



***White Plains, NY
Chapter Newsletter***

Dear Fellow Compassionate Friends,

It's been said that the occurrence of rain can be likened to mighty tears of sadness connected with the passing of special people, and with all the showers and thunderstorms we've had this summer, combined with traumatic losses, old and new, how could we not feel its palpable effects? For so many of us who have struggled daily with the reality of beautiful children, siblings, and grandchildren taken from our lives, we've appreciated the gentle words and sensitive help and guidance that our chapter leader, Karen Bauer, has unselfishly given us and as a bereaved parent herself, she has had profound understanding of the depths of our sorrows. While the heavens continue to unleash downpours in this area, saturating everything around us, we've learned of the tragic passing of Karen's husband, Dr. Robert Bauer, after a long battle with cancer. Stories about Bob were shared at his memorial service of his warmth, humor, intelligence, and unending love for his wife, his children, and his beloved grandchildren. One speaker reminded grieving friends and family members that in death, the powerful bond of love remains woven into the tapestry of our lives forever, and the fabric is indeed rich with a multitude of precious, interconnecting threads. The loving support and compassion he expressed through the years for Karen's little Becca was a great testament to his conviction that this little girl's life would always be important. Although he did not know Becca personally, he knew her through Karen's stories and descriptive words, attended many TCF White Plains Chapter candle lighting services and Anniversary Potluck dinner meetings with his wife in order to honor her memory, and smiled - and no doubt, cried - countless times at the very thought of her. Bob had great respect for Karen's commitment to aiding other grieving parents in her role as chapter leader, a role that took untold amounts of time, planning, travel and incalculable measures of emotional energy from her.

The warmth of the summer sun was felt on the day of Bob's memorial service, and those of us from Compassionate Friends who attended, dearly hoped for the chance to surround our friend Karen with the warmth and comfort for someone who had brought so much comfort and support to our lives. She had moved us to tears in a way others present might not have completely understood, for when she'd spoken earlier, she'd concluded her speech with a reference to her beloved Bob - now and forever - being able to play with a little six year old girl. Our inner voices were shouting, "Yeah, Karen!" with great satisfaction, for she was making a clear, yet gentle reference to her bright-eyed, precocious daughter, Becca.

We continue to hold Karen in our hearts and prayerful thoughts, as we extend our condolences to her and the entire Bauer family. Shortly before he passed, Bob told Karen that in lieu of flowers, he'd like folks to donate in his memory to a choice of two worthy causes, one of which is The Compassionate Friends. Exhibiting dignity and a gracious heart right up until the end, Bob understood the vital importance of our group and the abiding mission it works unwaveringly for. He'd seen it, witnessed it, and lived it with Karen, as she'd continued her journey of grief while simultaneously helping bereaved families she came into contact with.

Yesterday's drench of rain gave way to today's sunlit skies, and so we resume our search for signs of hope and happiness in a world that is fraught with uncertainty, loss, and pain. I wish you all comfort and hope for brighter, sunnier tomorrows. I wish Karen love and my promise for abiding friendship and support, as she offered to me, nearly 4 years ago.

In Peace, Dawn Moriwaki (Kait's Mommy)

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TCF National Web Site

www.compassionatefriends.org

White Plains Chapter Web Site

www.tcfwhiteplains.com



Upcoming Events
Mark Your Calendars



Monthly Meetings

The White Plains Chapter of TCF meets on the **first Thursday** of every month at 7:00 pm at the White Plains Presbyterian Church, 39 N. Broadway (between Barker and Rockledge Sts.) in White Plains.

