



# Quakertown Chapter

servicing Upper Bucks and Montgomery Counties

The Compassionate Friends  
Quakertown Chapter  
PO Box 1013  
Quakertown PA 18951  
Chapter Info line: 215-536-0173  
Chapter email:  
[tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)  
website: [www.tcfquakertownpa.org](http://www.tcfquakertownpa.org)



The Compassionate Friends National Office  
877-969-0010  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
Eastern PA Regional Coordinators  
Bobbie Milne [mcfly423@aol.com](mailto:mcfly423@aol.com)  
Ann Walsh [tcfestarc@yahoo.com](mailto:tcfestarc@yahoo.com)

January  
2016

Quakertown Chapter Founders -Eileen & the late Tim Bolish  
Facebook page: **Quakertown PA Compassionate Friends**

A self-help organization offering friendship, love, and understanding to bereaved parents, siblings, and their families.

**\*we talk, we listen, we share, we care, we understand\***

We extend a special warm welcome to you, the newcomers. We are sorry for the reason you have received our newsletter. We know that it takes courage to attend your first TCF meeting, and it may take three or more meetings for you to feel the benefit of group sharing. We will not offer a "quick fix" or hurry you along in your grief, but we can offer you much needed support, and provide an opportunity for you to meet new friends who are traveling the same path.

**SUPPORT GROUP MEETING INFORMATION** - Our next support group meeting will be held on **Tuesday, January 12, 2016, 7:30 PM-9 PM** at the **St Lukes Quakertown Hospital, 1021 Park Ave., Quakertown, PA in Taylor conference rooms A & B.**

**BRING A PHOTO OF YOUR CHILD/SIBLING FOR THE REMEMBRANCE TABLE.** Bring memoirs / photos of your child/sibling for the birthday table when its their birthday. Tell us about your memories of your loved one...we'll listen, cry and hug with open arms.

## 2016 Steering Committee

**Chapter Leader :** Darlene Dusza  
215-536-0173 (TCF) (c) 267-374-1171  
[nanadusza@verizon.net](mailto:nanadusza@verizon.net)

**Treasurer :** MaryAnn Kulp

**Co-Leader:** Ginny Leigh-Manuell

**Secretary :** Barb Reboratti

### Newsletter Editor / Community Outreach

Darlene Dusza  
415 Rich Hill Rd  
Sellersville PA 18960  
215-536-0173

[tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)

### Remembrance and thank you cards

Lynette Lampmann Kelly Logan  
MaryAnn Kulp Nancy Eisenhart  
Ginny Leigh-Manuell Jennifer Pini

**Public Relations**—Barb Reboratti, Linda Stauffer

**UNITED WAY #14064 Greater Lehigh Valley**

### Hospitality Committee : Carol Graham

Nancy Eisenhart

### Committee Members :

Bonnie Maurizio Donna Hesse  
Linda Stauffer MaryAnne Macko

**Chapter Librarians:** Theresa Sitko/  
Linda Ervin

### Email - Telephone Friends

**Barb Reboratti** - daughter, Allison  
death-- result of crime 215-538-0941  
[victim.advocate@verizon.net](mailto:victim.advocate@verizon.net)

**Darlene Dusza** - daughter, Michelle  
death-- result of auto accident  
215-536-0173

[nanadusza@verizon.net](mailto:nanadusza@verizon.net)

**Jennifer Pini** sibling, Jason  
death -- suicide 215-828-3810  
[dance140@hotmail.com](mailto:dance140@hotmail.com)

**Crystal Hunter**-sibling, Justin  
death - medical condition  
[crys.hunter@gmail.com](mailto:crys.hunter@gmail.com)  
614-746-8076 (sibling contact person)

**Donna Hesse** - daughter, Kisha  
death -- result of auto accident  
[dmhesse150@yahoo.com](mailto:dmhesse150@yahoo.com)

**Anne and Craig Landis** - son, Marc  
death - result of suicide  
215-536-5143

### Collection of Redners Save-A-Tape program

Mail your register save-a-tape slips to our PO box to help our chapter. You may black any debit / credit card numbers, but do not black out the dollar amounts. Remember to use your Pump Perks card for the save-a-tape program. Send complete sales receipt.

