

THE COMPASSIONATE FRIENDS, INC.

A self-help organization offering friendship and understanding to bereaved families

JUNE 2010

Inside Valley Forge

Meetings are on the first Thursday of every month at 7:45PM (ending at 9:30PM). We meet at Good Shepherd Lutheran Church Fellowship Hall at Valley Forge and Henderson RDs, King of Prussia, PA. Phone on meeting evenings only is 610-265-0733. All other times please call Ann or Rhonda at 484-919-0820.

Meeting Schedule Please Mark Your Calendar

- June 3 General Sharing
- July 2-4 33rd National Conference, Arlington, VA
(See page 3)
- July 7 General Sharing & Death by Suicide
- Aug 7 Butterfly Release - Chanticleer Gardens
(see page 4)

We encourage newsletter writings from our members. You may also submit articles written by others, please include the author of all articles submitted. **The cut-off date for newsletter entries is the 15th of the preceding month.**

ARTICLES SHOULD BE SENT TO THE NEWSLETTER EDITORS.

There are no dues or fees to belong to The Compassionate Friends, or to receive our newsletter. Your tax deductible donations given in memory of your loved one enables us to defray the cost of chapter expenses, particularly the newsletter, meetings, and our outreach to the newly bereaved. **Please include any special tribute you wish printed in the newsletter along with your gift.**

**PLEASE MAKE ALL CHECKS PAYABLE TO:
TCF VALLEY FORGE CHAPTER
SEND TO: RECORD KEEPER, DIANA CLARK
PLEASE SEND ALL OTHER CHAPTER MAIL
TO CHAPTER CO-LEADERS
RHONDA GOMEZ or ANN MURRAY**



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Marie & Ken Hofmockel are enjoying a new great-granddaughter, Olivia Marie Sullivan daughter of Laura & Jack Sullivan.

NEW FRIENDS

Sal & Barbara Cotteta granddaughter *Denise Cotteta* (17)
Anthony & Cindy Zalesky grandson *Max* (1)

We welcome our newly bereaved friends, and are sorry for the cause that brings you. Having been in the depths of despair, we know that it is difficult to share our pain and personal feelings. It is important that you attend three or four meetings before evaluating the benefit of our group to you. Our meetings offer confidentiality, unconditional love, compassion and understanding to all of you.

MAY REFRESHMENTS

Nina Bernstein & Carol Bailey for all the TCF children
Ann Murray son *Jonathan's* birthday May 17th
Marie & Ken Hofmockel grandson *Steven Schneibolk* birthday May 7

Anyone wishing to donate refreshments (cheese & crackers, fruit, cakes, cookies, etc.) in memory of loved ones, please call **Rhonda Gomez or Ann Rapoport (484)919-0820**, or you may sign the refreshment chart located on the refreshment table. Beverages are provided by the chapter.

LOVE GIFTS

Mary Lou Harrison, In loving memory of my beloved son, *Scott*, on his anniversary June 12th.

Tony & Laurene Quercelli, in loving memory of our daughter and sister, *Christine "Tina" Quercelli*, on her birthday, June 5th. We miss your beautiful smile, loving kindness and your ability to always make us laugh!

Ron & Sandy Ruth, in memory of our son, *Brian David Ruth*, on his birthday June 15th, who is missed so much.

SuperValu (Acme receipts) This program has been cancelled. We thank all those who have sent in their receipts over the years.

IN MEMORY OF

We send our compassion and sympathy to the family and friends of Emma Valenteen. Emma died on April 21, 2010 after a 9 month battle with pancreatic cancer.

She joined The Compassionate Friends Valley Forge Chapter in 1984, after the death of her daughter Marianne in 1983.

October 1991 Janice Malarkey & Emma Valenteen founded the TCF Phoenixville Chapter, giving a support group to the community of Phoenixville.

Emma's second child, Edgar Jr., and her husband Edgar Sr. preceded Emma in death. She is survived by one daughter and two sons.

TCF 33rd NATIONAL CONFERENCE - ARLINGTON, VA

TCF National
Conference



“**Reflections of Love, Visions of Hope**” is the theme of The Compassionate Friends 33rd National Conference to be held at the Hyatt Regency Crystal City in Arlington, Virginia July 2-4, 2010. The conference will feature a Candle Lighting Service on Saturday evening, and a Walk to Remember on Sunday. Many well-known speakers will be addressing the Opening Session, Friday luncheon & Saturday evening banquet, and the Sunday closing. There will be time for one-on-one sharing with our TCF families.