Summer/Fall 2009 meetings:

August 6th
September 3rd
October 1st

**OUR COMPASSIONATE FRIENDLY
NEIGHBORS**

	Meeting Times	Contact No.
Babylon	1st Friday	(631) 271-1054
Brooklyn	2nd Wednesday	(718) 375-3064
Flushing	3rd Friday	(718) 961-0353
Manhasset	3rd Tuesday	(516) 621-6967
Manhattan	2nd & 4th Tues	(212) 217-9647
Rockville Centre	2nd Friday	(516) 766-4682
Rockland County	3rd Tuesday	(845) 398-9762
Kingston	2nd Wednesday	(845) 255-4560
Stamford, Ct.	2nd Monday	(203) 329-2796
Staten Island	2nd & 4th Thurs	(718) 983-0377
Syosset	3rd Friday	(516) 767-0904
Twin Forks/ Hampton Area	3rd Friday	(631) 653-9444 (631) 894-0317

Our Chapter Web site

Our web site is available to you, with hopes that you'll check it out its progress. Go to:

www.tcfwhiteplains.com

If you would like to submit a photo of your child /sibling /grandchild, along with a biography or tribute piece, please feel welcome to send it, either via email to Kyle Moriwaki (brother of Kaitlyn) at

thewoq@gmail.com, or by postal

mail to Moriwaki, 15 Franklin Avenue, Larchmont, NY 10538. Your submission will serve as permission for printing. Your submitted photo and text will be entered onto the web site. Our web site is an abiding reminder of the precious lives of our children, and the powerful and enduring love we have for them, and will ALWAYS have for them.



***Rockland County Compassionate Friends
Children's Memorial Day - Sun. Sept. 13, 2009***

The Rockland County Chapter of TCF invites families to their 18th annual Children's Memorial Day. It will take place at 1 p.m. on Sunday, September 13th, at the Children's Memorial Garden in Veteran's Memorial Park, in Orangeburg, NY.

The service, celebrating the lives of children, grandchildren, and siblings who are no longer with us, includes readings, poetry, music, and a balloon release. If you attend, you are encouraged to bring your own chair, and your child's name can be read aloud if you contact the organizers in advance.

For further information on the Rockland County TCF Chapter, or on the Children's Memorial Day service, call Stephie Hesse at 845 735 8829 or email her at stephie8829@aol.com (being sure to write TCF or Children's service in subject space.) For directions, call Anita Becker at 201

A Sister's Journey to the "New Normal"

May 31, 1995, marked seven years since my only sibling, Dave, died from cancer at the age of 32. That June 28th, we would have been celebrating Dave's 40th birthday with a big party, and I'd be kidding him about going bald, just like all the Snepp men before him.

Instead, I would be getting ready for The Compassionate Friends' National Conference, at which I would share memories of his brilliance, great smile, and sense of humor with those who would never have the pleasure of meeting him in person.

At that point in my grief journey, most were good memories of how Dave lived, rather than bad memories of how he died. I can't recall the moment when that shift of perspective occurred, but I would like to share a few memories and milestones that have marked the way:

* Months after Dave died, I went to see the movie *Big*, starring Tom Hanks, and lost it when his mother stared out the window wondering if she'd ever see him again. I watched the movie again a few years later and didn't 'lose it'.

* It was three months before I felt up to sharing with anyone the details of the day my brother died at his home in Bellevue, Washington, in the company of Mom, Dad, and me. On the way home from that emotional conversation, I drove the wrong way down a one way street in downtown Chicago - it might be smart to have a friend drive you to your first few TCF meetings!

* I discovered that the grief path is not a straight line. A few good days would be followed by several bad ones. I've heard other TCF members call this their "roller coaster ride".

* For a year, I couldn't keep the radio on if "Wind Beneath my Wings" came on. For the next year, I kept it on but cried through it. Then, seven years later, I could usually make it all the way through without any tears.



* With the help of TCF, I realized that despite friends expecting it to be possible, I'd never be "back to normal". My focus, instead, shifted to finding my "new normal". While I can't point to a time when *that* happened, that was a milestone.

* For three Christmases after Dave died, I didn't put up a tree in my condo. Then for the fourth, as I was getting out ornaments for my first tree since his death, I came across a bunch of ornaments that he had had in his apartment. I came totally unglued then, but that, too, changed as I began to look forward to seeing those ornaments at subsequent Christmases.

* It was three years before I felt that I had enough emotional energy to pursue a relationship. But I never did get to the point of having a lot of tolerance for guys I go out with that gripe about their brothers and sisters.