### PRINTER INK CARTRIDGES

STOP don't throw them away... Save your empty ink cartridges and give to our chapter for recycling. We earn rewards for recycling them and can purchase paper and other items to help cut the costs of printing the newsletters, programs for events etc... Bring to a meeting or an event in a plastic bag and give to Darlene .

### **Other TCF support group meetings and children support groups etc:**

**Lehigh Valley Group** meets the 2nd Monday of each month on the 2nd floor of Sacred Heart Hospital on Chew St. at 4th St. in Allentown PA at 7 PM Contact: 484-597-0240

**Peace Valley Group** meets the 3rd Wednesday of each month at Lenape Valley Presbyterian Church at Rt. 202 and Ute Rd, New Britain PA at 7:30 PM; Contact: Karen Kovacs 267-218-5889

**Ryan's Tree for Grieving Children, Inc.** located in Lehigh Valley, PA, Support for children ages 5-18 who are grieving the loss of a family member or friend. - run programs throughout the year-contact St. Luke\*s Hospice at 610-997-7120 or Krista.Malone@sluhn.org.

**Stepping Stones** for children ages 4 -12 years old, has a program for children who are grieving a sibling, parent, etc... Held at Camelot for Children, 2354 W. Emmaus Ave, Allentown PA 18103 call: 610-969-0330 for more information

**Greenshire Arts Consortium Grief and Empowerment Workshops** - located in Quakertown - contact: Hillery Woods Siatkowski, NCTMB at 206-552-4229 or email [massage@moonogyoga.com](mailto:massage@moonogyoga.com) for dates and more information

**www.kidsaid.com** - is a FREE online resource and is a safe place for kids and teens to help each other deal with grief and loss. There are options of email support groups, sharing artwork, poetry, and stories, and a place for parents and kids to ask questions and get answers.

**\*Kids-to-kids** is an email support group for kids ages 12 and under **\*K2K-teens** is an email support group for teens ages 13- 18.

### **THANK YOU THANK YOU THANK YOU**

Thank you to, Brian Doyle, Nancy Eisenhart, Kathleen Hardgrove for providing our December refreshments. They do this in remembrance of their children, Ashley (Brian) , Kelly (Nancy), Jacob (Kathleen).

If you would like to provide refreshments in remembrance of your loved one at a meeting please contact Carol Graham at 215-538-3651. You may also sponsor refreshments for a meeting for a fee of \$40 or more depending on what you would like and the hospital's catering service will set up and provide the drinks and refreshments for the evening. This can be split between more than one family each month.

A special thank you to Mary Ann Kulp, Nancy Eisenhart, Lynette Lampmann, Ginny Leigh-Manuell, Kelly Logan and Jennifer Pini for the Remembrance and Thank you cards that you receive. They do this in remembrance of their children/ siblings, son, Tony (MaryAnn), daughter, Kelly (Nancy), son, Shawn (Lynette), son, Brian (Ginny), and brother, Jason (Jennifer), Kelly does it in remembrance of all those who have gone too soon. An appreciated Thank You to our members for helping to set up and tear down for our meetings, they do this in remembrance of their children and siblings. A special thank you to St. Luke's Hospital for providing us with our meeting rooms each month.

Thank you to, Betty and Charlie Hottenstein, for taking on the monthly task of assembling our monthly newsletters for mailing, they do this in remembrance of their daughter, Tracy Hottenstein.

### **Thank you for your Love Gifts and Support**

We the parents and families of the Quakertown Chapter of Compassionate Friends would like to send a special Thank You to the following donors. Without their generosity in giving to a good cause we would not be able to continue reaching out to newly bereaved parents and families with our Outreach packet and newsletters.

