



THE COMPASSIONATE FRIENDS
LEXINGTON - BLUEGRASS CHAPTER NEWSLETTER
207 RINEY B WAY
NICHOLASVILLE, KY 40356

AUGUST & SEPTEMBER 2007

CHAPTER CO-LEADERS:

JIM SIMS & STEPHANIE MAYBERRY

Treasurer and Newsletter Mailings:
Newsletter Editor:
Hospitality:

David & Janie Fields
Brandi Koenig
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WELCOME

The Compassionate Friends is a mutual assistance self-help organization offering friendship and understanding to bereaved parents and siblings. The primary purpose is to assist them in the positive resolution of the grief experience upon the death of a child and to support their efforts to achieve physical and emotional health. The secondary purpose is to provide information and education about bereaved parents and siblings. The objective is to help those in their community, including family, friends, employers, and co-workers and professionals, to be supportive.

MEETING INFORMATION

3rd Monday of Every Month—6:30 p.m. to 8:30 p.m.
HOSPICE OF THE BLUEGRASS ▪ 2321 Alexandria Drive ▪ Lexington, Kentucky

MEETING FORMAT

6:00 p.m.—Doors Open. This is a good time to visit with old friends and acknowledge new ones. Be sure to check out the library.
6:30 p.m.—Meeting Begins. Please plan to arrive early so the meeting can begin on time.

Meeting Topics

August—Stephanie Mayberry: *Spirituality and Grief*

September—**Jim Sims:** *How Are You Dealing With Your Grief?*

Guest: Regina Blanton (“The Button Lady”) will be coming!

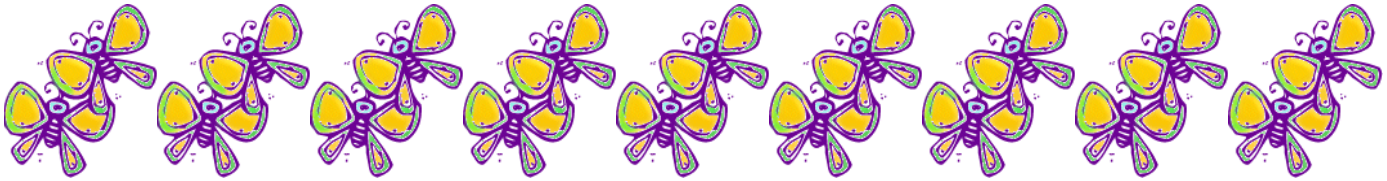
Telephone Friends—sometimes it helps to be able to talk to someone who understands. The following bereaved parents are willing to provide support and comfort:

JIM SIMS: (859) 858-8288 / (859) 797-2168
MONIQUE PODGORSKI: (859) 381-8256

ANNE AND BOB McDONNELL: (859) 278-8965
CONNIE KOTZBAUER: (859) 273-3645

Note—if you would like to submit original poems or articles to be included in the newsletter please email them to brandikoenig@gmail.com and put SUBMISSION in the subject line. Thanks!

Bluegrass Chapter of The Compassionate Friends Regional Coordinator: Karen Cantrell — (502) 320-6438
The Compassionate Friends National Office ▪ P.O. Box 3696 ▪ Oak Brook, IL 60522 ▪ (877) 969-0010



RAMBLINGS FROM A CLUTTERED MIND

We had a wonderful family picnic and balloon release on June 30th. Thanks to everyone for the wonderful dishes that were brought. What a nice selection there was. It was particularly gratifying that so many came and brought their friends and families. It was good to meet Mary's sister and kids from VA, watch Stephanie get her exercise tracking Jackson, to see Keith & Becky's "brood" as well as all the others that came to enjoy and those that came to support. I also think that it allowed us throw a couple of rocks at that myth that Compassionate Friends is all about gloom and doom. It's for sure that we do some serious talking, sharing tough times, crying, hugging, griping and grieving, but we also can get together to laugh, talk and enjoy our friendships. It's good to be able to let others see that side as well. I was especially pleased that many that aren't regular attendees any more choose to come. Juanita, Larry, Rowena, Doug, Bob, Anne, it was a pleasure. Monique & Jo, you too.

But the biggest pleasure was the balloons!! What a joy it was to write our notes to our special ones and send them off together. Just when it looked like a few weren't going to clear the tree line, the brisk westerly breeze took them off toward the sunset accompanied by oohs & aahs as we shaded our eyes to follow our very own one until it was just a speck in the sky. I hope someone got a picture of what some thought was an outline of a butterfly being formed as they floated away. Big smiles, some tears and many warm feelings insured a treasured memory.