* A vivid 'landmark' along my grief journey came five years after Dave's death. Following my dad's father's death, we were in Atlanta cleaning out my grandfather's apartment, and I came across a pile of postcards and letters that Dave had written to my grandparents through the years. Earlier in my journey, a 'blind side' such as that would have sent me into a tailspin. In this case, though, my immediate reaction was one of happiness, for I had found a part of Dave that I didn't know I still had!

* I saved a few of the postcards, sent a couple to my cousin who was referenced in some of the letters, and (amazingly) threw the rest away. It was fun to share the memories, but I didn't feel the need to hang onto them. It was at that point, five after my brother died, that I truly felt I was closing in on that "new normal".

* **shared by Karen Snepp, TCF Stages Newsletter, 1995**

Siblings Forever

Sibling Chat: Available for adult and teen siblings to share concerns and feelings. Thursday evenings from 9 - 10 pm. EST. Log onto: http://www.compassionatefriends.org/chat/chat_entrances.

~THE SIBLING CREDO~ We are the surviving siblings of The Compassionate Friends. We are brought together by the deaths of our brothers and sisters. Open your hearts to us, but have patience with us. Sometimes we will need the support of our friends. At other times we need our families to be there. Sometimes we must walk alone, taking our memories with us, continuing to become the individuals we want to be. We cannot be our dead brother or sister; however, a special part of them lives on with us. When our brothers and sisters died, our lives changed. We are living a life very different from what we envisioned, and we feel the responsibility to be strong even when we feel weak. Yet we can go on because we understand better than many others the value of family and the precious gift of life. Our goal is not to be the forgotten mourners that we sometimes are, but to walk to face our tomorrows as surviving siblings of The Compassionate Friends.

TCF White Plains, NY, Chapter Newsletter - Aug, Sep, Oct 2009- Volume 7 Issue 3

We lovingly remember our children, siblings, and grandchildren on birthdays, remembrance days, and ALWAYS!

August Remembrance Days

Christine Premuroso 8/1
Daughter of Rosalie & Bill
Sister of Elizabeth

Dave Manierre 8/7
Son of Amy & Paul

Jonathan Neese 8/9
Son of Sharon McLaughlin

David John Pagliaroli 8/15
Son of Louise & John
Brother of James & Nicole

Nicholas Piccolo 8/18
Son of Janet & Nick
Brother of Michael

Kevin A. Cuming 8/21
Son of Yolanda & William
Brother of Christina

Kathryn Virginia Tuel 8/21
Daughter of Lisa Marcus

Nija Williams 8/21
Daughter of Diane Donaldson

Maggie Anne Sheerin 8/17
Daughter of Sheila Sheerin
Sister of Kiera

Elizabeth 'Beth' Ann Schatkun 8/4
Daughter of Leslie Hutton
Sister of R.J.

Christian TS Tramontano 8/6
Son of Jennifer Love

August Birthdays

Danielle Delango 8/16
Daughter of Joan; Mother of Andrew
Sister of Denis & Deanna

Jonathan David Pfeffer 8/27
Son of Irene Pfeffer

Dave Manierre 8/23
Son of Amy & Paul

Palma Malatesta 8/26
Daughter of Tony & Josephine
Sister of Lina, AnnMarie, Giovanni

