



**The  
Compassionate  
Friends**  
Greater Boise Area Chapter  
Supporting Family After a Child Dies

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

June 2019

## To Our Newcomers

If deciding if TCF is of help to you or you are attending your first meeting or receiving your first newsletter, we extend our hearts in understanding and regret for the reason you are joining us. It is so difficult attending your first TCF meeting. Feelings can be overwhelming, but we have all experienced them and know how important it is to take that first step. Please plan to attend two or three meetings before deciding if this is right for you and your family.



## TCF Mission Statement

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

## A Message From A Grieving Father



**Happy  
Father's Day**

Kelly D. Farley, author of *Grieving Dads*, and Alison Jacobson, CEO, First Candle

There are so many friends of First Candle who give in various ways. Kelly Farley is a dad who lost not one but two babies. He has channeled his grief into helping other fathers who come to him through our grief line and other organizations. We are so grateful to have him as a resource. The following is his recent blog that will give you some insight into what it's like for a father who's lost a child.

*It's that time of year again, Father's Day. It's hard to get excited about this day if you have had a child die. For this father, this day is more about remembering the children that are no longer with me in the physical sense.*

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## Memory Table

On the month in which your loved one was born or the month of the anniversary of their death, we would love to hear about them. When you attend the monthly meeting, bring your precious memories and fond stories to share with the group. It's a time to honor your child and keep their memory alive.

## Love Gifts

In this monthly newsletter, you are able to send a photo and short memory of your child that will be featured here in our digital newsletter as well as on our Facebook page on the month of their birthday/death anniversary. Please click [here](#) to fill out a Love Gift Donation form. See Love Gifts on page 3.

## Donations

Monetary donations are always accepted and welcome. We are a non-profit organization funded solely by donations. Your thoughtful gift helps bereaved parents and family members to be able to attend special meetings such as balloon releases, remembrance walks, and other family friends events provided by TCF Boise.

## Fundraisers

TCF is always looking for more ways to raise money. If you know of a local business that would like to help fund TCF or have an event that TCF can hold a booth at, please let us know!

# A Message From A Grieving Father

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I'll be spending this Father's Day trying to help other grieving dads through this difficult day. I wrote my book as a way to bring some sort of awareness to the many dads that have lost children and struggle every day to get out of bed and do something positive to honor their child that has died.

Many of the grieving dads I have met feel like they let their children and family down. They should have protected them. That's what a father does right? Protect. We are also "fixers" and we like to fix things, but we couldn't fix or protect them from the circumstances that brought about the death of our children.

Many of these dad's struggle with seeing the words "Happy Father's Day." Seeing that statement gnaws at the already

festering wound that has yet to heal, it's a wound that never completely heals. Over time you can get through the loss of a child, but you never get beyond it. Can you eventually get back on your feet and learn to enjoy life again? Yes. Will your life ever go back to the way it was? No.

*"Is it possible to have a "Happy" Father's Day after a loss of a child? Yes, but for very different reasons than most people think."*

Is it possible to have a "Happy" Father's Day after a loss of a child? Yes, but for very different reasons than most people think. The happiness comes into play when you reflect on the time you spent

with your child, although you wished you had more time. You're happy because it was an honor to be their dad. The love you feel inside for that child makes you smile and hurt at the same time. The happiness for these fathers does not come from a gift that was wrapped up real nice and given to them on this day. The happiness comes from the gift of being their dad.

If you know a dad that has experienced the death of a child, don't be afraid to reach out to him on this day or any day for that matter. As difficult of a day it is, he would love to hear from you. Someone acknowledging that he is a dad, a dad that has experienced the death of a child and is just trying to live a life to make his child proud.

## TCF Boise News

- [Pink & Blue Fun Run](#) (and walk) is this weekend, June 15th, at 10 AM. See more info below!
- July 6th, TCF will have a booth at the Kuna Farmer's Market for the first time!
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).



### Pink & Blue Fun Run

Saturday, June 15th  
10AM - 1PM

This is the Third Annual 5k Pink and Blue Fun Run- and Walk held by David's Hope Pregnancy Loss Ministry. David's Hope Pregnancy Loss Ministry's mission is "To provide Christ-centered healing, support, education and awareness for pregnancy loss."

This annual 5K is a time to come together in support of families that have lost babies in miscarriage and stillbirth, and to remember and honor those little ones gone too soon. It is a fun, community-building, family event with prizes for race winners and also for the man and woman in the most creative Pink and Blue!

Click [here](#) for more information.



# Remembering Our Children

## Love Gifts

Thank you for your gifts in remembrance of your children and in support of The Compassionate Friends.

