



**THE
COMPASSIONATE
FRIENDS
CINCINNATI-EAST CHAPTER**

**PROVIDING AN EXTRA MEASURE OF CARE FOR BEREAVED PARENTS,
GRANDPARENTS & SIBLINGS**

January, February, March 2011

Chapter Leader: Joel & Carol Terbrueggen (513) 271-6809
Newsletter Editor: Annette DeCamp (513) 886-1634
Regional Coordinator: Dean Turner (614) 402-0004

Treasurer: Joe Trevino (513) 731-1714
Librarian: Diana Trevino (513) 731-1714
Website: www.tfcincy.com

This newsletter comes to you from our support group known as THE COMPASSIONATE FRIENDS. We want you to know we care about you and understand your suffering. We are all united by the tremendous pain caused by the death of our loved ones. We wish you had not become eligible to join and are here to help. We do invite you to attend our meetings, even though sharing your intense grief with others can be difficult. We will provide you with a place to come and talk or just listen, a place to come and cry or console those who are crying, and above all, a place to come and be understood. If possible, bring a friend or relative with you to the meetings to give you extra support. Please realize, you are not alone and together we will make it through this intense part of our lives.

**We Need Not Walk Alone...
We Are The Compassionate Friends.**

**GREATER CINCINNATI-EAST CHAPTER
ST. TIMOTHY'S EPISCOPAL CHURCH
8101 BEECHMONT AVE.
CINCINNATI, OHIO 45230**

The TCF group meets on the first floor of the building, in parish hall. Enter the building at the west entrance. From Ohio take I-275 East, from KY. At I-471 take I-275 East, to the Five Mile Rd. exit (#69). Go north to Beechmont Ave. Turn right and go 1.2 miles (five lights) and turn right into St. Timothy's Episcopal Church parking lot.

**Meets the fourth Tuesday of the month at
7:00 p.m. (Except for December)**

**GREATER CINCINNATI-WEST CHAPTER
FRANCISCAN TERRACE OF ST. CLARE CENTER
80 COMPTON RD. (HARTWELL)
CINCINNATI, OHIO**

Take I75 North, turn left on Galbraith, right on Vine, and left on Compton at Hardee's. Go to 2nd parking lot adjacent to the Franciscan Terrace at St. Clare's Center. Meeting located in meeting room next to swimming Pool adjacent to outside Gazebo and Statue of St. Frances. For those coming South on I-75, turn right On Galbraith and follow as above.

**Meetings are held at 7 p.m. the first Monday
of the month (unless that Monday is a holiday,
then the meeting is held on the second Monday).**

MISSION

The Mission of The Compassionate Friends is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

The Compassionate Friends National Office

P.O. Box 3696

Oak Brook, IL 60522-3696

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(877) 969-0010

The Compassionate Friends (TCF) is a national nonprofit, self-help support organization which offers friendship and understanding to families who are grieving the death of a child of any age, from any cause. There is no religious affiliation. There are no membership fees or dues, and all bereaved family members are welcome. Founded in England in 1969, it was established in the U.S. in 1972, with 501I (3) not-for-profit incorporation in 1978, under which provision our 600 local chapters also qualify. The mission of TCF is to assist families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

**Greater Cincinnati-East
Steering Committee**

Chapter Contact –

Joel & Carol Terbrueggen

Treasurer – Joe Trevino

Newsletter – Annette DeCamp

Librarian – Diana Trevino

Love Gifts – Joe Trevino

Website Manager – Tim Vinson

Additional Members – Carol McGary

Marsha Lohbeck

Dianna Mitts

Telephone Friends

Ann Hall 859-356-5232

Grandson – Kyle – Drowning

Jackie Guthier 513-474-5810

Grandson – Kyle – Stillborn

Marsha Lohbeck 513-236-5827

Son – Keith – Suicide

Tim Vinson 513-943-1322

Daughter – Heather – Auto Accident

On days when you just need someone, remember the telephone friend list. We are here for you!