The conference will offer a hospitality room, a reflection room, Butterfly Boutique, book store, and a memory board to place a picture of your loved one. Many friends will be waiting to meet you. We hope you will plan to attend. The conference is within driving distance and car pooling.

HOTEL RESERVATIONS CAN BE MADE ON THE TCF NATIONAL WEBSITE.

www.compassionatefriends.org **OR BY PHONE.** Please call 1-800-233-1234 or 1-703-418-1234, identify yourself as a Compassionate Friend attending the conference to get a reduced nightly rate.

PHOTOS FOR THE NATIONAL CONFERENCE MEMORIAL BOARD

Frank has designed sample mats as shown in the April newsletter. The mats are 8” x 8”, in color and each background is a different pattern. Check out the Valley Forge website (www.tcfvalleyforge.org) to see the sample in color.

You do not have to attend the conference to participate in this project. **His goal is to take as many personalized matted photos of our loved ones as possible** with him to the TCF 33rd National Conference in Arlington, VA in July. They will be displayed with many other loved ones. Thanks to Frank's generosity, there is no charge for this service.

We are asking that you send your photo early to allow him time to design the mat to frame it. Please place the photo in a regular business size envelope and write the name of the loved one(s) on the back. Placing a light weight card board in the envelope to keep the photo from being damaged. Sorry, he cannot accept photos as email attachments. His printer's colors are not accurate.

Send to: Frank Gomez, 12 Brook Circle, Glenmoore, PA 19343

All mats will be displayed at the National Conference, and upon his return, Frank will laminate the matted photo (Many attendees take photos of the memorial boards and the flash will reflect off the laminated surface). He will bring them to the August meeting so you can pick them up. If you do not plan on attending the August meeting, please enclose \$2.00 to cover return postage for photo.

BUTTERFLY RELEASE AND PROGRAM

Sponsored by the Valley Forge Chapter of the Compassionate Friends

EVERYONE IS WELCOME TO ATTEND

BUTTERFLIES MUST BE ORDERED BY JUNE 30TH

Chanticleer Garden

786 Church Road Wayne, PA 19087

Phone: 610-687-4163 www.ChanticleerGarden.org

Saturday, August 7, 2010 at 11 AM

(This event will be held rain or shine)

Cost \$9 per butterfly - - \$4 per person for Garden admission

No admission fee for children under 16

Chanticleer asks that we collect the Garden admissions fees.

A member of our Chapter will collect your admission fees at the entrance.

A family can order one butterfly to share, or order one butterfly for each family member. You may order as many butterflies as you wish. If you are unable to attend on this date, we can release the butterfly that you have purchased in your loved one's name. The names of all loved ones will be read during the program.

Chanticleer Garden has orchards of flowering trees with native wildflowers blooming in the woods, hardy & tropical plants, vines grow in nooks & crannies. It has woodland gardens with Asian groundcovers and full of rarities that lead to a water garden. Sculptural, homemade seats, benches, wrought iron fences, and bridges highlight the uniqueness and personal nature of the garden. Wheel chair accessible, picnic tables available. Open 10-5.

For questions, please call TCF Valley Forge 484-919-0820

REGISTRATION FORM

Name: _____ **Phone Number:** _____

Address: _____

Name of loved one

Your Relationship to them

Name of loved one

Your Relationship to them

Name of loved one

Your Relationship to them

Total number of butterflies ordered: ____ **\$9.00 each - Total money (no credit cards) enclosed:** _____

Please forward registration and check to: Rhonda Gomez, 12 Brook Circle, Glenmoore, PA 19343

For directions view www.chanticleergarden.org

OUR CHILDREN & SIBLINGS LOVED, SADLY MISSED AND REMEMBERED

Each month some of us must face those special, but difficult days of birthdays and anniversaries. This Month we ask your thoughts and prayers for the parents/siblings/relatives of the following children: **Additions or corrections to this list should be given to the editors, Marie & Ken Hofmockel.**

We will no longer list the birth and death years of deceased persons in our newsletter. We have concerns this information could be misused, and result in an adversity for the families.