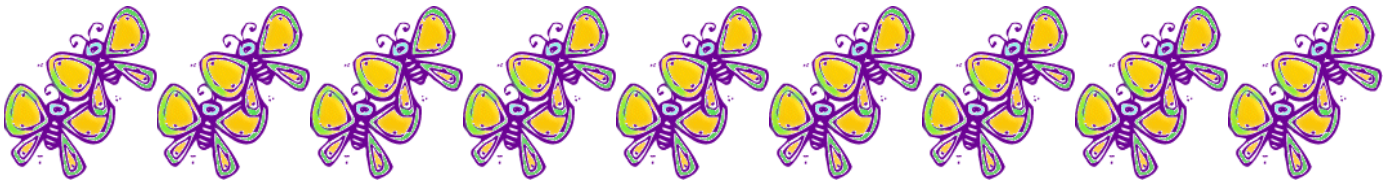
We're already started talking about doing it all over again next year and what we can do to make it even better. If you have thoughts, ideas or suggestions be sure to let us know. Why don't all of you pencil in June 7th on your calendars as the tentative date and start your own planning to be there.

Thanks to all that helped make this a success. A special HUGE THANK YOU goes to David, Janie, Lisa and the rest of their family for all they did with setup and preparation. Good job everyone!

On another note, we need your help to get our library of books reorganized. As you know, virtually all of the books were donated in memory of someone's child with the hope and expectation that many others would share that memory in addition to finding some help or understanding from the book itself. Using the honor system, you've been free to talk a book and return it when you were finished. But many are not being returned in a timely manner. So I urge you to look around and if you have a book that you've forgotten about or never got around to returning, please bring or send it back. And if you're not finished, call or e-mail to let us know that you have it. That's one more way we can reach out to each other, share the joy and help each other to grieve as well as to grow.

If you've found that quiet place, rejoice! If you're still searching, struggle on. You will find it.

Jim Sims



LOCAL NEWS AND NOTES

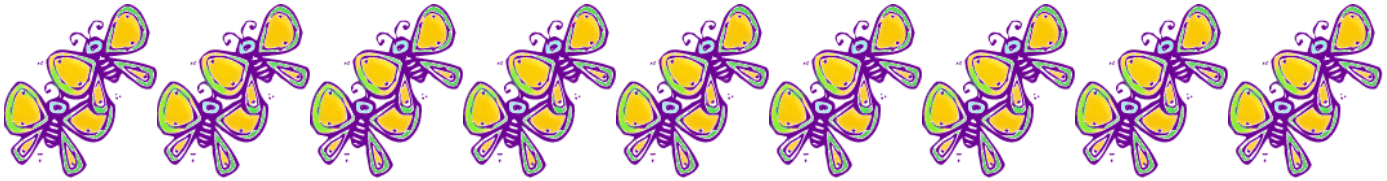
TCF SIBLING GROUP—We are considering starting a Sibling Sub-Group of TCF. We will do so if we have enough interest in the Sibling Group and enough volunteers to lead it. It would meet on the same night as TCF, and then break away for its own meeting. Please respond if you're interested in **attending or leading** to either Stephanie or Jim: **Stephanie** at **257-1984** (daytime) or **381-8429** (evening), or **Jim** at **858-8288, 797-2168**, or **KyWildcat1@alltel.net**.

SEPTEMBER GUEST—Regina Blanton (“The Button Lady”) will be coming!! Everyone can get a button made with a picture of their child inside. Buttons will be 3 inches in diameter. Bring about a 4 x 4 picture. If you don't want to part with your picture, you can make a color copy of it and bring that. There will be no cost, but you can give a donation to help cover Regina's costs.

LIBRARY BOOKS—Please remember to return **all** borrowed books. Many books were donated in memory of a child. We are doing an **inventory** and setting up new sign out procedures. We **REALLY** need your help with this! You can check the book out again immediately. If you can't come to the meetings to return the books, please call **Jim** at **858-8288** or **797-2168** or email **Mary** at **TheCamps@adelphia.net**. Put **Library Books** in the subject line, and include the book name and author, your name and phone number. Thank you.