**Phil & Arlene Peters**, In Loving Memory of their daughter, Sundai Marie Peters, 12/3—4/24

*We All Love & Miss you so much*

**Mark & Debbie Heuckeroth**, In Loving Memory of their son, Jason Heuckeroth, 3/28—1/9

*We look at the stars close to heaven, & hope to see you one day. Love, Mom & Dad*



### **Self-help Program**

The Compassionate Friends, Inc. is a mutual assistance, self-help organization offering friendship, understanding, and hope to bereaved families. Anyone who has experienced the death of a child of any age, from any cause is welcome. Our meetings give parents an opportunity to talk about their child and about their feelings as they go through the grieving process. There is no religious affiliation. There are no membership dues. The purpose of this support group is not to focus on the cause of death or the age of the child, as it is to focus on being a bereaved parent, along with the feelings and issues that evolve around the death experience of a child.

### **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 Compassionate Friends 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 your 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 TCF "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!"

### **Information Regarding Our Meetings**

PLEASE don't stay away from a meeting because the topic scheduled does not interest you. We are here to discuss whatever is on your mind, we don't stay on the topic only. This is YOUR group and we are here for each other. You do not have to talk at meetings. We welcome your participation in our group but it is not a requirement. Coming to listen to the others is Okay too. Remember also that our meeting is open to adult siblings, grandparents, or adult family members such as aunts or uncles.

### **Support Group Meetings**

We are so sorry for the cause that brings us together. It takes courage to attend a Compassionate Friends support group meeting. We understand how it feels to walk into a room of strangers and share personal feelings, especially when you are in so much pain. At your first meeting, we hope you find care, support, understanding and a group of friends to share with. Truly, there are no strangers among compassionate friends.

As a reminder to families that would like to attend a support meeting. Please allow yourself at least 3 or 4 meetings of attendance to determine if they are for you. It may take a few meetings before you are able to talk about your loved one and that is understandable. What you say at our meetings is kept in the meeting, you can cry, hug, talk about how you are feeling freely. Our meetings are for parents, grandparents and siblings in grade 9 or above and adult siblings.

### **Your Friends at TCF Quakertown Chapter**

**Quakertown Chapter does have a siblings group** that meets at various places, days and times. To try and accommodate the surviving siblings that cannot attend a regular meeting because of childcare issues or work schedule etc. Please contact our sibling contact person: Crystal Hunter via email or by phone. Contact info on front page.

### **Library Books**

We have a nice library of books for our members to check out and read and return them back to our library. A problem we currently have is that some books have not made their way back to our library and our library is shrinking. If you have checked out a book or magazine from our library and are done reading it won't you PLEASE return it to us at our monthly meetings. If you are not able to make the meeting you may mail it back to us or have someone else return it to us.

Also, if you have any books that would help other grieving families through their journey and would like to donate them to our library please give them to our librarians.

### **Newsletter Errors and Omissions**

For any errors or omissions please contact Darlene via email at [tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net) with the error and the correction for the next month newsletter.

Please remember we are all volunteers and grieving parents / siblings and we do forget and make mistakes too.

### **About This Newsletter**

This newsletter comes to you courtesy of The Compassionate Friends, Quakertown Chapter with the hope that it will be a helpful resource for you on your grief journey.

If you no longer wish to receive the newsletter please contact the newsletter editor by phone 215-536-0173;

or email: [tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)

PLEASE NOTE: If you are moving or your email has changed please notify the newsletter editor so that we can update your information and you continue to receive the newsletter. If the newsletter is returned to us either via mail or your email bounces back and you have notified us you will be removed from the mailing list.

Newsletter submissions:

Submit articles and poetry to the editor by the 15th of the proceeding month. Include the author's name & your contact information. You may mail to our PO Box 1013, Quakertown PA 18951 or email as a pdf file or word document to: [tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net).