We are sorry the following were mistakenly left off the May birthday list:

The **Margaret & Matthew Strickler**, son *Timothy* 5/4
Ann VanLandingham, daughter-in-law *Rita* 5/17
Donna White, sister *Diane White* 5/1
Muriel Wilson, son *John F. Shaffer* 5/12/

JUNE BIRTHDAYS

Sylvia Abramson, granddaughter *Avery Silverman* 6/23
Emily L. Alm, son *Bryan W. Alm* 6/3
Julie Beasley, son *Aaron* 6/4
Lisa Bellopede, son *Johnny* 6/24
Lisa Bledy, sister *Danielle Bledy* 6/2
Jeff & Donna Brown, son *Kenneth Bernstiel* 6/2
Suzanne Carcarey, son *Eddie* 6/22
Tom & Irene Cornely, son *Tom* 6/29
Rose Marie Cote, son *Mark J. Cote* 6/3
Germaine Cote Weaver, brother *Mark Cote* 6/3
Mr. & Mrs. S. Cotteta, granddaughter *Denise* 6/11
Holly & John Cross, son *John* 6/28
Helen Deery, son *Ronald J. Deery, Jr.* 6/2
Susan Dehlinger, daughter *Amy M Dehlinger* 6/21
Susan Dillman, daughter *Heather Lynne Dillman* 6/4/
Shirley & Herb Druker, daughter *Heidi* 6/11
Carolyn & Allen Gephart, son *Joseph Malec* 6/11
Linda & Steven Gilbert, daughter *Pamela Gilbert* 6/28
Thomas & Anne Glenn, daughter *Lauren Glenn* 6/10
Robert & Kathleen Grossi, son *James Michael Grossi* 6/30
Ronald J. & Margaret Halas, daughter *Desiree A. Halas* 6/2
Nancy Lee & Jerry Hess, son *Jerry R.L. Hess* 6/30
Mark & Vicki Hoffman, son *Eric Daniel Hoffman* 6/4/
Tammy & Allen Howard, daughter *Brianna Nicole Howard* 6/9
Dorothy & Carl Johnson-Speight, son *Khaaliq Jabbar Johnson* 6/26
Teresa & Bill Lattanze, son *William Noel Lattanze* 6/10
Susan & Richard Leimbach, son *Sean Duffy* 6/4
Susan Leonard, grandson *Nathan* 6/3
Greg & Anita Lewicki, son *Eric Stephen Lewicki* 6/1
Carl & Josie Malitsky, daughter *Cynthia Malitsky* 6/27

JUNE BIRDDAYS continued

Elaine Marino, daughter-in-law *Lisa Marino* 6/1
Barbara McClenahan, son *David McClenahan* 6/28
Norine & William McDevitt, Jr., son *Sean Francis McDevitt* 6/29
Barbara Meisenhelder, daughter *Renee Meisenhelder* 6/20
Kathleen Mitchel, son *Steven* 6/25
John & Mary Ann Murphy, son *Thomas Patrick Murphy* 6/16
George & Estelle Null, daughter *Kathleen "Kathy" Null* 6/18
Thomas & Demetra Patukas, son *George Thomas Patukas* 6/12
Michele Paul, sister *Desiree Halas* 6/2
Kathy & Jim Petrokubi, son *Andrew* 6/20
Tony & Laurene Quercetti, daughter *Christine L. Quercetti* 6/5
Marge Randolph, son *Doug Fixter* 6/19
Ron & Sandy Ruth, son *Brian David Ruth* 6/15
John & Marie Sanders, son *Robert Sanders* 6/30
Donna & Eric Schaertl, son *Jared M. Schaertl* 6/14
Suzanne Schoenhut, son *Joe* 6/29
Anna Schwarz, son *Jerrold Schwarz* 6/11
Ann Sherwood, daughter *Martha Sherwood Fransway* 6/8
Matthew Silverman, sister *Avery Silverman* 6/23
Howard & Margorie Silverman, daughter *Avery Silverman* 6/23
Karl & Sue Snepp, son *Dave Snepp* 6/28
Carole Solomon, niece *Avery Silverman* 6/23
Philip & Ilene Spector, niece *Avery Silverman* 6/23
Gerard & Jane Thimm, son *Gary Thimm* 6/18
Allan Thomas, son *Tommy Odins* 6/22
Mary Walker, daughter *Susan* 6/28
Alice Weaver, daughter *Kristen* 6/7
Shirley Weir, son *Robert H. Weir* 6/29
Kevin Welde, brother *John Welde* 6/6
Christine & Raymond Welker, brother *Doug Adam* 6/7
Laurie Wyche, son *Jameson Wyche* 6/27