TCF YARD SALE—We need your items to sell!! So start digging in your closets and cabinets for things you don't need, and let's raise some money for the chapter!! (We're accepting all gently used items, including baby and children's clothes, furniture, electronics, and books.) Let us know if you would like a charitable donation receipt for tax deduction purposes. On Saturday, September 8, 2007 beginning at 9:00 a.m. and continuing until 2:00 p.m., we will be hosting a yard sale! It will be held **rain or shine** at South Elkhorn Christian Church, 4343 Harrodsburg Road. It's about 1/2 mile past (west) Man-O-War, then turn right @ 1st stoplight. You can drop off your items at the church on Saturday after 8:00 a.m. or prior to Saturday at Suzie McDonald's house at 3817 Plantation Drive. Don't forget to price your items before you drop them off. Call **Suzie** to arrange drop off and get directions. Her number is **276-9116** (home) and **576-7680** (cell). **Thanks** in advance for your contributions. We'll see you September 8th!



WE WELCOME YOU WITH COMPASSION, LOVE, & HOPE

It is always difficult to say “welcome” to people coming to our meetings for the first time because we are so very sorry for the reason they came. For some, the first meeting or two can be rather overwhelming, especially if they are newly bereaved. We hope that anyone feeling that way will return to at least a couple more of our meetings. Everyone is welcome to attend our meetings, regardless of the age at which their child died or the length of time that has passed since that day.

- ∂ Jeff & Fran Snyder, who have just moved from the Dallas, TX chapter of TCF
- ∂ Rebecca Collins

LOVE GIFTS



LOVE GIFTS—There are no dues or fees to belong to The Compassionate Friends. Some parents remember a birthday or anniversary date of their child, or a holiday with a love gift. The “Love Gifts” help with the mailing of the newsletter, maintaining and updating our library and meeting costs. The following love gifts have been donated to our chapter in memory of the following children:

- Given in loving memory of **Jason Randall Johnson** by their son, **Brad & Sundae Park**.
- Given in loving memory of **David Rison** by his mother, **Karla Scott**.
- Given in loving memory of **Jamie Flynt** by his mother, **Suzie McDonald**.
- Given in loving memory of **John Martin Laswell** by his mother, **Francis Shaver**.

Please send **love gifts** to **David Fields, 207 Riney B Way, Nicholasville, KY 40356**. Please remember, if given in memory of your child, to include his/her full name. If the love gift is in memory of a special date, take into consideration that this is a quarterly newsletter, so send it early. If, for some reason, your love gift has not been listed, call Brandi Koenig at (859) 229-8297.



A **very special Thank You** to those that contribute love gifts to the basket during our monthly meetings. We greatly appreciate your support.

As Long As I Can by Sascha

As long as I can, I will look at the world for both of us.
 As long as I can, I will laugh with the bird, I will sing
 with flowers, I will play to the stars, for both of us.
 As long as I can, I will remember how many things on
 this earth were your joy. And I will live as well as you
 would want me to live, as long as I can.

God's Promise by Cara Brockhefs © 1989

Amazing rain
 In Southern California;
 Nearly four miles down the beach
 before it began,
 I am not alone.
 Barmaids and stockbrokers
 mothers and grandfathers
 surfers and town fathers
 All push early morning comfort levels
 In hopes life will last.



The Rainbow
 Overshadowed my third mile-
 Darkness and light colliding.
 "It's God's Promise."
 She'd shared with me years ago
 A Sunday School impression of enormous import.

Have You kept Your promise, Lord?
 inevitable tears
 impending downpour
 I pushed harder.
 Does she abide with you in peace?
 in a faultless body?
 Does she remember her Mother?
 Will we meet in eternity?

Abhorrent, self pity.
 Knowing so many mothers, though,
 (mothers with daughters)
 sharing female secrets,
 trading clothes,
 needing more hugs than sons often give,
 Life can be lonely.

No amount of jogging or fresh veggies
 could have made her 14 years longer.
 Impossible to buy another kiss
 hour in my arms
 moment in my lap
 light in my life.
 Rainbows draw painful reactions.

My answer startled.
 I watched it develop:
 a SECOND rainbow
 before my eyes!
 Not big.
 Not bright.
 Protected beneath the original,
 on hold.
 Mine.

My soul riveted to the sky
 feet frozen in place,
 I watched in awe.
 God's Promise filled the Heavens
 Growing huge in depth
 in length
 in intensity
 adding new hues
 tinting the world around me
 painting the sea where it settled.

Perfection.
 Complete and tangible.
 Overwhelming.

Its protégé shortened
 faded
 but remained
 protected still.
 My own personal promise
 responding to my need
 revealed for my benefit.
 I am awaited;
 my reservation made.
 Absolute assurance.

Two rainbows filling my morning sky
 Forever fill my healing heart.
 Quality vs. quantity.
 Was there ever a question?
 An old soul was my daughter
 fearful only of this world
 unabashed by the next.
 Prepared.

