



The Compassionate Friends Newsletter

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Marietta Chapter Meetings

Our meetings are held on the
First Tuesday of each month
First Baptist Church of Marietta
148 Church Street, Marietta
Main Building on the third floor

7:00 - 9:30 PM

Tissues, Tears & Treasures

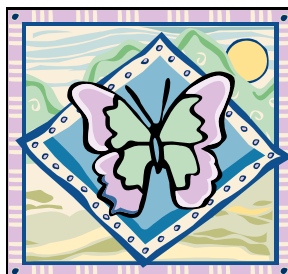
A circle of chairs and boxes of tissues,
A roomful of tears and emotional issues.
Frightening at first, I did not want to enter
Into this strange group, and be in the center.

What I soon learned, as we sat side by side,
We were bound by the love of our children who died.
Each shattered heart,
desperately seeking a moment of peace,
from the pain and weeping.

So many things different, and yet all the same,
Hearts lost in a fog of loss and pain.
Those who have journeyed, much further than me,
Reached out in comfort, listened quietly.
Each shattered heart spoke, and the tissues were passed,
We never avoid speaking of the past.

This circle of friends, have found a bond,
And here I'm still known
As "Tony's Mom."
Slowly, I've found
I can reach out to others
Who are newly bereaved, fathers and mothers.
Strength I have found in this
Circle of chairs,
To grieve and to heal
And to show that we care.

Diane Barta, TCF Portland, OR



*When you are sorrowful look again in your heart,
and you shall see that in truth you are weeping
for that which has been your delight.*

From The Prophet by Kahlil Gibran

August - September Birthdays

Birthdays are given special recognition at our monthly meetings. We have a birthday table set up where parents and siblings are invited to bring in photos and other memorabilia to share with the group. There is also an opportunity to share a short story or memory of your child with the group before breaking up into our smaller sessions. Many also like to bring in a cake or other favorite snack to celebrate the birthday of their child or sibling.

We also invite you to share a special story, picture, or both for the Birthday Tribute section below if your child's birthday is in the upcoming months. If you would like to place a birthday tribute to your child in the newsletter, you may do so by emailing it to Louise at tcfmarietta.louise@hotmail.com.

August Birthdays

Wade Bennett	Laura Kelcourse
Conner Glenn Caracappa	Robert LeVierse
Andres H. Cardenas	Brett Mims
Anna Elizabeth Chambers	Gary Ryle Minor
Makai Lerez Cheeks	Samantha Jane Ann Mulcahy
Cody Randall Ellsworth	Ashley Nelson
Alexis Nicole Grubbs	Kobe Tyler Newnan
Moore Hallmark III	Patrick Ellery Rice
Jonathan E. Holiday	Julianne Marie Riske
Luke Edward Jordan	Kerry Michael Suglia
Mason Robert Winton	Nicholas Lee Werhofnik



September Birthdays

Lucas Robert Barrett
 Terry Lebron Cates
 Garrett Jonah DeMarce
 Mia Marie Dowling
 Olivia Marie Garcia
 Brian Hoefler
 Tim Daniel Kincaid
 Joshua Klug
 Patrick Malone Jr.
 Tawni Lee Mazzone
 Jimmy Mitchell
 Tiffany Marie Sisson
 Marina Lelu Slama
 Brian Thompson

You cannot change the wind but you can adjust the sails.

Brian's Story

My son, Brian Hoefler would have been 25 this September. Brian was a healthy, happy, talented young man with a promising life ahead of him. In May 2006 towards the end of a minor surgical procedure that required general anesthesia, he went into cardiac arrest, his muscles became rigid, and his temperature spiked to 107 degrees. Despite conventional efforts to save him, he died. It was later determined that he had an episode of Malignant Hyperthermia (MH), which is an inherited muscle disorder that generally is undetected until the person is subjected to the chemicals in general anesthesia. Since Brian had never before been diagnosed with this condition, no one was prepared for this occurrence - including the anesthesiologist, who should have been. Tragically, he did not recognize the obvious specific symptoms of MH and did not administer the antidote, which most likely would have saved Brian's life. Although MH is a rare disorder, it is insidious in that there is no routine testing for it and unless there is a previous occurrence in the family, it remains undetected until the person is exposed to, and has a reaction to the anesthesia. I would like to, on Brian's behalf help to raise awareness of the potentially deadly effect of this condition and suggest that everyone at the least, talk to your surgeon and anesthesiologist before a surgery to be sure that they are knowledgeable of the possible occurrence of MH and are prepared with the antidote (Dantrolene).

This is not the usual birthday tribute, but if Brian's story saves one person's life, then it was worth telling. For more information on MH, visit the MH website www.mhaus.org.

