



**The
Compassionate
Friends**
Sioux Falls Chapter
Supporting Family After a Child Dies

June 2015

Upcoming Meeting: June 2, 2015

Meetings are held on the first Tuesday of each month at 7:15 with the exception of December.

Westminster Presbyterian Church

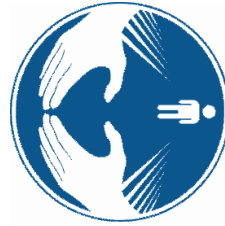
3801 E. 26th Street

Sioux Falls, SD

There is no religious affiliation.

www.compassionatefriendsofsiouxfalls.com

The Compassionate Friends is a support group for those who have experienced the death of a child at any age, for any reason.



**The
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Sioux Falls Chapter
Supporting Family After a Child Dies

*If you are no longer interested in receiving this newsletter,
please contact us at:
rstoeker53@gmail.com*

The Compassionate Friends
Sioux Falls SD Area Chapter
2804 South Kingswood Way
Sioux Falls, SD 57106

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New Website Online!

We are excited to announce that the Sioux Falls chapter of the Compassionate Friends has a new and improved website! One of our members, Kirk Lee, has been diligently working on an upgrade for the last several months. The web address for the site has changed to www.compassionatefriendsofsiouxfalls.com (rather than .org as it was previously). The new site includes the basic information about the Compassionate Friends organization and contact information for our chapter. We will also have the newsletters available for download in a PDF format. Another important part of our website is a page devoted to our children. Any parents who wish to can have their child's picture and name included. If you would like to have your child included, please email a picture and your child's information to Kirk at kirklee@gmail.com.

Please take some time to go to the website and look around. If you have any suggestions of things we could add or change, please email Kirk.

A Father's View of The Compassionate Friends: Courage, Surprise, and Understanding

Attendance Requirement: Courage.

I don't think I am unique. I did not want to attend a meeting of Compassionate Friends.

I was coerced by my wife. It was subtle but effective. My son, on the other hand, made a devil's deal; he agreed to go to the next meeting in exchange for a favor—his debt some weeks away. The thought of discussing death nauseates me. We, my son and I, had made a bad deal.

The Meeting: A Surprise.

I was surprised to find I was not the only man to have lost a child. There was a reality to that recognition.

My loss, not unlike yours, is a personal matter. No one can tell me how I feel or how I ought to feel. Yet, the group never made me feel guilty about my selfishness; they understood.

The Result: An Understanding.

Compassionate Friends is not an efficient organization. There are no systems, no quick easy cures.

Grief is a catharsis. Most of what you hear here you will dismiss; it will not apply to you. But, there are nuggets—small ideas you will want to try or things you will want to think about. Some you will try. Many you will discard. Only a few will help the pain. These, you will treasure.

Your friends and associates may try to understand your grief and try to help. They can do neither. They don't understand. The people at the meetings do understand. And they try to help.

My son felt he had gained little from the meeting. Yet, he left feeling he had helped someone else deal with his grief. What a marvelous satisfaction for a 15-year-old.

What's in it for you? Compassionate Friends is here to help—to listen, to suggest, to understand.

If you handle your grief well, you do not need Compassionate Friends. But we need you. Your approach or method of dealing with grief could help one or more of us. Please share it.

*Bob Watts
TCF Stamford, CT*

As part of remembering our children, we will have a table set up for you to bring pictures and anything you wish to share about your child during the month of your child's birthday.

TCF Leaders for Sioux Falls:

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The Compassionate Friends

National Office: 877-969-0010

www.compassionatefriends.org



The Gift of Love



Please send in love gifts by the 5th of the month so that they may be included in the following month's newsletter.

Your donation is greatly appreciated.

In Memory of: _____

Love Gift Amount: _____

Submitted by: _____

Address: _____

Send your love gift to:

Tami Meeker
48424 Beaver Valley Rd
Valley Springs, SD 57068

From Glen & Darla Vilhauer



In loving memory of



In loving memory of



Chelsea Ann Vilhauer

Adam Thompson

From Troy, Ann, & Abby Thompson

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.

When an older person dies you have their long life experiences to reflect and look back on. When a young person dies, you have a much shorter list of life experiences to look back on and a long list of things they didn't get to add to their list.