JUNE ANNIVERSARIES

Chris Aiello, brother *Louis* - 6/16/
Shirley & Lex Bono, son *Greg* - 6/13
Robyn Buseman, daughter *Maya Buseman-Williams* - 6/28
Hazel Corbin, daughter *Dayle C Rutledge* - 6/18
Tom & Irene Cornely, son *Daniel J. Cornely* - 6/24
Evelyn M. Corrado, son *John A. Corrado* - 6/9
Agnes & Alex Crisanti, Jr., son *John Crisanti* - 6/3
Robert Dilbeck, wife *Dolores Dilbeck* - 6/18
Jim & Ruth Fairley, son *David Fairley* - 6/27
Marco & Patricia Giubilato, daughter *Robin Giubilato Zarelli* - 6/9

JUNE ANNIVERSARIE continuedS

Sandra Greenly, son *Michael Greenly* - 6/28
Samuel & Mary Lou Hardman, son *Samuel J.* - 6/28
Mary Lou Harrison, son *Lance 'Scott' Harrison* - 6/12
Robin Hayman, son *Bradley Hayman* - 6/21
Gail & Calvert G. Hess, Jr., son *Calvert G. Hess, III* - 6/18
Jan & Dan Jackson, son *John Jackson* - 6/27
Lesley Jones, son *Christopher* - 6/10
Luann Kalamon, son *Adam Michael* - 6/23
Roxanne Kamilatos, daughter *Dina* - 6/30
Wendy Kuhn, brother *David* - 6/6
William & Margaret Lang, son *Michael J. Leib* - 6/18
Teresa & Bill Lattanze, daughter *Jodi Noell Lattanze* - 6/14
Susan Leonard, grandson *Nathan* - 6/3
Betty Manzi, grandson *Ronnie T. Seal, Jr.* - 6/2
Elaine Marino granddaughter *Kaitlyn Rose Boyer* - 6/22/04
Sue McMaster, cousin *Patty* - 6/16
Cameron and Sandra Meikle, daughter *Laura* - 6/13
Kathleen Mitchel, son *Steven* 6- 6/29
David & Donna Morrell, son *Matthew Morrell* - 6/27
John & Mary Ann Murphy, daughter *Maureen Murphy* - 6/11
son Brian *Michael Murphy* - 6/23
Ann Murray, son *Jonathan Rapoport* - 6/15
Bonnie Nimerfroh, son *David* - 6/6
Deborah Osting, son *Christopher Daniel Osting* - 6/10
Sharon Ott, daughter *Amber* - 6/8
Sam & Palma Panichello, son *Joseph Panichello* - 6/7
Linda & Andrew Peoples, Jr., son *Brian A. Peoples* - 6/27
Raymond & Marguerite Posluszny, son *Alex Posluszny* - 6/16
Elise Rice, husband *James W. Rice, Sr.* - 6/27
Margaret Rodalewicz, son *Shane Wooley* - 6/12
Lisa and John Russo, son *Casey* - 6/23
Michelle & Bill Schmidt, friend *Connor O'Hagen* - 6/16/00
Frank and Kay Shinnors, son *Erik Shinnors* - 6/24
Barbara Smisko, daughter *Linda* - 6/30
Janemarie Smith, daughter *Beth Jovanovic* - 6/13
Karen & Alan Stoner, daughter *Holly Patricia Stoner* - 6/13
Chris & Larry Teal, son *Wade Teal* - 6/16
Allan Thomas, son *Tommy Odins* - 6/22
Priscilla Thoroughgood, daughter *Kendra Enochs* - 6/17
Ann VanLandingham, son *Eric VanLandingham* - 6/19
Pat Villante, daughter *Laura* - 6/16
Jackie Ward, grandson *Anthony* - 6/16
Sandra & Harry Wolfheimer, daughter *Ann Marie Wolfheimer* - 6/19

SHARED THOUGHTS ON FATHER'S GRIEF

So many men have been brought up with a social conditioning that "Big boys don't cry". Which makes it very difficult for some men to express their emotions of grief.

When our children or siblings die, fathers and brothers feel the same depth of despair and pain as mothers and sisters, but frequently, due to our social conditioning, men can not release their emotions or verbalize their feelings. Often this causes a misunderstanding that men's grief is not as intense.