**Are you ready to be a telephone friend?
Contact Carol Terbrueggen (513) 271-6809**

*A new year brings time to reflect
on the children we love,
those who remain with us
and those for whom we grieve ~
Wayne Loder*



Reserve Rooms Now for 2011 TCF National Conference in Minneapolis, MN

Room reservations can now be made for TCF's 34th national conference, this year in Minneapolis, Minnesota July 15-17. The conference, which has the theme "Shining Stars-Guiding Hope" is being held at the Sheraton Bloomington Hotel Minneapolis South, only about 10 minutes from the Minneapolis St. Paul International Airport (shuttles will be available to and from the hotel—as well as the hotel and the Mall of America). Special room rates are \$129 per night for King or Double Bed with third and fourth persons at an additional \$10 each in the same room. Reservations can be made online or by telephone. Go to TCF's national website at www.compassionatefriends.org and click on "TCF 2011 National Conference – Minnesota" under "News and Events" for how to reserve a room and for latest up-to-date information on the conference and the Walk to Remember, held on the final day of the event. Information will also be made available on Facebook at The Compassionate Friends/USA.

Frankfort, Kentucky Regional Conference: March 25-26, 2011 has the theme "Words of Wisdom, Hearts of Love." Speakers will include: Compassionate Friends Executive Director Patricia Loder; Past TCF Board President Patrick Malone; Singer, entertainer Alan Pedersen; Grief expert and popular TCF workshop presenter Mitch Carmody; and Two Star General Mark Graham of the United States Army. There will be a number of workshops including: First 2 Years; Reinvesting in Life; For Men Only; For Women Only; How Have I Changed; Anger & Guilt; Depression vs. Grief; Death by Violent Crime; Sudden Death. There will also be workshops to help strengthen TCF Chapters. For more information, see Frankfort

Regional Conference Schedule. To register, download 2011 Frankfort Conference Registration Form from www.compassionatefriends.org

LOVE GIFTS – The Compassionate Friends Groups (TCF) depends entirely on voluntary contributions from individuals and organizations to meet Chapter Expenses. Please consider making a monetary contribution in your child's name to the Cincinnati-East Chapter of TCF to help defray our expenses. Also, check with your employer to see if it has a foundation or fund that matches charitable contributions. You may be able to get a match of funds to your donation. Donations are tax deductible, please request a receipt if needed. If you have any questions or want to make a donation, contact Joel or Carol Terbrueggen (513) 271-6809, or mail donations to Joe Trevino, 2355 Section Rd., Cincinnati, OH 45237



We would like to extend our deepest thanks for the following recent Love Gifts:

October

Joe & Diana Trevino
Susan & Allen Geisinger
Eva & Donald Bright

In Loving Memory of:

Daniel Trevino
Laura Geisinger
Amanda Marie Dickston

November

Cynthia Douglas
Gregory & Carole Spontak

In Loving Memory of:

John Douglas
Joel Spontak

December

Carla Swartz
Michael & Anne Hall
Tamara Maness Yates
Dana Guastini
Joel & Carol Terbrueggen
Gracie Woprice
Waybe Hatch
May Robinson
Jean Burnside

In Loving Memory of:

Michael Gillis
Kyle Simonson
Tim Cohen
Ralph Keyes
Justin Terbrueggen
Janet Woprice
Ashley Hatch
Matt Simpson
Ryan Burnside

*Normal day, let me be aware of the treasure you are.
Let me learn from you, love you, savor you, bless you before you depart.
Let me not pass you by in quest of some rare and perfect tomorrow.
Let me hold you while I may, for it will not always be so.
One day I shall dig my nails into the earth, or bury my face in the pillow,
or stretch myself taut, or raise my hands to the sky,*

and want more than all the world for your return. ~

by Mary Jean Irion

MEETING REMINDERS:

**GREATER CINCINNATI-EAST CHAPTER
ST. TIMOTHY'S EPISCOPAL CHURCH
8101 BEECHMONT AVE.
CINCINNATI, OHIO 45230**

**Meets the fourth Tuesday of the month at 7:00 p.m.
(Except for December)**

**Next Steering Committee Meeting – 4/14/2011
At the Anderson Township Kroger on Beechmont
Ave in the Cafeteria area. 6:30pm**

We hope to see you there, your input matters!