Mark & Gail - Remembering their son,  
Whit Henry 6/25/1980 - 8/29/2010

### Talking is Releasing

Go ahead and mention my child,  
The one who died you know.  
Don't worry about hurting me further,  
The depth of my pain doesn't show.

Don't worry about making me cry.  
I'm already crying inside.  
Help me to heal by releasing  
The tears that I try to hide.

I'm hurt when you just keep silent,  
Pretending she didn't exist.  
I'd rather you mention my child,  
Knowing that she has been missed.

You asked me how I was doing.  
I say "pretty good" or "fine."  
But healing is something ongoing.  
I feel it will take a lifetime.

~ Elizabeth Dent

## June Birthdays

Michael Knepper 6/10/1960  
Tim Stoltenberg 6/21/1962  
Todd Compton 6/6/1963  
Todd Hellman 6/6/1964  
Bruce Ellery Hubler 6/20/1965  
Christopher Robert Wiloth 6/22/1971  
Ken Juel 6/9/1974  
Sara W Ledbetter 6/10/1975  
Eric John Larrondo 6/30/1977  
Keith Reese 6/8/1978  
Zak 6/4/1979  
Eric Baldwin 6/8/1980  
Zach Palmer 6/23/1980  
Ryan Holaday 6/25/1980  
Whit Henry 6/24/1983  
Brady Volk 6/16/1986  
Christopher Lawson 6/18/1986  
Sara Ballard 6/26/1987  
Dusty Elderkin 6/18/1989  
Kara Babineau 6/2/1992  
Parnell Green 6/18/1992  
Anthony Pugh 6/11/1994  
Conner Landa 6/22/1994  
Cayla Ann 6/27/1995  
Talon Owens 6/20/2000  
Grant Rabey 6/30/2010

## June Anniversaries

Ricky Elderkin 6/19/88  
Randy Wayne Shanley 6/29/90  
Caitlyn Lynch 6/26/95  
John Harlan 6/6/97  
Stephana Kristine Griffith 6/10/99  
Collin Alexander MacGregor 6/15/00  
Jeremiah Sanderlin 6/18/01  
Zach Palmer 6/11/02  
Jacob Martindale 6/21/02  
Zachary Zigich 6/21/02  
Bart Bailey 6/23/02  
Jon Paul Ackley 6/14/03  
Thomas Justin Farley 6/24/04  
Gabrielle Moore 6/5/05  
Micah Sullivan 6/8/05  
Erica Hobbs 6/6/06  
Michael Posey 6/20/06  
Emily Koltonski 6/9/08  
Brenda Jardine 6/26/09  
Travis Jakovac 6/28/09  
Telly Evans 6/16/10  
Grant Rabey 6/30/10  
Ryker Hooper 6/3/11  
Matt Arnold 6/5/11  
Kylie Marshall 6/26/11  
John Lothrop 6/5/12  
Kameron Shane Lowe 6/7/12  
Chuck Tillman 6/23/12  
Bruce Ellery Hubler 6/26/12  
Jessie Jo Metcalf 6/8/14  
Errol Hamilton 6/9/16  
Gaylen Sexton 6/1/17





# The Compassionate Friends

Greater Boise Area Chapter  
Supporting Family After a Child Dies

## TCF Boise Leadership

**Chapter Leader:** Steffanie Empey

**Treasurer:** Kris Martindale

**Initial Contact:** Joanne Cleereman & Julie Vande Voorde

**Library:** Brent Martindale

**Meeting Facilitators:** Brent Martindale, Julie Vande Voorde, Kyiah Shekanna Evans, & Steffanie Empey

**Steering Committee:** Brent & Kris Martindale, Julie Vande Voorde, Kristina Cunningham, Rae Ann Norell, & Steffanie Empey

**Newsletter:** Kristina Cunningham

## Resources

Al-Anon Family Groups (Addiction/ Recovery):  
1-888-425-2666

Depression & Crisis Hot line:  
1-800-784-2433

Families Anonymous (Addiction/ Recovery):  
1-800-736-9805

National Suicide Prevention Hot line:  
1-800-273-8255  
Post-Partum Depression:  
1-800-944-4773

Suicide Hot line:  
1-800-SUICIDE

The National Institute for Trauma & Loss in Children (TLC):  
1-877-306-5256

## Monthly Meeting

### Location

St. Luke's Meridian  
520 S Eagle Rd, Meridian, ID 83642  
Downstairs in Shoshone room

### Time

7:15 pm, the second Thursday of every month

### Topic

"How Fathers Grieve" in honor of Father's Day

## 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.

## Contact Us

### Friends Who Listen

If you are having a bad day filled with hopelessness or despair, give one of these friends a call:

Steffanie Empey: (208) 891-5082  
Kris Martindale: (208) 378-1070



### Follow Us On Facebook

facebook.com/  
TCFSouthernIdaho

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