Louise Hoefler, Brian's mom





**In Memory of Andres Cardenas' birthday,
his sister Natalia wrote an essay about her brother:**

Dierks Bentley blares on the CD player of a rumbling '76 Ford pick-up truck and the July sun provides the perfect excuse to hit the lake. It's 2005 and Andres and I are gearing up to take his newly bought boat for a spin on lake Allatoona. "You know, you should get a truck," he says. I've come to expect this. "Everybody NEEDS a truck!" His mischievous smile gets me every time and I start to laugh. He laughs too and starts to imitate the country twang of Dierks Bentley. His face always contorts when he does this and now my sides are hurting from laughing so much. I'd like to call that summer a perfect one. Little did I know that it'd be my last summer with my friend, co-conspirator, advisor and brother.

Andres Cardenas was born on August 3rd 1983. He was only three weeks shy of his 23rd birthday when he was tragically killed in a motorcycle accident off I-75 near Grady Hospital on July 8th.

To all of you that knew him, he was Andre, the charismatic guy that owned the Motorcycle Shop. His smile and easy-going nature probably drew you in and when he called you by name and said, "hey, what's up man?" you were hooked. Stopping by the shop for some hot dogs, to watch the burn-outs or just to hang out with the guys (and by guys I mean women too) felt good because you were in the company of Andre which meant lots of laughter and jokes to go around. He always told me, "never ever treat the customers like customers. Treat them like your friends." You didn't have to be a regular to know that this held true.

I think you will all agree that Andre's personality and laughter was contagious. You couldn't be mad when you stepped foot inside the Motorcycle Shop. Inside the shop, your mood is lifted and the smell of gasoline, burnt rubber, oil and engine fluids fills the air. Oddly enough, it's a sweet smell. It's the smell of friends gathered around their bikes to joke about the stupid stunts someone's done or how someone else outran the cops or about where to go riding later that night.

Although Andre faced difficult circumstances with his divorce, custody and being able to visit with the love of his life, 2 year old Chloe, he kept his head high and few if any would say that he walked around with a frown glued to his face. To all that have known Andre, you know that he was an ideal friend, brother, father and employer. He despised crooked businessmen and vowed to never be like them. He smiled at everyone and knew how to live life to the fullest.

Years ago, when Andre was 15, he told my parents he wanted a motorcycle. He fell in love and when my dad saw this, he told him, "I never want to keep you in a bubble. I want you to enjoy life and if God forbid anything should happen to you on this bike, I will be glad to know that you were doing something you love." We never knew that 7 years later, we'd experience the events of July 8th 2006. We are all sad that we've lost someone that was such a light to us all, but we are also grateful that at 22, Andre lived a lifetime of accomplishments and happiness.

Remember everything he's taught you and live life to the fullest. Take chances but be smart. Tell those around you that you love them and don't take anything for granted.

Andre, Ride on!

By Natalia Cardenas



Submitted by Maggie Cardenas, Andres' mom Marietta TCF

Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape. ~

From A Grief Observed
by C. S. Lewis



August - September Angel Dates Our Children Loved and Remembered

August Angel Dates

Pamela Barnett Buck
 Frankie Brohm
 Suzanne Marie Burgoyne
 Chad Campbell
 Aaron Jamal Cleveland "AJ"
 Penny Marie Hall Collins
 Lauren Careen Cooper
 Madison Paige Frey
 Cody Gowder
 Alexander Douglas Lambert
 Felipe Machado
 Patrick Malone, Jr.
 Samantha Jane Ann Mulcahy
 Andrew Zane Mackenzie Pacpaco
 Jivoni Alexander Quinones
 Robert James Rovin
 Marina 'Lelu' Slam



September Angel Dates

Sadie Ruth Barrett	Cathleen Ann Lavelle
Rhonda Blount	Michelle Massey
Brian Edward Carney	Corey Andre McKenzie
Garrett Jonah DeMarce	Ashley Nelson
Anke Marjon Furber	Jeremy Daniel Nieves
Steven Mark Grimm	Jarrod Mitchell Norman
Moore Hallmark III	Michelle Ala Reeves
Britney Ann Hopkins	Tiffany Marie Sisson
Aundrea Alexis Humphrey	Robert Tufts
Shireen Kachwalla	Christopher Williams



Love Gifts

A love gift is a donation to help carry on the work of our chapter. There are no dues to be a member of TCF but we are always appreciative for any contributions.

THANK YOU to those of you who make donations at our monthly meetings. Your contributions help in such a wonderful way to continue the efforts of our chapter.

We would like to extend our gratitude to all who donate for their generous gifts, which allow us to reach out to the newly bereaved and give needed support to the bereaved parents and siblings in our community.