Upcoming Meetings:

February 22nd – Hindsight, looking back, moving forward

**Facilitated by:
Dianna Mitts & Annette DeCamp**

**March 22nd – Meet My Child
Facilitated by: Marsha Lohbeck**

**April 26th –
Facilitated by: Ken Czillinger**

**Mark you calendar!
May 24th – Annual Balloon Release
Facilitated By: Joel & Carol Terbrueggen**

If you haven't been receiving e-mail notifications about meetings, and would like to receive them, please send your e-mail address to Joel Terbrueggen at joelt@cinci.rr.com

More Meeting Information:

What is the memory board? Many of us feel our child (children) around us as we gather to remember them and our memory board gives others a visual of the dear sweet part of us we are missing. The memory board is displayed at each meeting and kept with our supplies until the next meeting. **It means so much to put a face with a name. Would you please share a picture of your child with us? Please bring in any photo (up to 5x7) to place on the memory board.**

If you would like to make a little snack to share with the group it would be greatly appreciated. Please tell us if you are remembering a special day for your child so we may celebrate with you.

Would you like a "Picture Button" made of your child? Please bring a photo to the meeting and see Marsha Lohbeck, **she will cut** and press your picture into a beautiful button for you. There is no charge, but donations for supplies are graciously accepted. Actual Button size 2 ¼ inches.

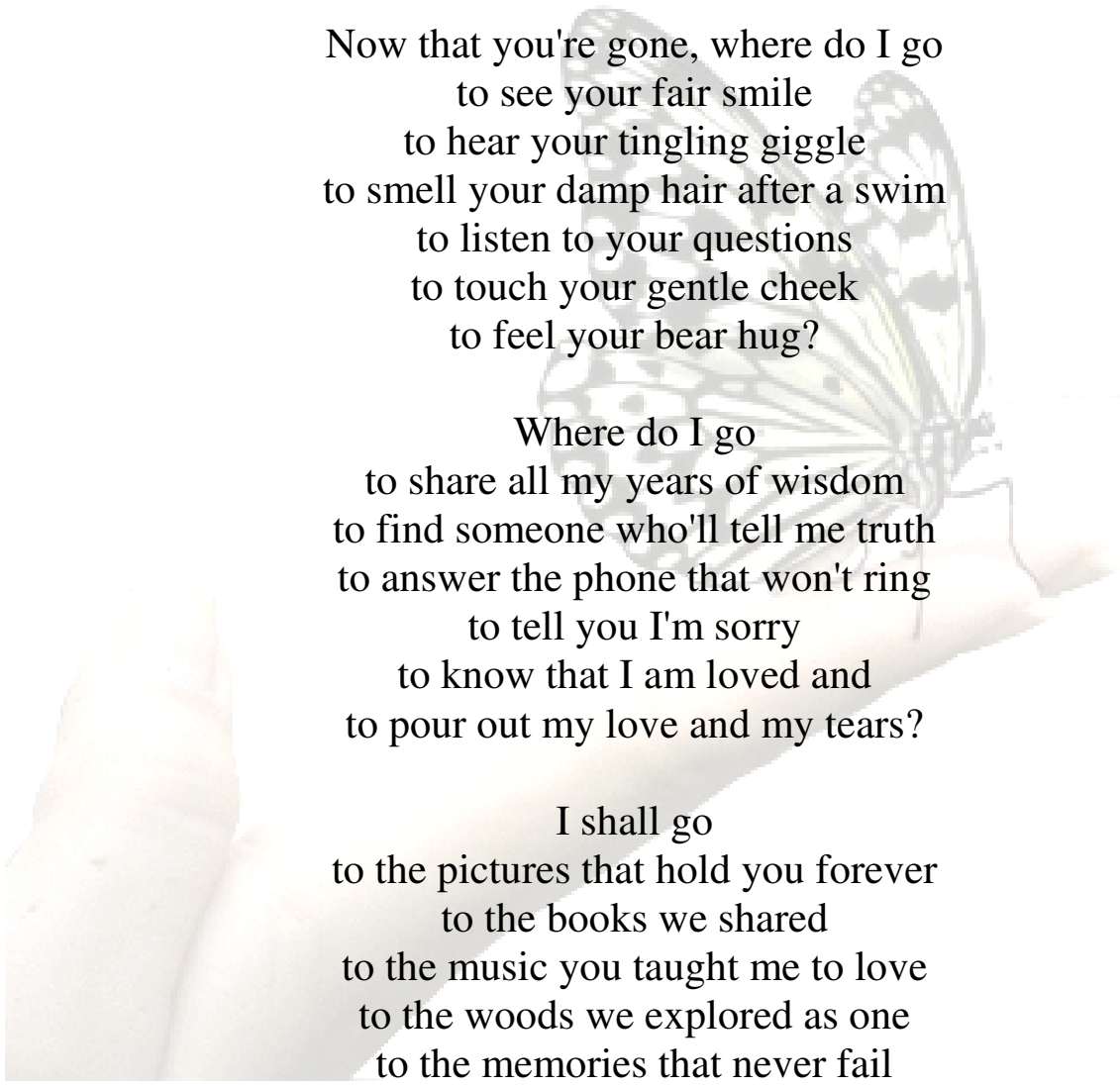
Our Librarian, Diana Trevino maintains the library cart with an exceptional selection of reading material and some DVD's covering all stages of grief and that are available for check-out at each meeting. Please see her to check-out the selection of your choice or go over reading material available, she will be happy to help you.