Calm now,
 Mesmerized through the last yards
 of mile four.
 Safety from imminent downpour
 from doubt
 from grief
 from loneliness, almost.

Confirmation.
 Saved by a rainbow.

Walking, living, learning, growing.
 Believing.
 When I am fit,
 I'll claim my rainbow.
 Watch for it.

God's Promise.
 Bet on it.

AUGUST BIRTH DATES

8/5/75	<i>Andrew Clive Cloyd</i>	(Died) 1/19/98	Son of Roxann Devereux & Richard Cloyd
8/6/53	<i>James Richard Dunn</i>	(Died) 7/11/95	Son of Juanita Allen
8/8/64	<i>Coy Todd Cosby</i>	(Died) 9/5/83	Son of Shirley and Jess Cosby
8/9/69	<i>Angela M. Meece</i>	(Died) 1/9/95	Daughter of Claude and Verna Meece
8/11/65	<i>Robin Ricci Kuniff</i>	(Died) 4/25/93	Daughter of Norma Forston
8/11/84	<i>Louis Tsey Gakpo</i>	(Died) 12/24/04	Son of Seth & Philomena Gakpo, Paul Gakpo
8/11/67	<i>Christopher Perry Adkins</i>	(Died) 10/26/97	Son of Linda Brooks
8/13/73	<i>Stacey Carol Sea</i>	(Died) 1/28/87	Daughter of Darrell and Jean Sea
8/15/78	<i>Jason Randall Johnson</i>	(Died) 11/2/00	Son of Sundae and Brad Parks
8/15/78	<i>Mathew Scott Coomer</i>	(Died) 8/31/95	Son of Ray and Bonnie Coomer
8/16/64	<i>David Davis</i>	(Died) 10/9/93	Son of Curt Davis
8/16/85	<i>Rachel Elaine Sutherland</i>	(Died) 3/6/04	Daughter of Elly and Alan Sutherland
8/20/83	<i>David James Rison</i>	(Died) 1/8/00	Son of Karla Scott and David Rison
8/21/72	<i>Allyson Mailfald</i>	(Died) 11/21/90	Daughter of Bill and Carole Mailfald
8/23/02	<i>Julian Vincent D. Regalado</i>	(Died) 1/22/05	Son of Ramon & Mary Frances Regalado
8/28/69	<i>Corey Len Tackett</i>	(Died) 1/22/99	Son of Sallie Jones
8/28/93	<i>"Baby" Potts</i>	(Died) 8/28/93	Daughter of Jim and Barbara Potts
8/31/68	<i>William "Bill" Kretzer</i>	(Died) 4/14/87	Son of Shirley and William Kretzer
8/31/84	<i>Jennifer Lee Toadvine</i>	(Died) 1/16/04	Daughter of Ted and Cyndi Toadvine

**AUGUST ANGEL DATES**

8/1/99	<i>Lori Em Kotzbauer</i>	(Born) 5/10/74	Daughter of Bob and Connie Kotzbauer
8/4/00	<i>Joseph Carl Richardson</i>	(Born) 11/13/51	Son of Jim and Jean Richardson
8/4/84	<i>David Allen Rose</i>	(Born) 2/6/64	Son of Ralph and Carmileta Rose
8/5/04	<i>Thomas Allan Woodrum "Tommy"</i>	(Born) 6/13/86	Son of Thomas and Mimi Woodrum
8/5/00	<i>William Fredick White</i>	(Born) 12/1/71	Son of Fred and Rebecca White
8/6/92	<i>John Martin Fay</i>	(Born) 3/1/69	Son of Mary Ann Fay
8/9/87	<i>Michael Wallace</i>	(Born) 3/31/61	Son of Jack and Carolyn Wallace
8/14/84	<i>Steven Roberts</i>	(Born) 5/10/65	Son of Elizabeth Roberts
8/15/06	<i>Cynthia "Cyndi" Ellen Crim</i>	(Born) 6/12/80	Daughter of Becky & Keith LaVey & Howard Crim
8/16/95	<i>Todd Jeffries</i>	(Born) 9/3/71	Son of Jim and Terry Jeffries
8/17/95	<i>Shawn Wade Kirby</i>	(Born) 10/29/77	Son of Tommy and Teresa Kirby
8/31/95	<i>Taiann Nicole Wilson</i>	(Born) 11/3/79	Daughter of Sue Wilson