Jane King in memory of her daughter, Laurie Jane
 William Cardwell in memory of his daughter, Andrea Lynne
 Clare Rovin in memory of her son, Robert

We would like to thank Lillian Kelcourse for the generous donation of books for our library in memory of her granddaughter, Laura Kelcourse.

We are now accepting donations using PAYPAL. You can email/phone Kathy or Lorna if you have any questions.

Would you like to honor your child by making a donation to the Marietta Chapter of the Compassionate Friends in his or her memory?

Please fill out the information below, clip and mail with your tax deductible donation to:

Marietta Chapter TCF

P.O. Box 1892

Marietta, GA 30061

Please make checks payable to Marietta TCF.

Name _____

Address _____

City _____ State _____ Zip _____

In memory of: _____

Please specify if you would like your donation added to the Library account or the General account.

Thank you to all who donated to TCF through the **Walk to Remember** website. We will report on the National Conference and the walk in the next newsletter.

Life Can Be Good Again

By Don Hackett, Kingston, MA



For nearly sixteen years, his voice has been silent. It is a span now nearly equal to the time it was heard. Never did I anticipate life without the sounds that marked his presence. Learning to survive that silence once seemed an impossible task, one so overwhelming I could find no hope or expectation of finding life once more.

He was our son, our only child. The tempo of his growing measured the cadence, the beat, for our own living. His passing left an existence without any value that I could immediately perceive. Ultimately, I came to recognize that I was wrong.

Life still had meaning, but it had fallen to me to find it, just as it had been in the years before his coming. Indeed, even as it had been throughout the time of his living, life still demanded my active participation, my own commitment to give it purpose and resolve.

Hindsight affords an ease in stating this realization that did not exist while struggling in the depths of bereavement. The steps taken to finally seize life again seem logical and ordered while intellectualizing the process but I know that this is much easier to write than it is to experience.

I confess, with both sorrow and gladness, that I can no longer summon the full measure of those savage feelings and the unremitting pain that engulfed me in those early years. Working through them was the most demanding challenge of my life, enacting tolls in physical health perhaps even greater than the long term effects on mind and emotion.

Today, however, I can reflect with gratitude upon a decade of mastery over the sadness. Control of my thoughts returned to me and I know freedom from the utter devastation of those early years.

Looking back reveals essential turning points on the road to healing. Some would seem to generalize easily for anyone. Others seem to respond to personal strengths and weaknesses more particular to an individual. These points included:

Self forgiveness for the many deficiencies found within on the endless soul journey that is our lot in the wake of our child's death.

Forgiveness of others, relatives, friends and associates, who are less affected than are we, who seem unable to help us in our time of deep trouble and need.

The accepting, at last, the finality of our loss, and that we must gradually unleash ourselves from our former lives and structure anew.

Learn to communicate value to spouses, friends, and surviving siblings, our love for whom seems shrouded behind the totality of our grief.

Find ways to give expression to our need to somehow memorialize our child, be it through writing a book, planning trees, sustaining scholarships, or any number of ways. Our need to preserve and safeguard our child's memory is real and deserving of our attention.

A time comes for many to find new homes, jobs, and purpose. These are often part and parcel of any significant change in our lives.

Surrender to time, giving ourselves space within it to do our work. Use time to foster healing within, to enable us to grasp today and tomorrow with hope.

No recovery will return us to life as we knew it while our child lived. That life is forever gone and, to a certain extent, we may well have to accept that, as we perceive life today. The finest days of our lives may well be a part of our past. Somehow, we must recognize that this is not unique to surviving our child's death, but is often a portion of the human condition.

Olin is dead. As much as I would wish it otherwise, it will never be. He is not forgotten. His voice, his laughter, his joy, and his shortcomings live on in me.

No day passes without thinking about him. I am grateful for his touch upon my life. Yet, joy is again mine. Pleasure is no longer a forbidden or guilt producing element in daily living. I live, gladly and with purpose, with Olin both behind me in time, but with me internally.

Is this not our goal, to heal, to find strength to love both yesterday and today? Our children have been the richest part of our lives and today should reflect the grace of that love in all that we are today.

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TCF National Organization Now On Facebook

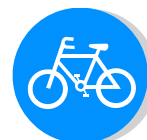
Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. Or, you can log into Facebook and search for The Compassionate Friends/USA.

"We want this to be both an informative and supportive place for those of us who are mourning the death of a child, sibling, or grandchild," says TCF's Executive Director Patricia Loder. "All are welcome to leave messages and talk about the child and their grief. As in our meetings, we especially appreciate shared insights about anything that has brought you comfort, hope, or some measure of peace."