Would you like to make a submission for the Quarterly Newsletter? Poetry, letters and thoughts are always needed and I (Annette DeCamp) would be honored to remember your child in a future Newsletter. Please see me at any meeting or e-mail your submission to: adecamp@roadrunner.com. We welcome any ideas or suggestions for the Newsletter. If I have made any errors, omissions, incorrect dates, misspellings, or any incorrect information, I apologize and ask that you please notify me:

Annette DeCamp (513) 886-1634

Please visit our chapter website at: www.tfciney.com Tim Vinson posts new chapter information and shares our children's photos on this very special site reaching thousands of visitors each year. Please e-mail him directly tvinsonv@aol.com to have your child's name added to the candle page with a flickering flame next to it and your child's photo added to the tribute pages. If you have questions about the website, he would be glad to speak to you at any meeting.

WHERE DO I GO?



Now that you're gone, where do I go
to see your fair smile
to hear your tingling giggle
to smell your damp hair after a swim
to listen to your questions
to touch your gentle cheek
to feel your bear hug?

Where do I go
to share all my years of wisdom
to find someone who'll tell me truth
to answer the phone that won't ring
to tell you I'm sorry
to know that I am loved and
to pour out my love and my tears?

I shall go
to the pictures that hold you forever
to the books we shared
to the music you taught me to love
to the woods we explored as one
to the memories that never fail
to the innermost reaches of my heart
to where we are always together.

Marcia Alig
TCF, Mercer Area Chapter, New Jersey



Our Beloved Children Remembered



Lighting a candle, cherishing a birth.....

January

Ann Elizabeth
Robinson-Houck

Bryan Shaw	Lisa Rene Maynard
Cerinne Houston	Scott "Scooter"
Clair Boyd	Christian
Daniel Tervino	Sienna Jean
Jerrica Nevaeh	Rubinstein
James	
Kristyana Mari	
Burton-Sutton	

February

Aaron Ziller	Jeff Chacksfield
Alex McAninch	Joel Spontak

March

Ashley Lane Hach	Tara Marie Kearney
Charles "Chuck"	Robby Kelly
GouldIII	



Lighting a candle, remembering a life.....