Stephen Spina 8/11
Son of Bernice Spina

September Remembrance Days

Brandon Scott Morehead 9/9
Son of Doreen & Rick
Brother of Ricky & Megan

Joseph O'Toole 9/11
Son of Carol O'Toole

Matthew Wiederkehr 9/12
Son of Ronnie & Lee Wiederkehr
Brother of Evan

Karen Knoebel Siegel 09/12
Daughter of Linda Knoebel

Susan R. Cragin 9/25
Daughter of Ed & Ginny Cragin

Caitlin Parrish McDonough 9/7
Daughter of Molly & Don
Sister of Sarah & Ross

Adam Storino 9/16
Son of Mary Ellen & Joe

Stephen Spina 9/17
Son of Bernice

Brandon Brian Bather 9/29
Son of Miesha

September Birthdays
Robert John Orlando 9/1
Son of Pat & Robert

Jimmy Smith 9/6
Son of Jerry Smith

Scott Philip Troiano 9/9
Son of Barbara Troiano

Jacob Peter Waletzky 9/14
Son of Lucy Waletzky

James (Jimmy) W. Delano 9/9
Brother of Kate Minieri

John Paul Rodrigues 9/9
Son of Malita & Joseph
Brother of Michael & Amanda

Laura Kate Winterbottom 9/12
Daughter of JoAnn & Ned
Sister of Aran & Leigh

Gabrielle M. Acevedo 9/22
Son of Sonia M. Moura

Nicholas Piccolo 9/27
Son of Janet & Nick
Brother of Michael

Patrick Kelly 9/29
Son of Mary Nullet

Aliza Caplan 9/30
Sister of Ellen & Stacey
Daughter of Caren & Murray

Brandon Brian Bather 9/29
Son of Miesha

Leah Garcia 9/11
Daughter of Analida

October Remembrance Days
Kaitlyn Valorie Moriwaki 10/2
Daughter of Dawn & Yosh
Sister of Kelly & Kyle

Jason Soury 10/3
Son of Kathy & Aaron
Brother of Michael

Vadim Borkun 10/13
Son of Galina

Brandon Shane Rossing 10/15
Son of Bernadette & Carl
Brother of Brittany

Vincent Joseph Cangro 10/17
Son of Rita Bloom
Brother of Michael

Kathryn Simonetti Green 10/31
Daughter of Barbara & Hal
Sister of Kenneth, Ann, & Maria

Stephanie Pam Crystal 10/27
Daughter of Rhoda & Howard

Cheyenne Elizabeth Thomas 10/23
Daughter of Yvonne

October Birthdays

Dylan Copeland 10/5
Son of Raychelle Copeland
Brother of Darren

Kevin A. Cuming 10/12
Son of Yolanda & William
Brother of Christina

Brandon Scott Morehead 10/20
Son of Doreen & Rick
Brother of Ricky & Megan

Kathryn Virginia Tuel 10/22
Daughter of Lisa Marcus

Vadim Borkun 10/31
Son of Galina

Stephanie Pam Crystal 10/20
Daughter of Rhoda & Howard



In spite of our BEST EFFORTS we may make an error in the listing of dates, names of family members, or not including your child's name. Please notify us and we will make all the necessary corrections in the following newsletter. We apologize in advance if these errors do occur. Thank you for your patience and understanding.

Librarian's Book Reviews

Jennifer Archer, mother of Amanda Rachel, who passed at the age of 20, is a vital part TCF's White Plains Chapter. As an educator and bereaved parent, she has found books to be of great comfort and insight. We are glad to feature Jennifer's perspectives on a particular book; this book, the subject of focus in the last newsletter, seemed to call for a closer look: Jennifer shares, "In our last newsletter, I recommended a small and wonderful book titled, **Healing After Loss: Daily Meditations for Working Through Grief** by Martha Whitmore Hickman, (a bereaved parent). The following is a one page excerpt from her book. I hope you enjoy her message and will read this very helpful, insightful, and loving book.

May 12 - Her love is everywhere. It follows me as I go about the house, meets me in the garden, sends swans into my dreams. In a strange, underwater or above earth way I am very nearly happy. - Sylvia Townsend Warner

In a strange, paradoxical way, the dead do seem to accompany us, like a shadow only slightly removed from our own being. I don't think this happens in any sustained fashion right away. Perhaps we have to wait a while, know the reality of separation, and give ourselves time for the components of our lives to sift down into their new patterns before we can begin to see that the relationship with the one who has died is not over. It is different, but it is not over. It is not what we would wish, but it has its own reality and comfort.

Perhaps our sense of the loved one comes unbidden; perhaps we invoke it by our thoughts. It comes to us in different ways - a sense of the person's presence, of warmth and love in the room. A dream that speaks directly to our need.

Long ago, when my grief was still quite new, I wondered aloud to my son about the origin and meaning of one of these experiences - Was it real? Could I trust it? And he said, "Why don't you just accept it as a gift?"