*Dave Gabriel
2-4-15
TCF Sioux Falls Chapter
In memory of Anthony Gabriel*

HONORARY ASSOCIATES OF COMPASSIONATE FRIENDS

Sponsors are considered Honorary Associates of our organization and are recognized at the level of their donation. We would like to offer our sincere and grateful appreciation to the following supporters:

DIAMOND (\$500)	GOLD (\$150)	SILVER (\$100)	FIBERGLASS REPAIR
First Premier Bank	Soil Technologies, Inc.	George Boom Funeral Home	Julie Job—Re/Max Professionals
	Heritage Funeral Home	Dindot-Klusman Funeral Home	
	Miller Funeral Home	Catholic Family Services	
PLATINUM (\$250)		BRONZE (\$50)	
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DE & TS (Josh Fiedler)		Weiland Funeral Chapel	
Sisson Printing		Key Real Estate—Jim Carlson	Shaffer Memorials
		Minnehaha Funeral Home	
		Hartquist Funeral Home	
		Caroline Christopher	
		Dr. Richard Howard	

Special thanks to:

WESTMINSTER PRESBYTERIAN CHURCH—hosting our monthly meetings
MILLER FUNERAL HOME—providing cookies for our meetings
AVERA—donating the printing of our newsletters

Compassionate Friends to Benefit from Butterfly Release

We are excited to share that we have been chosen to be the beneficiary of the proceeds for the 8th annual AseraCare "A Butterfly to Remember" ceremony on Tuesday, June 16, at 5:30PM at Sertoma Park. There will be a special program that includes a speaker followed by a touching ceremony where butterflies are released in memory or honor of special loved ones of the attendees. The evening concludes with a light meal and fellowship.

Butterflies are \$12 each and pre-registration is required by **June 1st**. Please refer to the form below for details and the order form. We hope to see many Compassionate Friends members there. This is a wonderful opportunity to honor our children while also reaching out to others who may benefit from what our Compassionate Friends group has to offer. Please plan to attend!

aseraCare
hospice

A Butterfly To Remember

Benefiting The Compassionate Friends

5:30 pm Tuesday, June 16, 2015

Sertoma Park Shelter, Sioux Falls

Preregistration Required by June 1



Name _____
Address _____
City _____ State _____ Zip _____
Telephone _____ Fax _____
Email Address _____

With proceeds of this event benefiting a charity we ask that you please purchase additional butterflies if you wish to honor multiple loved ones.

Name of Person(s) being Honored / Remembered

Print Name _____
Print Name _____
Print Name _____
Print Name _____
Print Name _____

**If ordering more than 5 butterflies, please
submit additional form(s). **

Mail or fax registration form to:

AseraCare Hospice

528 North Sycamore Avenue

Sioux Falls, SD 57110

605-361-0700 phone

605-361-9476 fax

Cost per Butterfly is \$12.00

Cash or Check please

Please make checks payable to:

AseraCare Hospice



Number of people attending:

Men Do Cry

I heard quite often “men don’t cry”
Though no one ever told me why
So when I fell and skinned a knee
No one came to comfort me.

And when some bully boy at school
Would pull a prank so mean or cruel
I’d quickly learn to turn and quip
“It doesn’t hurt” and bite my lip.

So as I grew to reasoned years
I learned to stifle any tears.
Though “Be a big boy” it began
Quite soon I learned to “Be a man.”

And I could play that stoic role
While storm and tempest wracked my soul.
No pain nor setback could there be
Could wrest one single tear from me.

Then one long night I stood nearty
And helplessly watched my son die
And quickly found to my surprise
That all that tearless talk was lies.

And still I cry and have no shame
I cannot play that “big boy” game.
And openly without remorse
I let my sorrow take its course.

So those of you who can’t abide
A man you’ve seen who’s often cried
Reach out to him with all your heart
As one whose life’s been torn apart.

For men do cry when they can see
Their loss of immortality.
And tears will come in endless streams
When mindless fate destroys their dreams.