The lack of openness is often interpreted as having emotions under control. The fact that some men don't discuss their grief on an intimate basis, adds to the image that he is "doing well", therefore, most of the concern for those grieving is focused on the women. How painful this must be when friends and family ask "How is your wife?", rather than, "How are you?", and then add to the insult by saying, "how well you are doing", as if the gut-wrenching pain is any less for them.

The men are often the major provider for the family and are expected to return to work sooner than they are capable of handling it. It is very difficult to concentrate and fulfill the responsibilities of his work position while in the early stages of grief. Grieving is acceptable at the death, but once the funeral is over, many employers and co-workers feel it is time "to get it together". We know the way to get it together is to have a healthy grieving process, and society doesn't permit enough time for healing to take place. We don't expect those who have not experienced the loss to fully understand, therefore, it is our responsibility to help educate those around us as to what our needs are. Men usually discuss sports, hobbies, politics, and work, and find it difficult to express their feelings. Frequently bottling up emotions, can lead to physical complications, working overtime, alcoholism, and marital problems.

Men usually assume the role of the protector. The death of the child can create a sense of failure. Not only did he not prevent the death, but can not prevent the pain the whole family is experiencing. I was one of those women who expected my husband, Ken, to lessen my pain. He had always minimized all my other problems, and it was a blow when he couldn't relieve my anguish, when I needed help so badly. I consider one of my biggest turning points in my grief, was when I realized he had all he could possibly bear with his own burden of grief, and I could not lean on a bent twig, for his wound was as deep as mine.

I have seen some change in men in our TCF sharing meetings in the past 28 years. Men are more open with their grief, they know The Compassionate Friends is a safe haven for expressing true feelings **but most of all they know their feelings are very normal and are allowing themselves to grieve.**

God Bless, *Marie Hofmockel*, TCF Valley Forge

MISSING GRADUATE

Parents happy faces all around me,
 With a glow from within,
 Pomp and Circumstance is playing,
 Now the program will begin.
 The graduates are lined up,
 They are coming down the aisle,
 Some have serious faces, yet
 Some have a little smile.
 I look down the aisle,
 Hoping for your face to come into sight,
 This is your class,
 It was to be your graduation night.
 All the graduates pass by,
 But none of them are you.

A tug of my heart tells me,
 You are not here, your death is true.
 God called you home...
 I wanted you here in such a bad way.
 Looking into your classmates' faces
 Do they recall you, missing this day?
 Memories, sweet memories,
 Now fill my mind and heart.
 There will be no golden tassel
 This day for my Sweetheart.
 The Class is oh! so happy,
 This isn't the time to be blue.
 Now I must go shake a hand
 And get a hug or two.

Emma Valenteen
 TCF Phoenixville, PA

THE EMPTINESS

The emptiness is what fills up inside of you when you give up hope.
The emptiness means different things to different people.
It is understood inside that person and that person only.
It is the cold sadness lurking inside.
Always there but seems to hide.
Covered up by happiness, but surely finds its way back inside.
The emptiness is not evil, it is only sadness.
The emptiness is the feeling you get when you have lost someone close to you.
The emptiness is when your heart aches.
The emptiness is when you feel you can't face another day.
The feeling you get when you are all alone.
When no one understands.
When your fate is in your hands.
You take a deep breath and face another day.
For that is what everyone expects.
That is the emptiness.

Christine Santoleri, Valley Forge, PA
for her sister, **Katie Santoleri** 6/5/81 - 8/14/92

A YEAR OF GRIEF

It has been a year,
Since you went away.
Time goes by so slowly.
I never knew so much pain,
Along with fear and emptiness,
Could be felt by anyone.
Your death has sent me into
A darkness and void,
Words can't describe.
I never knew I could cry
"Til there were no more tears.
But these came unannounced.
The price of loving a brother,
As special as you,
Will take me a lifetime to pay.
My pain hasn't been for me only,
For friends don't want to see
The cost of loving and losing.

They say get on with your life --
But they don't understand,
How big a part of my life you were.
So I will take my pain,
Along with my special memories,
And live day by day.
These memories from happier days,
Are all I have of you now.
So I will place them first in my heart.
If I was given a choice,
Knowing the pain and devastation
That I feel today,
I would still want you
To be my big brother to love.
For memories can't be taken away.

Greta Sharpe (Sibling)
Andalusia, AL -- TCF

**Letting Go
(and Holding)**

Oh, I wish I were a bug - and had a simpler life,
and a strong, protective shell for cover.