# Memories...

## Broken Heart Syndrome

One afternoon, I was channel surfing looking for something to watch when I came across the Oprah Winfrey Channel. She was interviewing a woman named Madonna Badger. On Christmas Day, 2011, Madonna's 7 year old twins, a boy and a girl, her 9 year old daughter and her parents all died in a horrific house fire. She spoke of the unrelenting grief and sorrow she has suffered in the years since. I was riveted to the television screen as she recanted her story. As she talked, she coined a phrase that I had never heard of before to describe her pain, "Broken Heart Syndrome." It is a temporary condition that is brought on by extreme stressful situations, such as the death of someone deeply loved.

I thought, finally there is a label for the intense pain and suffering that those who grieve feel! Broken Heart Syndrome is an identifiable condition brought on by stressful situations, such as the death of a loved one. Broken Heart Syndrome is also called *takotsubo cardiomyopathy*. Broken Heart Syndrome manifests as a temporary disruption of the heart's normal pumping function or with even more forceful contractions, while the remainder of the heart functions normally. Symptoms can include chest pain and shortness of breath. It effects more women than men. It is attributed to a reaction to a surge of stress hormones.

After my daughter died, I suffered with intense bouts of pain on the outer left muscular wall of my upper torso. An EKG revealed no abnormalities. Seven years later, I still never know when this pain might reoccur. I have however connected my episodes with certain stressors, such as; my child's birth and death dates, holidays and special occasions.

Although doctors are just now learning about this condition, the good news is that broken heart syndrome is treatable and the discomfort should abate with time. If you think you might be suffering from broken heart syndrome, you should discuss it with you physician.

Let us all take care of our own hearts this Valentine's Day.

Janet Reyes  
TCF Alamo Area Chapter, TX

## Winter Memories

The days are getting colder,  
and the first snow's not too far off.

It used to be so pretty  
gently falling from aloft.

But the snow won't be as pretty,  
as it gathers on the ground,  
'cause there'll be a snowman missing,  
my son is not around.

The playing children's laughter,  
used to be a special song,  
but this year will be different,  
without my son to sing along.

The song has lost its music,  
and it'll be just another day,  
as I gaze down from my window  
and watch the children play.

But the snow will again be pretty,  
in a far off distant time,  
and we'll build snowmen together  
and we'll never look behind.

For now, I'll remain with memories,  
and the melting snow will fade,  
but he builds snowmen to his heart's content,  
because he now lives where snow is made.

## The Dream

In my dream  
your small hands  
cradled my cheeks.

You looked into my eyes  
and your sweet voice  
whispered the words I needed to hear.

"Mommy loves me"  
you said.

Mommy loves you

More than words can ever convey.

Maria Kubitz  
TCF, Contra Costa County, CA

## Handmade Quilt



Karen Kern won the butterfly quilt

## Garden Flags

COST— \$15 EACH

## Magnets and Decals

\$6 each



T-shirts Sky Blue color \$20

Sweatshirts—grey color crew \$25

Hoodies—grey color \$35

## handmade quilted wall hanging



Linda Brearey won the wall hanging



## Quakertown Chapter of The Compassionate Friends

We are raising funds for our Memorial Garden Fund. Please contact Darlene Dusza Chapter Leader to purchase Memorial Garden Flags, T-shirts, sweatshirts, Hoodies, magnets/decals.

Email: [tcfquakertownchapter@verizon.net](mailto:tcfquakertownchapter@verizon.net)

Cell 267-374-1171

## TCF CLOSED FACEBOOK GROUPS

The Compassionate Friends offers a variety of closed Facebook Groups. These pages are moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved by a moderator. A private message will be sent prior to approval, please be sure to check your mailbox marked "Other" if you do not receive one in your main mailbox. These pages were established to encourage connection and sharing among parents, grandparents, and siblings grieving the death of a child, grandchild or sibling.