*Ken Falk
TCF NW Connecticut Chapter*

Our Children Remembered—June

Child's Name	Date of Birth	Date of Death	Parents
Larry Zoellner	2-Jun	14-Nov	Gene & Marlene Zoellner
Jenica Bohlen	3-Jun	15-Dec	Earl & Helen Bohlen
Zachary Heidebrecht	3-Jun	25-Jan	Jeff & Jill Heidebrecht
Michael Hegerfeld	3-Jun	25-Oct	Shirley & the late Marvin Hegerfeld
David McCaleb	4-Jun	6-Jan	Dodi & Russ Bartunek
Perry Carl Mikkelsen	4-Jun	2-Feb	Van & Shirley Mikkelsen
Jarvis Zachary Cassutt	5-Jun	6-Jun	Pat Cassutt
Pam Stewart Orttman	6-Jun	31-May	Shirley & Bob Stewart
Don Monger	6-Jun	30-Dec	Larry & Joyce Monger
Tyler Scott Zulk	7-Jun	19-Jun	Steve & Tammy Zulk
Taylor Brooks Hansen	7-Jun	23-Dec	Kerrie Hansen
Kayla Larson	10-Jun	4-Oct	Sharron & Greg Larson
Ethan Glen Schacht	13-Jun	19-Jun	Kent & Tia Schacht, Gary & Sandi Schacht
Adam Dale McBride	14-Jun	11-Jan	Glen & Karen McBride
Jerry Orttman	15-Jun	31-May	Alyss & Alvin Orttman
Jessi Heiberger	15-Jun	28-May	Tim Heiberger
Paula Jo Brockhouse-Johnson	16-Jun	5-May	Butch & Judy Brockhouse
Jaden Ross Heil	18-Jun	4-Dec	Ruth & (step-father) Kim Stoecker
Brad Deutsch	18-Jun	20-Jan	Sharon Deutsch
Jay Pliska	18-Jun	5-Feb	Ruth & Garry Pliska
Jeff Harms	20-Jun	25-Feb	Joyce & Doug Harms
Debra Lynn (Weisz) Morehouse	20-Jun	26-Jun	Lawrence & Alice Weisz
Bret Alan Moe	20-Jun	11-Nov	Lolly & Gary McCormick (step-father)
Steven C. Thruu, Jr.	21-Jun	22-Mar	Sandra & (step-father) Kevin Larson
Victor Keith Markley	22-Jun	22-Jun	Patty & Earl Markley
Joseph Cynkar	22-Jun	19-Jul	James & Shawn Cynkar
Wayne R Dullerud	23-Jun	26-Dec	Rose Dullerud
Mathew Fortin	25-Jun	4-Apr	Mary Fortin
Brandi Tiemann Grib	26-Jun	3-Oct	Russell & Dawn Tiemann
Darlene Grace Harmon	26-Jun	26-Jun	Erin & Susanne Harmon
Kendall Jerrod Cressman	27-Jun	9-May	Camille & Paul Cressman
Cheryl Stegelmeier	29-Jun	6-Jan	Darlene Dingler

Father's Day

I just finished watching another miserable cologne commercial on TV. For some reason these are the first signs of the upcoming holiday, commercials that are only shown at Christmas and Father's Day to give wives and kids some idea of what to get Dad to celebrate a gift-oriented holiday.

Like the other fathers who read this newsletter, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen. My son's life. An opportunity not to hurt when I see boys who are the age my son should be now. A chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called and wished my father a happy day the night before, and go to the florist for the flowers I will place on my son's grave. I will stand alone and cry for a time, then return home to my wife and our infant son. This year will have a greater measure of peace due to young Dan's arrival, but I shall always have that Alex-sized hole in my soul, a longing that I know I will have until I too die.

Like many bereaved fathers I have felt the lack of understanding of the non-bereaved on how a father should mourn his child's death, and for how long. I do not understand how a society can have such belief in the strength of maternal love, and do such a good job of ignoring the intensity of paternal love. From the people whose only question at Alex's memorial service was on how my wife was dealing with this tragedy, to the long-time friend who didn't understand my choking up after watching a Hallmark Card commercial last year, the majority of people around us seem to have difficulty with the thought that a father may need to grieve for his deceased child just as much as a mother might.

So that is where some support and love is needed, and needed badly. Of course we have Compassionate Friends, but something more personal and closer to home is needed. In a recent newsletter there was a note from New Jersey asking fathers and siblings to be understanding of a grieving mother's needs on Mother's Day. I agree, but I would also hope that you ladies will not forget your husband's this Father's Day as well. It is frequently said that we males don't often talk of our emotional needs, and are reluctant to show our pain, but we need love and 'warm fuzzies' when we hurt also. Please remember us on June 18, and please remember also that those cute little sentimental commercials that hurt you in May, take their toll on us in June. There are definitely times when I can do without Old Spice, McDonalds, Hallmark, and AT&T.

Brothers, I wish you peace, comfort, and love.

*Doug Hughes
TCF Cincinnati, OH
In Memory of my son, Alex*

Our Children Remembered—June (cont.)