*****I will listen. I will welcome as gifts the memory and presence of love.**

Anniversary Donations

The following donations were mad on the occasion of the 7th anniversary of the formation of the White Plains Chapter of The Compassionate Friends, and we very much appreciate these contributions.

Molly & Don Parrish - Donated in Memory of **Caitlin Claire Parrish McDonough**

Leslie Hutton - Donated in Memory of **Beth Schatkun**

Barbara & Hal Simonetti - Donated in Memory of **Kathryn Simonetti Green**

Bob & Karen Bauer - Donated in Memory of **Rebecca Obermeier Coyle**

Yvonne Thomas - Donated in Memory of **Cheyenne "Annie" Thomas**

Brenda Pancham - Donated in Memory of **Andre Jamal Pancham**

Lucy R. Waletzky - Donated in Memory of **Jacob Peter Waletzky**

Dolores Rizzetta - Donated in Memory of **Lauren Rizzetta**

Pat (Veronica) Orlando - Donated in Memory of **Robert John Orlando**

Galina Borkun - Donated in Memory of "my son, **Vadim Borkun**"

Maria & John Ong - Donated in Memory of **Githa Rosanna Ong**

Sandra L. Murphy - Donated in Memory of **Eric P. Murphy**

Barbara McEwan - Donated in Memory of **Lance Hagan**

John, Renee, Brother James & Sister Sofia Mooney - Donated in Memory of **Jack Francis Mooney**

Janet & Nick Piccolo - Donated in Memory of **Nicholas A. Piccolo, Jr.**

Luis & Christina Lopez - Donated in Memory of **Carlos Alberto Lopez** ("forever in our hearts")

Linda Knoebel - Donated in Memory of **Karen Knoebel Siegel**

JoAnn Winterbottom - Donated in Memory of **Laura**

Marilyn A. Plantholt - Donated in Memory of "my dear son, **Scott Joseph Plantholt**" (12-18-67 - 4-26-05)

Mary Callaghan - Donated in Memory of **Kevin Callaghan**

Dominick & Ann Marie Marino - Donated in Memory of **Joseph W. Marino**

Josy LaSala - Donated in Memory of **Michael A. Stingone** ("my son")

Mary-Ellen & Joe Storino - Donated in Memory of "Our Beloved Son **Adam**"

Sandy & Perry Levine - Donated in Memory of "our son, **Lawrence**"

WAITING ON A DREAM

A cylinder of smooth quartz
No larger than my pinky
Lies upon my windowsill.
Absorbing the sun's rays
Energy to connect our souls
In my dreams
As the shaman promised.
I close my eyes
To enter the sacred realm
Where she promises you dwell.
The crystal beneath my pillow
Cradled in a tiny sleeve
Purple and orange yarn.
Your favorite colors
And now mine too.
Not last night.
Nor the night before.
Nor the countless nights
Since you were taken
Have you visited my dreams
To whisper your presence.
Trusting the shaman
Believing in magic

I wait.

Poem by JoAnn Winterbottom,
mother of Laura Winterbottom



We regret that the following names were left out of the last newsletter page of birthdays and remembrance days. We apologize for the omission:

Kelly Rose Cortesi: born May 30; passed July 23

Daughter of Mary Cortesi; brother of Kyle

Miranda Kaylee Pascal: passed July 26

Daughter of Elaine Kanas

Kerry Gallagher: born May 6

Sister of Eileen Brown

Newsletter Submissions

This newsletter is created for you, our TCF White Plains members, and we welcome your input in so many ways. If you would like to contribute a poem, a tribute, a reflection, or helpful words of insight or advice, we would gladly print it in an upcoming issue. Your child, sibling, or grandchild is always in your thoughts, and perhaps you feel a desire to share those feelings. Send submissions to: dawncrista@gmail.com or mail to: Dawn Moriwaki, 15 Franklin Ave. Larchmont, NY 10538. Please consider the limited space available. We look forward to hearing from you!