### **TCF - Loss of a Child**

*Moderators: Donna Goodrich, Dave Roberts, Cathy Seehuetter and Goody Tendall*

### **TCF – Loss of a Stepchild**

*Moderators: Crystal Downey and Babe Muro*

### **TCF – Loss of a Grandchild**

*Moderators: Betty Jeanne Farrel and Jennifer “Sue” Hale*

### **The Compassionate Friends Sounds of the Siblings (for bereaved siblings)**

*Moderators: Tracy Milne and Keith Singer*

### **TCF - Men in Grief**

*Moderators: Gary Odle and Mark Rambis*

### **TCF - Loss to Substance Related Causes**

*Moderators: Barbara Allen, Mary Lemley, Diana Wittkopp and Karen Zaorski*

### **TCF - Sibling Loss to Substance Related Causes**

*Moderators: Andrea Keller and Barbara Allen*

### **TCF - Loss to Suicide**

*Moderators: Donna Adams, Leana Leyes, Barbara Reboratti and Cathy Seehuetter*

### **TCF - Loss to Homicide**

*Moderators: Debbie Floyd and Kathleen Willoughby*

### **TCF - Loss to a Drunk/Impaired Driver**

*Moderators: Michelle Arrowood, Robin Landry and Rebecca Perkins*

### **TCF - Loss to Cancer**

*Moderators: Kari Olson and Michelle Setzer*

### **TCF - Loss of a Child with Special Needs**

*Moderators: Colleen Hines and Donna Reagan*

### **TCF - Loss to Long-term Illness**

*Moderators: Pam Adams and Debbie Gossen*

### **TCF - Infant and Toddler Loss**

*Moderators: Tiffany Barraso and Deanna Wheeler*

### **TCF - Loss of an Only Child/All Your Children**

*Moderators: Joannie Kemling, Pam Rayner, and Lisa Ridge*

### **The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter steering committee)**

*Moderator: Debbie Rambis*

### **TCF – Loss to Miscarriage or Stillbirth**

*Moderators: Libby Hall and Kelly Kittel*

### **TCF – Loss to Mental Illness**

*Moderators: Sherry Cox and Annette Swestyn*

### **TCF – Crafty Corner**

*Moderators: Gail Lafferty and Kathy Rambo*

## To the Newly Bereaved Attending Your First Meeting

Evening. Notice I left off the "Good."

Sorry you are here tonight.

My excuse for not attending this evening's Piedmont TCF meeting to lend a shoulder and an ear is that Pam and I have theater tickets already purchased for a romantic comedy at UVA.

Crazy how life has a way of going on, isn't it? It's a very tough lesson that follows the death of a child (or a sibling). I wish you strength and patience.

For you newly bereaved sitting crumpled, stunned, and exhausted around the table this evening — and despite what you believe at this point — it is possible to survive the death of a child. We are just one example that proves this seeming impossibility.

Our healthy, 21-month old daughter Emily died October 30, 1993 — found by her mother at dawn dead in her crib of a "cardiac arrhythmia of undetermined origin." Autopsy reports can be deathly cold.

So, cry. Like we did — and do.

Hang in there.

Cry.

Talk about your child.

Cry.

And, oh, by the way, be prepared for emotional land mines that can detonate anywhere and everywhere at any time — in the toy store, at the soccer field, down the grocery aisle, at a restaurant, upon seeing your child's friends, while driving to work, while driving home from work.

Little tip here: have some tissues within reach on the front seat of your car. It's not raining; your windshield wipers won't clear your vision.

But cry anyway.

The calendar won't necessarily be your best friend when it flips over to another significant date or memory — regardless of your child's birthday, graduation date, anniversary date, death date, age at death or cause of death. But it's certainly all right to let all those pesky calendars remind you to talk and to share anything and everything about your child at any time.

Before I forget, did I mention "cry?"

Unfortunately, Pam and I have learned that time can't fix what happened. But time does help. Give yourselves time. You're changed. But you won't forget. You won't love your child any less just because he or she is gone.