More - I wish I could return to days before she died
and tell her all the things I did not say.

Oh, I wish I had her back, could hold her on my lap,
smell her skin, feel her touch - just love her.

Well, I'm not a bug - no hard shell for me,
no simpler life without this awful knowledge

or going back to innocent years
and sunshine days spent only with the living.

Instead I wear my human skin
with all the joys and all the pains it offers

and live with deeper knowledge of the uncertainties of life,
reweaving the tapestry of me.

And vital to my being is knowing that she shares
the sacred memories shining out in flashes

and knows her dance of spirit's a great blessing in my life
and hears me tell her every way - I love you.

Excerpt from:- Catching the Light
 Coming Back to Life
 after the Death of a Child

Genesse Bourdeau Gentry

DON'T TELL ME

Don't tell me that you understand,
Don't tell me that you know.
Don't tell me that I will survive,
How I will surely grow.

Don't tell me this is just a test,
That I am only blessed,
that I am chosen for this task,
Apart from all the rest.

Don't come at me with answers
That can only come from me.
Don't tell me how my grief will pass,
That I will soon be free.

Don't stand in pious judgment
Of the bonds I must untie.
Don't tell me how to suffer,
Don't tell me how to cry.

My life is filled with selfishness,
My pain is all I see,
But I need you, I need your love,
Unconditionally.

Accept me in my ups and downs,
I need someone to share.
Just hold my hand and let me cry,
and say, "My friend, I care".

Joanena Hendel
TCF- South Dade (Miami), FL

Look at yourself in the mirror.
Say to yourself "It is hard to lose a child."
Grief can only be changed
Say to yourself "It is reasonable to hurt."
Say to yourself "Healing takes time."
BE GOOD TO YOURSELF

Sascha Wagner

Grief cannot be conquered
Like an enemy
From pain
To hope
From hope
To deeper life

Sascha Wagner

HEALING A FATHER'S GRIEF

ROLE PROBLEMS

Macho Man: "Big boys don't cry." So it begins in childhood - the suggestion that a man must always be strong, not showing softness, weakness, or tears. Reinforcing images continue within the family - father does not cry. And everywhere outside the family the boy sees what is supposed to be the desirable male - big, strong, like steel, and never crying. He sees him on television and movie screens, tough John Wayne in a hundred variations. He sees him in the advertisements and on the sports field. He sees him popular with the girls, at the school dance. By adulthood, the role is deeply into his mind.

Whatever may be said for or against this macho role, it definitely interferes with grieving. The emotions of grief are real and need to be expressed. The feelings of sadness and loss are overwhelming, but what is a strong man to do with them? What outlets are available to him? When the lump comes in the throat and moisture in the eyes, does he surrender and cry? Probably not, especially if other people are around. The conditioning interferes, the tears are checked, and attention is turned to something else.

The situation may be made worse by comments of friends, such as, "Fred, you're really handling this thing well - keep a stiff upper lip!" or "It's good to see you holding up - someone has to be strong through this whole thing!" or "George, How's your wife doing?" This is social conditioning at work - others reinforcing the role expectations for the grieving father.

OVERCOMING ROLE PROBLEMS

Cry: Crying is the most effective, efficient way to handle the emotions of grief. Learn how to cry. If you think that you cannot, remember that you still have the same tear ducts you had as a child. They have not dried up. If there is anything worth using them for, surely this is it.

I had trouble crying. True, I cried at the hospital when I learned my son was going to die. I cried at the funeral. But I did not cry again until 18 months later. One Saturday when I was home alone, I walked past a picture of David taken on our last vacation. Overwhelming sadness hit me. I sat down and cried for half an hour. I could not believe it. After I cried, I actually felt better. Some of the tension inside had been relieved. On each of the next three weekends the same thing happened. No one knew. I was always alone. I only told my wife several months later, which shows how sensitive I still was about crying.

A helpful technique was given to me by a grief counselor (Iris Bolton). When you feel choked up, with tears in your eyes and a lump in your throat, but you cannot actually cry, pant rapidly. The short breaths make crying easier. Many bereaved fathers have used this panting exercise while deliberately recalling a memory. As in my case, a picture may do it. Some go to a particular place or find their child's favorite toy. Others use sports equipment, certain music, or something drawn or written by the child. Every father will have something meaningful that can be used as a catalyst.

William H. Schatz