Pictures and Dates - - The TCF national headquarters has contacted us concerning information that we publish in our newsletter and on our website. Their advice is that complete birth dates and complete remembrance dates should not be published. They have discouraged the use of birthdates at all, but have said that in lieu of a complete date, the month and day can be included, but not the year. They have also discouraged us from publishing pictures. The reason for the recommendations regarding dates has to do with a concern over identity theft. The reason they have recommended that pictures not be published, particularly on the website, is that "all control over its use is lost once a picture is posted". For those whose children's photos are already posted on our website, we will contact them individually to gain permission for their child's image to remain on the website. Those who wish to add their child's picture will be asked to sign a permission statement. Please feel free to leave a message on our phone line if you have any questions or concerns about this. We all are grateful to see our child honored and remembered. This notification is a reminder of the ways of the world and our need to continue to protect our children and siblings.



Donations were generously made to The Compassionate Friends National Organization, in memory of Dr. Robert Bauer (husband of TCF White Plains Chapter leader, Karen Bauer):

Rita & Sid Bloom
Patty Cosgrove

Wing Beats

for Kate

This morning I saw birds,
thousands, flying in a band
like the Milky Way, the terrain
of the flock that shapely light.

Starlings, I thought, for they were dark
against the sky and substantial -
their mottled coats smoothed and blackened
by wind and imperfect human eye.



That is how I imagine the heavens,
populated with movement and color
I cannot see. Not in months or years,
but time measured in wing beats.

Crows rose from the trees last fall. Branches
fell like whips. Today geese pass overhead,
whirring with the cadence of a drum - Between
each wing stroke an echo of perfect silence,
your heartbeat.

(by Kathleen Shemer for Kathryn Simonetti Green.
Barbara Simonetti, mom of Kathryn, writes, "Kathleen
was one of Kathryn's good friends. This was read
at her gravesite on the one year anniversary of
her death. Her friends called her 'Kate'.)



-In Remembrance of September 11th -

The approach of September 11th conjures up images of tragedy and devastation, the magnitude of which we can never fully fathom, nor accept. This marks the 8th anniversary of the loss of approximately 3,000 lives, which gives us great pause for important reflection and solemnity. Although the heinous acts of terrorism will always defy understanding in a world that strives for goodness and humanity, we must always remember the wonderful, bright, talented, hard-working, loving children (big and small), brothers and sisters, parents, spouses, and good friends who were lost on that day. We continue to hold them in our hearts, with great reverence and respect.

Love Gifts

We are grateful to parents, grandparents and others who, by their love, gifts, honor children who have died. Love gifts allow us to offer resources, (such as this newsletter, books, brochures and pamphlets) at no cost to assist bereaved families. Love gifts are just that, gifts! They are not required, but they are very helpful and very much appreciated. All gifts are tax-deductible.

In honor/memory of (circle preference)

.....

Dates.....

Message.....

.....

.....

From.....

Phone number..... (Please include this information in case of questions)

Mail this form, along with check (made out to TCF of White Plains), to:
 Rita Bloom (Treasurer)
 981 Pierce Ave., Bronx, NY 10462

All "Love Gifts" will be announced in the newsletter!

LOVE



GIFTS

In Memory of: **Steven Joseph Piccolo** (7-14-88 - 3-30-05)
 Message: "Happy 21st Birthday in heaven. We love and miss you dearly." From his parents, Rosa and Frank Piccolo

In Memory of: **Adam Storino** (7-4-83 - 9-16-06)
 Message: "Happy Birthday Adam! We love you and miss you so much! Till we meet again." From Mom, Dad, Sal, and Amy

In Memory of: **Nicholas Rodriguez Anselmo** (5-5-75 - 2-21-90)
 Message: Love from Mom (Dolores Anselmo Isanberg)

Compassionate Friends Credo

We reach out to each other with love, with understanding and with hope. Our children have died at all ages and from many different causes, but our love for our children 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 and creeds. 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 we feel helpless and see no hope. Some of us have found our faith to be a source of strength; some of us are struggling to find answers. Some of us are angry, filled with guilt, or in deep depression; 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 our children. We are all seeking and struggling to build a future for ourselves, but we are committed to building that future together as we reach out to each other in love and 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



TCF WHITE PLAINS CHAPTER
 P.O. Box 48
 White Plains, NY 10602