January

Brent Geiger

Cerinne Houston	Tim Cohen
Chanda Nicole	William Joseph Fay
Riley	Kyle Davis
Sienna Jean	Simonson
Rubinstein	

February

Andie (Andrea)
Gordley
Ann Elizabeth
Robinson-Houck
Justin Schumacher

Karen Kappelman
Tara Marie Kearney
Tom Hornschemeier

March

Eric Mongenas
Paul Saenz

Justin Terbrueggen
Lisa Rene Maynard

The Birth and death of our loved ones are always very difficult. Please remember to include these families in your thoughts on their very difficult day. It would be nice to give these families a phone call or send them a card saying, "I am thinking of you". For addresses or phone numbers, you may contact Joel Terbrueggen at (513) 271-6809 or joelt@cinci.rr.com

The Clock

In my office is a regulator clock. I bought this clock for my son as a gift for his 16th birthday. I told him that the clock was symbol of what I had worked to give him.....roots and wings. It was in his room until he was 22 when he married and bought a home of his own. When he was first married the clock had an honored place in his small "starter" home. It was placed in the entry hallway, above a special table that he and his wife had purchased.

8 years later, the decision was made to "step up" to a larger home. He moved his family into a beautiful home with lots of space for everyone. It was in the "right" subdivision. The little clock was placed in a grander entry hall, above the little table. It looked a bit out of place, but my son kept it there.

In 2001 my son and his wife decided to build a home in a very exclusive neighborhood in west Austin. Todd acted as the general contractor, and he loved building the home. Cost overruns were plentiful-something new for him. One day Todd was painting some trim work around his garage. I went out to spend some time with him and talk. I saw the little regulator clock leaning in a corner of the garage, it's wood case scratched, its pendulum hanging loosely, it's glass door ajar. "What's up with this?", I asked. He looked at the clock, he looked at me, he looked at his Suburban, his house and around the neighborhood. Tears began filling his eyes. In our telephone conversations, I had

learned pieces of the problem, but not the enormous totality of it all. Suddenly, Todd began telling me about the quality of his life. It broke my heart.

The house had cost overruns despite the hundreds of hours Todd put into it. He had taken a substantial cut in pay. His wife did not want to return to her career in human resources, but there was no other choice. This had caused many arguments. His team had been laid off; he expected to be laid off in January. He was working with headhunters, but there wasn't much out

there for him. He regretted many decisions. He had placidly gone along with the slow program until he had morphed into someone he didn't know anymore. Materialism, more money, more things, the stress of traveling, the corporate games. Oh, he hated the corporate games. He wanted a simple life; he loved building houses. "So, Mom", he told me, "the clock is a reflection of me.....I can't feel my roots and my wings. I have lost touch with myself."

I told him he was wise to see the problem and analyze it. I reminded him of his grandfather's favorite quote.....

"heat melts butter and it strengthens steel." I told him this adversity would make him stronger,

wiser, less susceptible to the vanities of our society and the personal pressures to accept an empty value system. Adversity would strengthen his roots and wings. We talked for quite a while. We talked about a positive attitude. We knew he would make it work. He had returned to his roots.

Two months later Todd was killed. After his memorial service the family was standing in the driveway; the garage door was open. I looked at the regulator clock. His wife didn't know what was wrong with it. I offered to take it and see if it could be repaired. She shrugged; it didn't matter to her. Later I went inside and noticed the handmade wedding ring quilt I had given them as a wedding gift it was laying in a ball on the game room floor. Then the reality hit

me. My poor child. The quilt and the clock were the symbols of a value system that I gave him. Tears filled my eyes. The memory of his pain was haunting.

I took the little regulator clock home, touched up its case, cleaned its glass, polished it and fixed the pendulum. I set its hands at 1:50, the time of Todd's death. I look at that clock 100 times each day knowing that my son had rediscovered his roots in this life and that his wings are now eternally intact.