The fact that I can sit here at my kitchen table without flooding my laptop keyboard with tears is proof that bereaved parents can survive the death of their child — for at least 21 years and 9 months in our case — and still go to the theater for a laugh.

You have my compassion, the best and the most that I can give.

Gary Grant  
TCF Piedmont Chapter, VA  
In Memory of my daughter Emily

## On Gratitude

My feet were cold from the icy pavement as I waited for the morning bus. The bitter winter was receding and I was working hard on gratitude. I bent my head deeper into my scarf and saw a penny in the street.

I had just returned from a regional meeting of The Compassionate Friends in Green Bay, Wisconsin. A presenter held up his 'Pennies from Heaven' and declared that signs from our loved ones are everywhere. I wonder...

I picked up that penny and found my reading glasses.

I work on gratitude with some skepticism. Was this a treasure or just a muddy little coin? The date imprinted in the copper became clear—1983—the year my son was born.

Surprise and tears triggered by that date immediately washed across my face. I no longer felt cold. I meandered through memories of a day in July some 20+ years ago when I delivered that child.

"Collect yourself," I said to myself under my breath. I might scare my mass transit bus mates. In the cold air I turned my face away from the others and watched my breath puff into icy clouds.

The bus appeared and I boarded with everyone else. I was a penny richer that day and grateful beyond measure for the treasure trove of memories that lay in my hand.

Monica Colberg  
TCF Minneapolis, MN  
In Memory of my son Art

## OUR CHILDREN REMEMBERED FOR JANUARY

### Birthdays and Always

**Joseph Cavataio**, infant of Libby Cavataio, 1/1  
**Pamela Minnichbech**, daughter of Paul & Dolly Cell, 1/1  
**Beverly Sue Otten**, daughter of Mary Leuz, 1/2  
**Bobby Rolph**, son of Judy & Bob Rolph, 1/3  
**Marc Landis**, son of Anne & Craig Landis, 1/4  
**Anthony Bonino**, son of Robert & Susan Bonino, 1/5  
**Lisa Kuniega-Lewis**, daughter of Arlene & Alan Vogel, 1/5  
**Christopher Accardi**, son of Anthony & MaryEllen Accardi, 1/9  
**Peter Graham**, son of Carol & Albert Graham, 1/10 - anniv 1/19  
**Ryan Mitman**, son of Victoria & James Weisbrod, 1/10  
**Sean Ryer**, son of Pat Ryer, grandson of Diana Adams, 1/11  
**Deborah Hornberger**, daughter of Eleanor Morrow, 1/12  
**Chris Inscho**, daughter of Peggy Daggitt, sister of Diane Anderson, 1/12  
**Ellen Croke**, daughter of Annette & Daniel Croke, 1/12  
**Jason Pini**, brother of Jennifer Pini, 1/13  
**Kevin Figanial**, son of Thomas & Valerie Figanial, 1/13  
**Greggory**, nephew of Mary Pat Hallman, 1/13  
**Geneva Doll**, daughter of Keith & Barbara Doll, 1/14  
**Cynthia Benge**, daughter of Robert & Cheryl Benge, 1/18  
**Karen Graham**, daughter of John & Barbara Graham, 1/19  
**Stormy Weaver**, infant daughter of Nathan & Amber Weaver, 1/20  
**Nick Umberger**, son of Nina & Jeff Wolfinger, nephew of Bev Pearson, 1/23  
**Austin Jacobs**, son of Penny Jacobs, 1/24  
**Allison Reboratti**, daughter of Barbara & Eduardo Reboratti, sister of Ashley & Elliot, 1/25  
**Megan Eschenburg**, daughter of Gary & Peggy Eschenburg, 1/27  
**Ross VanHouten**, son of Brenda VanHouten, 1/27  
**Karen Salmanson**, daughter of Betty & Fred Schwenk, 1/28 - anniv 1/11  
**Matthew Lincul**, son of Linda & Ed Lincul, 1/29

