



THE COMPASSIONATE FRIENDS, INC. CAMDEN COUNTY NJ CHAPTER



September 2009 VOLUME 25, ISSUE 9

Our Mission: To assist families in the positive resolution of grief following the death of a child and to provide information and education to help others be supportive. The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

Out of the Well and Over the Wall

It's been 6 months; half a year into my grief and I am feeling worse. What's wrong with me? Shouldn't I be feeling better instead of worse? When will I feel all right again?

In my early grief, there were times I felt worse as time past, rather than better. I felt like I fell into a deep well and was unable to escape. That is because my old friend grief, was holding me down. That is when I waged war on grief. For me, grief was a daily battle. I was fighting a good battle most days, except my grief was still holding me back. I was determined to fight back to find some type of normalcy, whatever that was, and possibly a newly defined me.

Although we share the same common bond, the death of a child, our steps through grief may vary drastically. For some the first year may be most difficult, for others the second or third year may be harder. Which ever year it is for you, know that you have support and understanding from those around you at TCF. "You need not walk alone".

For me, grief was the one most difficult life experience I ever had to face. Not just any grief, the grief over the death of my son, Curtis. The feelings were so difficult for me to understand or comprehend. I never really thought about feelings until after Curtis died. I mean, I loved my husband and my children and knew the feeling of love, happiness, sadness, anger, and fun. But what about those we ignore or don't consider like emptiness, wrong, envy, guilt, and regret. These were feelings I usually avoided or didn't experience often. Now I had no choice but to face these feelings on a regular basis. At times I wasn't sure if I would ever feel happiness or experience fun again. That does change in time. You never forget your child and what they meant to you, however, you find other things in life that bring joy back to your life and you learn to live again once more.

How can I get through these feelings and live again? I wanted to get out of the deep hole that I was in, but how? It took me 7 years before I would allow myself to climb completely out of that well and over the wall. It was a great big step in my grief and life when I came out of that well. It didn't mean my grief was over it just meant I was finally winning the battle. Let's come together and talk about how we fight to win our battle with grief and overcome the wall in the well?

Love and Faith,
Vivian Gano



Inside this issue:

Telephone & E-Mail Friends Sasha's Corner:Old Grief	2
Love Gifts, Postage & Printing Sponsors The Lady	3
Messages to first timers and seasoned members Essence of TCF	4
Our Children Remembered	5
Chapter News & Notes	6
Sister I'm Sorry for the Things I Didn't Do	7
Where Has the Time Gone?	8
D's Dawgs Gregory Coleman Walk	9

NEXT MEETING

Friday, September 18, 2009-8 PM
Audubon Senior Center
Oak & Oakland Avenues
Audubon, NJ

FACILITATOR: VIVIAN GANO
TOPIC: FIGHTING THE BATTLE
OF GRIEF

PLEASE BRING A SNACK OR GOODIE OR A BOTTLE OF SODA OR JUICE TO SHARE BEFORE THE MEETING.

REFRESHMENTS/SET-UP, CLEAN-UP: LESA PANZONE

If your child's birthday is in September, please bring a picture, a poem, their favorite toy or something that was a part of them. We would like to share something about your child with you for their birthday.

CANDLELIGHT-DECEMBER 13, 2009
Mark your calendars and save that date.

The Compassionate Friends Nat'l Office, PO Box 3696, Oak Brook IL 60522-3696
1-877-969-0010 (Toll Free) www.compassionatefriends.org
Ex. Director: Pat Loder, e-mail: ExecutiveDirector@compassionatefriends.org
Camden County NJ Chapter- Mari Downey, Chapter Leader
1 E. Chestnut Ave., Merchantville, NJ 08109-2504
(856)401-9167 e-mail: newslettercfcamdencountyinj@comcast.net
Chapter Website: www.thecompassionatefriend.org



Telephone Friends

E-Mail Friends



Having a tough day? Please call a telephone friend or write to an e-mail friend for a conversational "hug". It helps.