Annette Mennen Baldwin
TCF, Katy, TX

In memory of my son, Todd M. Mennen
July 24, 2005



HOPE

By Kathleen Leeper ~ TCF, Valley Forge PA

My heart has been broken.
My soul has been crushed.
My mind has gone to depths I never knew existed.
Places where only God,
In his most infinite Love, could understand.
And even He could not console me at times.
But I am here on earth,
For whatever reason I still do not know;
And I have hope that, in time,
God will show me the way
And give rhyme to my reason.
So I wait in hope for a future
And a new beginning.



Holding Onto Love

*Trees and flowers seem suddenly reborn,
As another spring arrives fresh and new,
Surrounded by such beauty,
My thoughts turn to you.
As another college graduation looms,
Great excitement fills the air,
Glancing at the smiling students,
I still search for strawberry blonde hair,
No matter what I do in life
You are always there,
I feel your presence constantly,
As each new experience we share.
Though physically, you have left us,
Your love remains here to stay,
A bond so strong and nourishing,
It gets us through another day.*

By Chuck Collins
Burke/Springfield/Fairfax Chapter TCF

THE BITTER TEARS OF LOVE LOST

Peter Smith, age 15; sibling to Gregory Smith

Because of my status in
society
I can look below to poverty

and realize no matter how
frustrated I get,
I will always be very lucky
to have a family
who loves and cares for me.
But still the tears roll down
my face
and my cheeks are forever
stained
because I know as long as I
live
my heart will always be
pained.
I was left in shock, pain,
and fear,
left with your unspoken words
which
I will never hear
But in my days of sorrow when
I feel that I will fall I can
only repeat the phrase to
myself,

"It is better to have loved and
lost than to
never have loved at all."



TO MY SISTER

By Cindy Keltz ~Arlington Heights IL

You touched us all, you loved us all,
Forever giving, forever caring,
Forever forgiving.
Never wanting in return.
Blessed are those who shared your life
Rich are those who carry your memories.
Please rest now; your chores we will finish.
'Til we meet again

Memories

I went to the beach on vacation this year
to the spot where the boys used to play
I remembered castles in the sand
that the tide washed away.

I've felt every day of the last five years
one lesson I've finally learned is this:
Unhappy memories are best kept in the back of the
mind
the good ones are treasures we will always miss.

Our house is full of pictures, they keep memories
alive
right now that is all that can be
I don't know if you have those in heaven

but I hope you remember me.

Two thousand ten, twentieth of September
another sad day we will always remember
Cozmo, our Beagle, left us to begin a life anew
we hope he is in heaven with you.

With each step that I take
I am nearer the end
clutching my memories, following other footsteps
to the light around the bend.

I look forward now to a once a month meeting
all people there are just like me
we speak in loving memory of our children
we hug each other, we cry
hearts that will never be unbroken
all asking the same question: Why?

**For Brennan
1978/2005**

By: Tom Murphy

To Our New Members:

Coming to those first few meetings is the hardest thing to do. But you have nothing to lose and everything to gain. Please remember, nothing is required of you. There are no fees or dues. You need not speak a word, if you chose. We are here to comfort and support you because, "we have been there." We have all had parts of our hearts torn apart, yet our wounds get a little smaller with the loving touches, friendly smiles and kind reassuring words from each other.

Try not to judge your first few meetings as to whether or not TCF will work for you. At your first meeting you were probably hoping that TCF could get you over your terrible pain and depression, loneliness, guilt and anger and all the other faces of grief. I know I did! Instead you meet other parents who are still coping with forms of grief after months or even years but there are some parents who are truly "OK." It's a process and takes time as we rebuild our lives, one piece at a time. Each meeting may provide a piece, with which to rebuild, eventually you will find the road to recovery, as we did.