### Our Beloved Children...In our Hearts always... Remembered on the Remembrance Day of their death

**Lisette Martin**, daughter of Luke & Amanda Martin, granddaughter of Nelson & Evelyn Martin, 1/1  
**Joey Oglialoro**, son of Mike & Becky Oglialoro, grandson of Rose & Joe Oglialoro & Gary & Vickie Shoudt, 1/2  
**Joseph Harper**, son of Chris & Janeen Harper, grandson of Rosemarie & Francis Salamone, 1/2

**Jessica Roth**, daughter of Wilbur & Carol Roth, 1/5  
**Eric Santayana**, son of Debi & Walt Schimpf, 1/5  
**Philip Gold**, son of Alan & Frances Gold, 1/5  
**Stephen Stalheim**, son of Barbara & Gabriel Mertens, brother to Daniel & Peter Stalheim, 1/9  
**Anthony DelConte**, son of John & Marie DelConte Jr., brother of Dana Turock, 1/9  
**Shirley Lange**, daughter of Shirley McGuigan, 1/9  
**Jason Heuckeroth**, son of Mark & Debbie Heuckeroth, brother of Jaime, 1/9  
**Eric Gorman**, son of Butch & Marianne Gorman Jr, Brother of Patrick Gorman 1/10  
**Daniel Attilio**, son of Patrick & Ann Marie Attilio, 1/12  
**Morgan Mysza**, daughter of Dean & Jill Mysza, 1/12  
**Kiana Alvarengo**, daughter of Jose & Tina Alvarengo, 1/12  
**Brett Stebulis**, son of Barbara & Leonard Stebulis, 1/13  
**Ken Trauger**, brother of Donna Gibson & Jim Trauger, 1/15  
**David Roscilo**, son of Barbara Frojan, 1/16  
**William Mindler**, son of Kathryn Mindler, 1/16  
**Karin Adair**, sister of Martha Stoler, 1/17  
**Curtis Anthony**, son of Paul Anthony & Donna Kapper, grandson of Charlie & Nancy Kapper, 1/18  
**Jacob Burkett**, son of Kathy & Jim Hardgrove, 1/19  
**K. Scott Frey**, son of Ken & Roberta Frey, 1/20  
**Clayton Sitko**, son of Henry & Theresa Sitko, 1/20  
**Robert Toft Jr**, son of Robert & Joy Toft, 1/21  
**Margaret Welhaf**, sister of George Blood Jr, 1/21  
**Eric Martin**, son of Daniel Martin, brother, Mikaela Martin, 1/22  
**Matthew DiNicola**, son of Ron & Myra DiNicola, 1/23  
**Michael Macko**, brother of Mary Anne Macko, 1/23  
**Jacob Jones**, son of Elaine & Paul Barndt, 1/23  
**William Ingelido Jr**, son of Roseann Smiley & William Ingelido Sr., 1/23  
**Susan MacNamee**, daughter of Ruth MacNamee, sister of Edward MacNamee Jr, 1/23  
**Nathan Radosky**, son of Dean Radosky & Tammy Madison, grandson of Sandra and Warren Madison, 1/25  
**Julie Hartwich**, daughter of Donna & Dave Hartwich, 1/27  
**Hector Valle**, son of Hector Valle, 1/27  
**Karen Slotter**, daughter of Dolly Bibic, 1/29  
**Dan Bardsley**, son of Emma Bardsley, brother of John & Anita Bardsley, 1/30  
**Kristin Statuti**, daughter of Henry and Maryann Statuti, Shirley & Henry Statuti- 1/31  
**Stephen Lees**, son of Gregory Lees, 1/31  
**Linda Toland**, daughter of Harold Caplan, sister of Andrea Dunning, 1/31



