a difficult position could ever explain. The author does this with grace, class, and tremendous integrity. Most importantly, *Grief: Is This Normal* truly helps parents verbalize the questions and the roller coaster of emotions that they have about the unknown. *Grief: Is This Normal* is an exceptional book for anyone looking for insight from a parent's perspective on the death of his or her child. I was moved by the content and highly impressed with the reader-friendly, warm, and intelligent writing style. I very highly recommend it as a must read book for bereaved parents and practitioners who work with these individuals.

A STIFF UPPER LIP CAUSES WRINKLES

By Mary Cleckley
BP/USA, Atlanta Georgia

The next time someone tells you to
"keep a stiff upper lip" tell them I
said it causes a wrinkle.

Bereaved parents will say that losing
their child has "aged" them. I
used to have a baby face. Into my
late twenties, I still couldn't buy alcohol
without showing my driver's
license. When I married, I inherited
two children from my husband's
first marriage. I used to get a kick
out of telling people I had teen-age
children and waiting for the flabbergasted
protestations to follow.

I was 33 when Nicholas died; I'm 36
as I write this. Lately, when I tell
people I have a 20 year old daughter,
no one bats an eyelash! Certainly
no protestations – not even a
"My you must have started young!"
More like an "Oh, that's nice."
How old do I look anyway? What
happened to me in those three years.

I have a theory: we don't get lines in
our faces and gray in our hair and
stress-related illnesses from the time
we spend thinking about our child,
crying and freely expressing our
hurt, anger and guilt. We get them
from the time we spend trying NOT
to. Because we feel we cannot or
should not break down before coworkers,
acquaintances and, many times, even family, we
keep that upper lip as stiff as possible and all of
our emotions reined in as tightly as possible.
Kept up long enough, without any release, our
faces take on that pinched look and the gut
finally protests with a message of its own.

*We can't know why something's
happen...But we can know
that love and memories
outlast the pain of grief.
And we can know
that there's a place
inside the heart
where love lives always...
And where nothing beautiful
can ever be forgotten.*

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.



WHAT CAN YOU DO TO HELP OUR LOCAL CHAPTER??

You can make your child/grandchild/sibling proud by volunteering to help others just like yourself. It is a way to help not only them but also to help yourself.

- ◆ Serve as a greeter at monthly meetings;
- ◆ Arrive early to help set up chairs and tables (or make coffee);
- ◆ Volunteer to bring a refreshment to share;
- ◆ Arrive early and put out library books or stay late to pack up our library books;
- ◆ Volunteer to help prepare our newsletter for mailing;
- ◆ Visit a newly bereaved parent, inform them about our support group and bring them to their first meeting;
- ◆ Give a LOVE GIFT DONATION in memory of your child on their birth date or anniversary date;
- ◆ Sponsor our newsletter for \$60 and create a page in memory of your child;
- ◆ Write an article for our newsletter or share a poem you have written;
- ◆ Make a book donation to our Library in memory of your child (if the book helped you, it may help others).

A good way to help yourself through your grief is to help others through their grief.

Please call Beverley Hurley at 813-832-3175 or 813-335-9218!

Note this date on your calendar and plan to go!

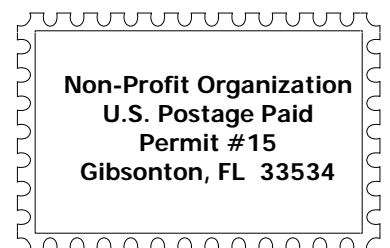
**The Bereaved Parents/USA
ANNUAL NATIONAL GATHERING
"SEEDS of HOPE"
will be JULY 11—13, 2008
at the CROWNE PLAZA HOTEL
in St. Louis, MO**

A BIG THANK YOU

to everyone who participated in the December Candle Light service, those in front and behind the scenes. It was a beautiful memorial, which honored all of our children. It's a huge task to put on the candle light service and everyone's efforts are truly appreciated. And THANK YOU to everyone who made love gift donations and for bringing refreshments for the potluck afterwards. The fellowship was great!



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



February 2008

POSTMASTER - Dated Material

Please do not delay.



Address Correction Requested