Child's Name	Date of Birth	Date of Death	Parents
Angela Joy Post	25-Sep	2-Jun	Warren & Fonda Post
Billy C. Arens, Jr.	27-May	3-Jun	Bill & Marlene Arens, Sr.
Brian James Enfield	24-Jul	3-Jun	James & Jolene Enfield
Nicole M Sikkink	29-Mar	3-Jun	Dean & Janice Sikkink
Jeraine D. Pullman	18-Jan	4-Jun	Joe & Margie Pullman
Cathyn Slinden	29-Sep	6-Jun	Harold & Doris Slinden
Adam Millekan	15-Aug	8-Jun	Bruce & Mary Millekan
Timothy Allen Waterman	11-Jul	9-Jun	Lon Christenson & Troy Waterman
Jeff Nelson	26-Jul	9-Jun	Marie & Robert Nelson
Julian Philip Freitag	6-Apr	9-Jun	Ginny Freitag
Michael Harders	16-Dec	12-Jun	Rebecca Watson-Miller
Justin Ryan Larson	6-Dec	17-Jun	Greg & Terrie Larson
Jason Alan Rollings	26-Aug	17-Jun	John and Darlene Rollings
Jennifer Job-Massa	9-Aug	18-Jun	Julie & Tom Job
Christian James McKeown	23-Jan	18-Jun	Landon & Elena McKeown
Greg Gengler	17-Apr	21-Jun	Jim & Rita Gengler
Lael Aircen Jeanette Seruyange	24-Oct	21-Jun	David & Kristin Seruyange
John Andrew Bartell	29-Mar	21-Jun	Andrew Bartell
Taylor K. Haug	4-Dec	24-Jun	Wendi & Kyle Haug
Lyn Christianson Smart	17-Apr	24-Jun	Lindy & Ron Smart
Todd David Brander	2-Nov	26-Jun	Jan & Ken Brander
Travis Osborne	24-May	26-Jun	Danny Osborne & Linda Andrews
Geoffrey D. Lang	27-Aug	28-Jun	Kathy & Jerry Lang
Austyn Breannen Norton	13-Oct	28-Jun	William Norton & Aimee Meyerink
Angela "Angie" Johnson	12-Mar	29-Jun	Jo & Michael Megill (step-father)
Raynie T. Pullman	14-Oct	30-Jun	Joe & Margie Pullman
Austin Curtis Olivier	11-Jul	30-Jun	Curt & Connie Olivier
SSG Robb L Roling	4-Dec	30-Jun	Rex & Margie Roling

When Fathers Weep at Graves

I see them weep
the fathers at the stones
taking off the brave armor
forced to wear in the work place
clearing away the debris
with gentle fingers
inhaling the sorrow
diminished by anguish
their hearts desiring
what they cannot have--
to walk hand in hand
with children no longer held--
to all the fathers who leave a part
of their hearts at the stones
may breezes underneath trees of time
ease their pain
as they receive healing tears
...the gift the children give.

*Alice J. Wisler
For David, in memory of our son Daniel*

A Fathers Day Like No Other

In June, 2000 it was my third Fathers day without my son Christopher. He died in an industrial accident on September 28, 1997. This was such a lonely day for me as my only surviving child had been out of the country for over a year. I had no one to celebrate being a father with. It started as a very dark and dismal day indeed.

After trying to avoid the trip to the cemetery for most of the day, there was nothing left to keep me away. So my wife Robyn and I went to the cemetery to visit Chris' grave.

While deep in emotion and feeling like I had nothing to look forward to, we were sitting by Chris' headstone remembering how much fun he was and how terribly sad it was not to have him to hold and tell him that I loved him. I was wishing so badly that he could be here to spend the day with me.

I had put my head down to let the tears run off my face. I felt a small breeze come up; it was an unusual breeze in that it came from the north-east, which in June is not a common occurrence. I looked up and noticed this balloon with a lead weight dragging behind it, dancing ever so slowly towards me. We watched it dance across the grass and then the balloon bounced directly into my chest. The balloon had a message that I *know* was from my son Chris. It said "Worlds Greatest Dad". I was so surprised and happy to have received this "Father's Day Gift". I thanked him for the wonderful gift and for cheering me up. There was no one else around or near us; we were not sure where the balloon had come from. I did not notice it at the time but a woman and her 2-year-old son had come to visit her father's grave, which was about 150 yards away from Chris. Robyn and I sat around for another fifteen minutes or so and then decided to leave.

When we left to go to our car Robyn noticed that the lady visiting her Father was frantic and screaming that her son had locked himself in the car. We went over to see if we could help. The son had locked the doors to the vehicle, the windows were rolled all the way up and the mom had left the keys inside. The outside temperature was very warm and the little boy was starting to sweat. The police had been called to come and open the door but they were not sure that they could get there very soon. I was just about to break out the back window when Robyn said let's try to get him to open the door. She took the balloon and tried to coax the little boy to open the door. She told him through the glass that she would give him the balloon if he would just push the button. She kept pointing to the button that would release the door lock. Suddenly the lock popped open, we didn't notice it at the second the lock popped up, but later we realized that the boy's hand was no-where near the lock when it opened. We got the boy out and Robyn gave the little boy my Fathers day gift from Chris. The boy's mother looked at the balloon and asked where we had gotten that balloon because she had left a balloon just like it on her dad's grave the day before. We looked for his balloon and it was gone. It turned out to be the same balloon that had bounced across the grass and bumped into my chest earlier. The balloon was now in the hands of his grandson.

The events of that day have been with me ever since. First of all, I know that my son sent that balloon to me to help me through my sad and lonely Father's Day, and that he also helped to save that boys life.

*Mark Kingery
TCF Salt Lake City, UT
In Memory of my son, Christopher*