**\*\*\* UPCOMING MEETING ANNOUNCEMENTS \*\*\***

**\*January 12, 2016—7:30 PM support meeting**

**\*February 9, 2016 — 7:30 PM support meeting**

**\*February 23, 2016 — steering meeting 7PM Quakertown Family Diner**

**\*March 8, 2016 — 7:30 PM support meeting**

**Newsletter Update Form** The purpose of this section is to update your information, email address, mailing address, phone number, Child's name, sibling's name, birth date and anniversary death date. This information will also help us in remembering your child / sibling on their days with a remembrance card sent to you by our chapter. Any questions contact the newsletter editor at 215-536-0173. Mail to the above address. I am the \_\_\_parent \_\_\_sibling \_\_\_grandparent

Your Name \_\_\_\_\_ I give permission to remember my child/sibling in the chapter newsletter/

Address \_\_\_\_\_ website newsletter on their remembrance day and their photo if submitted

\_\_\_\_\_ Phone # \_\_\_\_\_

Child / Sibling name \_\_\_\_\_ birth date \_\_\_\_\_ anniversary date \_\_\_\_\_

Child / Sibling name \_\_\_\_\_ birth date \_\_\_\_\_ anniversary date \_\_\_\_\_

If you would like to receive information about our special events, memorial walk and butterfly release, candle lighting etc. via email please provide your email address below. Would you please consider to receive our newsletter via email as a link to a chapter website where you are able to view it before it is mailed to those who do not have email.

\_\_\_ yes \_\_\_ no email address:

\_\_\_\_\_ PLEASE PRINT

\_\_\_\_\_ Authorization Signature

\_\_\_\_\_ Date

**LOVE GIFTS**

A LOVE GIFT is a gift of money to The Compassionate Friends. It is usually in memory of a child who has died; either on his/her birthday or anniversary of the death. It can also be from someone who wants to honor a friend or relative who has died, or anyone who wants to help support the work of TCF. Your LOVE GIFTS are TAX DEDUCTIBLE, and are the Chapter's main monetary support. Chapter Non-profit #2053

I wish to make a donation in memory \_\_\_\_\_ honor \_\_\_\_\_ of \_\_\_\_\_

\*\*Birth date \_\_\_\_\_ Death date \_\_\_\_\_

Love gift message \_\_\_\_\_

Please send your check payable to: TCF Quakertown Chapter and mail to: TCF Quakertown Chapter, PO Box 1013, Quakertown, PA 18951

I / We would like our Love gift to be used for: \_\_\_\_\_ Special Events /Speakers/community outreach \_\_\_\_\_ Memorial Garden

\_\_\_\_\_ Candle Lighting Program \_\_\_\_\_ Memorial Walk & Butterfly Release \_\_\_\_\_ General operating expenses

Your Name \_\_\_\_\_ email \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Telephone \_\_\_\_\_



The Compassionate Friends  
Quakertown Chapter  
PO Box 1013  
Quakertown, PA 18951

**Meeting Date: January 12, 2016**



**WE ARE A SUPPORT GROUP FOR PARENTS, SIBLINGS, GRANDPARENTS AND FAMILIES WHO HAVE EXPERIENCED THE DEATH OF A CHILD OR SIBLING OF ANY AGE.**

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### **The Compassionate Friends Credo**

We need not walk alone. We are The Compassionate Friends.

We reach out to each other with love, with understanding, and with hope.  
The children we mourn have died at all ages and from many different causes,  
but our love for them unites us.

Your pain becomes my pain, just as your hope becomes my hope.  
We come together from all walks of life, from many different circumstances.  
We are a unique family because we represent many races, creeds, and relationships.

We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh and so  
intensely painful that they feel helpless and see no hope.

Some of us have found faith to be a source of strength, while some  
of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression,  
while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends,  
it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves,  
but we are committed to building a future together.

We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace,  
share the faith as well as the doubts, and help each other to grieve as well as to grow.

We need not walk alone. We are The Compassionate Friends .(c) 2007