



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

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

September 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.



**NEED TO  
CHAT?**

The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions.

New chats are being added all the time. Won’t you join all the live chats offered; they are a very supportive group of moderators - you will be glad that you did!

Click [here](#) for the chat schedule and to enter a chatroom.

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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!

- Our annual TCF Balloon Release is September 12th at 7:15 pm. Meet in the Shoshone room for a family-friendly potluck first! Bring your child's favorite side or dessert!
- September is World Suicide Prevention Month
- September 8th is National Grandparents Day
- Sept 10, 2019 - [World Suicide Prevention Day](#)
- Childhood Cancer Awareness Month
- Leukemia, Lymphoma and Myeloma Awareness Month
- We have revamped TCF. We are paperless and have redone our website! Take a look [here](#).
- Please follow us on Facebook. Click [here](#).

# NEED TO CHAT?

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No matter where you are at in your grief walk, we are here for you. There are chatrooms available for people of all circumstances.

### Take a look and find the best group for you:

- [Parents/Grandparents/Siblings](#)
- [Loss to Substance Related Causes](#)
- [Bereaved Less than Two Years](#)
- [Bereaved More than Two Years](#)
- [No Surviving Children](#)
- [Pregnancy/Infant Loss](#)
- [Suicide Loss](#)
- [Bereaved Siblings](#)

**Just visit the national TCF website [here](#) and enter the chatroom at the appropriate time.**

"Everyone has a place here. We welcome you with open hearts and we're glad you found us. Your support, mutual respect and kindness make these chats work!" - TCF National

# Remembering Our Children

## Love Gifts



### REBEKAH LYNN AIKO 8/16/74-3/19/94

We lost our daughter, Rebekah Lynn Aiko, on March 19, 1994 in a tragic car accident. Becky was 19 years old and a sophomore at Washington State University. In high school she played tennis, was a cheerleader, captain of the dance team and prom queen. We love to brag about her!

It has been 25 years since our loss and yet, we miss her beautiful smile, vibrant personality and loving heart every day. Becky was our middle daughter and this "hole" in our family will always be there.

In memory of her daughter, Jeanne Yamamoto

### MICHAEL JOSEPH SPURGEON 8/9/84-8/9/84

Born asleep at 20 weeks

AND

### JOHANNA MARIE SPURGEON 9/28/85-9/28/85

Born asleep at 28 weeks

Remembering her children, Mary Lou Spurgeon

## September Birthdays

- Brenda Jardine 9/7/66
- Caleb Isaiah Tucker 9/13/82
- Camille Freese 9/22/01
- Catherine Rood 9/15/80
- Chris McKaughan 9/8/67
- Christopher Rogers 9/23/87
- David Leonard 9/27/69
- Donald Wagner 9/21/83
- Dustin B Lewis 9/2/71
- Dustin Rood 9/25/80
- Emmanuel Adams 9/26/96
- Jameson Schroeder 9/7/85
- Jarod Krohn 9/10/80
- Jason Clausen 9/28/93
- Jed Thomas 9/27/84
- Jeff Castillo 9/2/77
- Johanna Marie Spurgeon 9/28/85
- John Harlan 9/1/68
- John Myers 9/30/69
- Jon Gannon 9/22/72
- Joshua Schmidt 9/7/79
- Keith Thomas 9/29/74
- Kelsey Belcher 9/16/93
- Kyle A Chadwick 9/19/85
- Loughlin Garner 9/18/93
- Matthew Richard Wyma 9/19/75
- Melody Ann Cravens 9/25/78
- Pam Barkhill 9/23/62
- Randy Wayne Shanley 9/18/66
- Steve Dietsch 9/25/53
- Todd W Stith 9/23/82
- Torey LaBarbera 9/1/90

## September Anniversaries

- Adam Perry 9/1/96
- Ashton Lynn Kopke 9/13/09
- Bobby Rogers 9/9/12
- Brad Munroe 9/28/08
- Brian Dahl 9/29/11
- Brittney Raye Hawks 9/11/10
- Casey Chrisman 9/22/11
- Christina Collins 9/28/00
- Christopher McClaskey 9/18/11
- Colton Mackey 9/11/10
- Conner Hurt 9/21/16
- Emmanuel Adams 9/26/96
- Eric John Larrondo 9/13/96
- Johanna Marie Spurgeon 9/28/85
- Kerry Olivier 9/22/17
- Kevin Salzman 9/20/03
- Melinda Jetley 9/18/18
- Michael Furniss 9/16/84
- Nehemya Dawn-Codi Niendorf 9/18/14
- Nicole Dawn Knobbe 9/2/10
- Randall Boyd Salmon 9/3/11
- Rodney Pletcher 9/12/16
- Scott Helin 9/21/17



**If you are a grandparent struggling with the loss of your grandchild, we see you too. TCF is for not only parents, but siblings and grandparents alike. You can find resources and information specifically for bereaved grandparents on our website [here](#).**

She's in the sun,  
the wind, the rain,  
she's in the air you  
breathe with every  
breath you take.  
She sings a song  
of hope and cheer,  
there's no more pain,  
no more fear.  
You'll see her in  
the clouds above,  
hear her whisper  
words of love.  
You'll be together  
before long, until then  
listen for her song.

-Christy Ann Martine

"The moment that you left me, my heart was split in two. One side was filled with memories; the other side died with you. I often lay awake at night when the world is fast asleep; and take a walk down memory lane with tears upon my cheek. Remembering you is easy, I do it every day. But missing you is a heartache that never goes away. I hold you tightly within my heart and there you will remain. You see, life has gone on without you, but will never be the same."

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



# 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

National Suicide  
Prevention Hotline:  
1-800-273-8255

[Bereaved Parents  
of the USA](#)

Debby Hunsaker,  
501-681-1464

Post-Partum  
Depression:  
1-800-944-4773

Suicide Hotline:  
1-800-SUICIDE

Depression & Crisis  
Hotline: 1-800-784-2433

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

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

## 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

September 12th is our annual  
Balloon Release and family-  
friendly potluck!

## 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



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On Facebook  
[facebook.com/  
TCFSouthernIdaho](https://www.facebook.com/TCFSouthernIdaho)

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