Our Facebook page will provide a forum for free and open conversation. While messages will be reviewed, they will not be screened before they are posted. So we are asking members to be gentle and respectful of one another and to use common sense in their posts—no offensive language, no overt selling of products or services and no religious proselytizing. Also, keep in mind that all opinions expressed are those of the individual poster and do not necessarily reflect those of The Compassionate Friends, Inc. or its sponsors.

In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

Racing to Save Lives



A message from one of our members, Sue Distefano:

I have signed up to do a one day 109 mile bicycle fund raiser for Leukemia on Nov 21. My goal is to raise \$3,900 by Oct 15. Please pass along the following website to anyone you know that might be interested in donating. It is a secure site and donations are tax deductible.

Over the past 20 years, The Leukemia & Lymphoma Society's Team In Training® (TNT) has grown to become an unparalleled sports training program. More than 389,000 participants, from first timers to seasoned athletes, have trained with the Team and achieved their best at [marathons](#), [half marathons](#), [triathlons](#), [100-mile century bike rides](#) and [hiking adventures](#).

My son, Christopher didn't die from a disease. However, I figure this is a good way to combine my love of bicycling with a good cause that will enable LLS to raise funds so that less parents will have to deal with the grief of losing a child like we are. For more information, please go to the website:

<http://pages.teamintraining.org/ga/tucson09/ddistefano>



You don't heal from the loss of a loved one because time passes; You heal because of what you do with the time. ~Carol Crandall

Lending Library



Our chapter offers a lending library with a variety of books on grief and bereavement. We encourage you to browse our library and feel free to check out a book or CD to take home with you. We only ask that you sign out the books and return them in a timely manner so others can have the benefit of the information as well. If you have read a book that was helpful to you and would like to share it with others, donating that book in your child's name is a wonderful way to honor them. Stickers are placed in these books to note whose memory they are given in.

Looking for a particular grief book? Go to www.centering.org. When ordering, mention you are with The Compassionate Friends and shipping charges will be waived.

New Members

It is always hard to welcome parents coming to Compassionate Friends meetings for the first time because we are very sorry for the reason you have found us. However, we are glad you found the courage to reach out for help and we hope you find new friends who truly understand your grief.

Memories will bring you
Love from the past
Courage in the present
Hope for the future
Sascha

Events

Each month we plan a social outing in addition to our monthly meeting in an effort to get together with our TCF friends in an informal setting. We encourage these socials as another means of group support with other bereaved parents and their families and a chance to get out and enjoy some healthy activities. If you have any questions or ideas for future social events, please contact Ria Coesel at tcfmarietta.ria@hotmail.com

Bowling at Marietta Lanes

Sunday, August 23 12:00

We had a great turnout at our last bowling get-together. The games are only \$1 on Sunday morning if you pay before 1:00. Contact Ria Coesel to let us know if you're coming so we can reserve the lanes.



Marietta Lanes
565 Cobb Pkwy, Marietta
770-427-4696

2009 Calendar of Events

- August 23 - Bowling at Marietta Lanes
- September 19 - Hike Amicalola Falls
- October 17 - New Echota (Frontier Day)
- November 21 - Harvest Festival
- December 19 - Christmas in Helen

*Friendship
doubles our joy
and divides our
grief ~*

Swedish Proverb

Amicalola Falls State Park

Dawsonville, GA

Saturday, September 19 9:00 AM

We should plan to carpool for this event. We can meet at the First Baptist church in Marietta (where our meetings are held) in the parking lot or you can arrange your own carpool from another location. Please RSVP to one of the steering committee members if you are planning on going.



Thank you to all who attended the Butterfly Picnic in June, and to those of you who brought food and gave your time to help make this another successful event. Please take a look at the collection of pictures on our website www.tcfmarietta.org

**Etowah
Indian Mounds
Trip (July)**



An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express it, to externalize it to some degree. ~

R. Benyamin Cirlin, Grief Counselor

VOLUNTEERS WELCOME !

If you would like to give of your time to our chapter, we warmly welcome volunteers. Volunteer opportunities range from helping to set up a meeting, facilitating meetings, maintaining the library, making phone calls and helping with special events. This is a great way to give back in memory of your child after you have found hope, encouragement and strength from TCF. Making the change from needing and finding help to giving help and support to new parents is another healing milestone. Please contact Kathy Kelcourse at tcfmarietta.kathy@hotmail.com or 770-579-3512 if you would like to help or have any questions.



Thank you to Karl Jahn and Omni International for donating their services for printing our newsletters and thanks to Theo Furber and TBF Computing for their help with other computing needs.

TCF 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 our 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 a 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©2009



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Marietta Chapter Newsletter**

c/o

Marietta TCF

P. O. Box 1892

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