SEPTEMBER BIRTH DATES

9/1/58	<i>William Henry Sanders</i>	(Died) 4/17/06	Son of Barbara Sanders
9/3/71	<i>Todd Jeffries</i>	(Died) 8/16/95	Son of Jim and Terry Jefferies
9/13/58	<i>"Star" Edward Wilson</i>	(Died) 4/5/06	Son of Kathryn Garner & Edward Wilson
9/16/84	<i>Garrett Witt</i>	(Died) 5/28/94	Son of David and Linda Witt
9/17/77	<i>Bradley Johnson</i>	(Died) 7/19/95	Son of Don and Sharon Johnson
9/18/64	<i>Jeffrey Todd Sims</i>	(Died) 10/5/01	Son of Jim and Sharon Sims
9/22/55	<i>Lydia Hodson Copeland</i>	(Died) 10/28/91	Daughter of Mildred Cox Hodson
9/22/73	<i>Lonnie Gene Centers</i>	(Died) 11/12/00	Son of Nita Centers
9/24/80	<i>William Elliott Sommer</i>	(Died) 5/4/04	Son of Tim and Rita Sommer
9/25/62	<i>Shari Eldot</i>	(Died) 4/21/86	Daughter of Rosalyn Eldot
9/25/72	<i>Jonathan Derek Perdue</i>	(Died) 3/2/90	Son of Donna Perdue
9/30/70	<i>Chris Rudnick</i>	(Died) 2/27/95	Son of Julia Rudnick-Woodall



SEPTEMBER ANGEL DATES

9/1/83	<i>Ralph Winton Wesley</i>	(Born) 11/8/59	Son of Genevieve Wesley
9/2/99	<i>John Richard Roe</i>	(Born) 9/18/65	Son of Ray and Marilyn Roe
9/5/83	<i>Coy Tedd Cosby</i>	(Born) 8/8/64	Son of Shirley and Jess Cosby
9/6/89	<i>J. Randall Rogers "Rand"</i>	(Born) 1/10/58	Son of Ron and Virginia Atwood
9/7/87	<i>Jim Albright</i>	(Born) 1/2/53	Son of J. M. and Erna Albright
9/12/99	<i>Christopher Thomas Miller</i>	(Born) 2/18/93	Son of Tim and Colleen Miller
9/14/95	<i>Thomas E. Masters, II</i>	(Born) 6/24/70	Son of Bess Masters
9/17/86	<i>Robin Grace Dixon</i>	(Born) 1/21/66	Daughter of Lenna and Letch Dixon
9/19/83	<i>Tim Sizemore</i>	(Born) 6/14/65	Son of T. C. Sizemore
9/25/97	<i>Michael Varnell Norton</i>	(Born) 12/2/70	Son of Mike & Vada Barnes & Varnell Norton
9/27/86	<i>Hank Butler Scolf</i>	(Born) 12/24/69	Son of Michael and Doretta Scolf
9/27/03	<i>Matthew "Beau" Salsman</i>	(Born) 5/31/79	Son of Ray and Vicki Salsman

We mourn the loss of our children, but rejoice in their lives.



To love is to receive a glimpse of heaven. — Karen Sunde



****Note**** Our database has been corrupted!! We've put it together as best we could, but we need your help. If there was mistake on your child's dates, please contact Brandi at brandikoenig@gmail.com or 229-8297.

WANTED © 2002

I wanted to see you graduate
 And marry a nice girl one day
 I wanted to see you happy
 But the angels called you away
 I wanted to be grandma
 To children of yours through the years
 Instead I sat and thought about
 What I've missed with misty tears
 I wanted to see you happy
 And call me daily on the phone
 Instead I stood in an empty house
 Feeling so alone
 I wanted to have so many things
 To do in your life through the years
 Instead I look at photos
 And wipe away the tears
 I wanted you with me forever
 I wanted you with me when I grew old
 I wanted your love my child
 To cherish, love and hold
 But what I wanted
 And what I got instead
 Are memories from long ago
 As they run through my head

Now I want you to be happy
 And wait for the day that I get there
 And remember the good times on earth
 And all the love that we shared
 I love you my child forever
 I wanted things to be different for us
 But I know you're with God and are happy
 So I'll try not to make a big fuss
 Be waiting for me when my name's called
 And let me see your face and your smile
 I wanted to see you before this
 But I can wait a little while
 Lead me down the path you walk
 Take me to God's throne
 For when I get to hug you again
 I know then that I'll be Home

Sharon Bryant

Andy Dunbar
 January 22, 1972 – October 24, 1977

I'm his Mom and he's my angel ... forever.