To Our Long-Time Members:

We are deeply saddened when we have to welcome new members to our circle, knowing there are parents, grandparents and siblings hurting as much as we did when we first started coming to TCF. It reminds us of the deep loss and pain we felt as we walked through the doors at St. Timothy, for the first time. We need the help and

support of our-time members to help these families. Will you consider coming to a meeting to help listen, and talk with newly bereaved family members, as often as you are able?

Please remember your first meeting of The Compassionate Friends, as you began your grief journey, there were those who listened and hugged us and cried with us. If two years or more have passed since the death of your child, and you feel that you ready to give back, please consider a place of service in our chapter. There is a job for everyone, please give me a call, 513-271-6809.

Thank you from all of our children.....
Carol



In Closing by Annette:

An acquaintance at work asked me to be friends on Facebook recently. I accepted and was looking at her posted photos when I noticed a picture of a wrecked car. The caption went on to tell of her son’s car accident and responders having to cut him from the vehicle. She went on to say how blessed she is that he was okay, broken hip, cuts, bruises but recovered fully. It is those innocent moments that I can’t see coming when my grief that is now years old has a fresh sting to it and all the “Michael” memories coming flooding back. I have learned to give myself a few minutes to remember and with a tear in my eye I may give Michael a peace sign (my little silent gesture to him). I am learning as I go through this grief journey that the pain changes.....life gets easier to live.....but, I now believe that I will always have those “surprise” moments when my thoughts are jolted back in time to that dreadful day. I am learning to be this new person with oversized baggage and some days are harder than others. Can we prepare for those surprise moments? Sort of, as they happen, we do get better at dealing with them. You too will one day be in a place that you can give yourself a minute.....remember.....give your own little sign and get ready for the next one.

So much love.....Big Hug.....Annette

On behalf of the Steering Committee, until we see each other again, we wish you peace, love and the ability to allow a few smiles to cross your face

REGISTRATION

NEW RENEWAL CHANGE OF ADDRESS TODAY’S DATE _____

LAST NAME: _____ FIRST NAME: _____ SPOUSE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP _____

PHONE _____ E-MAIL: _____

DECEASED’S NAME: _____ DATE OF BIRTH _____

DATE OF DEATH: _____ CAUSE OF DEATH _____

RELATIONSHIP TO THE DECEASED:
 PARENT GRANDPARENT SIBLING OTHER (_____)

I DO _____ I DO NOT _____ WANT THE QUARTERLY NEWSLETTER

I DO _____ I DO NOT _____ WANT THE E-MAIL LINK VERSION OF THE QUARTERLY NEWSLETTER

**PLEASE MAIL REGISTRATION TO:
JOEL TERBRUEGGEN, 5910 CHEROKEE DR. CINCINNATI, OH 45243**

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 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 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

**THE COMPASSIONATE FRIENDS, INC.
GREATER CINCINNATI-EAST
5910 CHEROKEE DR.
CINCINNATI, OH 45243**

DATED MATERIAL—PLEASE DELIVER PROMPTLY

January, February, March 2011

When you need help.... the following organizations provide information and support for those coping with grief:

The Compassionate Friends (National Office)

P.O. Box 3696

Oak Brook, IL 60522-3696

630-990-0010 – Toll Free 877-696-0010

<http://www.compassionatefriends.org>

A national, self-help support organization for those grieving the loss of a child or sibling.

FernSide

Bethesda Professional Building

4360 Cooper Road, Suite 101

Cincinnati, OH 45242

<http://www.fernside.org>

513-745-0111 (M-F 9:30am – 4:30pm EST)

Grief information, resources, and support for grieving children and their families.

RENEW: Center for Personal Recovery

P.O. Box 125

Berea, KY 40403

<http://www.renew.net>

859-986-7878

A grief counseling center for individuals and families that are experiencing a loss, with a specialty in grief recovery counseling for traumatic deaths.

www.tfcincy.com – Our local East Chapter

<http://www.griefnet.org/> - GriefNet online grief support community

<http://www.growthhouse.org> – Information on death and dying issues

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