Lynne Marlow - 401-9167
 Sheri Wolf - (surviving sibling)
 sherimsw@gmail.com
 Vivian Gano - (sudden accident-teen)
 428-7062 or TomGano@yahoo.com
 Marge Epifano - (sudden accident-teen)
 871-9711 or mjepitf@comcast.net
 Tony & Bobbi Stagliano - (prolonged illness-young
 adult) 662-2672 or stagbobbi@comcast.net
 Laurie Waring - (sudden death - young child)
 424-0029 or Waringfam@juno.com
 Cindy Pekarick - (sudden death - adult child)
 313-6994
 Jack Todd - (suicide) 983-2242
 Eleanor Couris - (suicide) 854-7250
 Russell Waring -(for fathers)
 424-0029 or Waringfam@juno.com
 Jack Edwards - (for fathers)
 784-1522 or outrage@comcast.net

Tony Stagliano - (for fathers) 662-2672 or
 tonystagliano@comcast.net
 Mark White - (for fathers) 629-2226 or 383-3971
 Susan Rose - (sudden death of an adult child)
 428-7458
 Diane DiPietrantonio (sudden death of a young adult
 child) 210-6855
 Marie Casperson - (child murdered) 665-8419 or
 mcasperson77@yahoo.com
 Victoria Baker- (infant loss, miscarriage, stillbirth, sib-
 lings) 325-8771 or victoria.l.baker@lmco.com
 Pam Columbus - (drug related death) (856)854-7017
 Gala Simpson - (AeA or asphyxiation games)
 resylpf4@verizon.net
 HOPING - 325-3607 (Sara Epstein)
 KENNEDY UNITE - 582-3000 (Sue Wagner)
 (SIDS, miscarriage, still birth)
 CONTACT (856)795-2155
 (24 hour helpline offering free, confidential help
 by volunteers)

OLD GRIEF

It is a milder storm
 and not so dark.
 It lets you see the shore
 where life goes on.

Old grief finds words of peace,
 and brings us gifts
 of memories and joys
 from treasured living.

But nothing takes away
 the emptiness
 of all those years,
 of all those haunted nights,
 of all those lost embraces.

It is a milder storm,
 but just as grave.
 Old grief does hover
 over soul and mind:
 a heartbreak song
 of timeless disappointment.

Author: Sascha Wagner
 From: The Poems of Shacha wagner

SASCHA'S

O
R
N
E
R

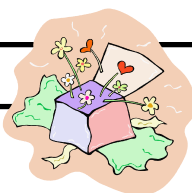


Camden County NJ TCF Chapter- Steering Committee

Chapter Leader: Mari Downey
 Treasurer: Tom Gano
 Secretary: Vicki Baker
 Publicity & Greeters: Shared responsibilities
 Funeral Home Outreach: Camille Williams & Bobbi Stagliano
 Library: Vivian Gano
 Hospitality Coordinator: Lesa Panzone
 Newsletter Editor: Bobbi Stagliano
 Newsletter Mailing: Connie Fliss
 Candlelight Service Chair: Camille Williams
 Memories Booklets for Candlelight: Deb Garwood

Memory Photo Albums: Charlene Lefebvre
 Inventory Management: Debbie Garwood
 Outreach: Mari Downey
 Webkeeper: Bobbi Stagliano
 Members-at-large: Vivian Gano, Jennie Feyt, Ginny Yurge-
 vich, Sue Rose, Kevin & Deb Garwood, Laurie Waring, Cas-
 sandra Robinson, all people listed in positions above, and
every one who would like to join us.
 Trained Facilitators: Tony & Bobbi Stagliano, Jennie Feyt,
 Tom & Vivian Gano, Laurie Waring, Lynne Marlow, Cindy
 Pekarick, Camille Williams

September Love Gifts



Lisa Adams sent a love gift to honor her son, Fred. Fred was born 7/10/47 and his "heaven" date is 10/7/00.

We try to acknowledge every gift. If you gave, and we missed the acknowledgement of your giving in the newsletter, please accept our apology and call Bobbi so she print the acknowledgement in the newsletter.

Thanks to those parents who gave anonymously at the August meeting. We appreciate the support and you.

LOVE GIFTS: There are no dues or fees to belong to The Compassionate Friends. Just as our chapter is run entirely by volunteers interested in furthering the work of TCF, your voluntary, tax-deductible donations make it possible for us to mail this monthly newsletter, contact newly bereaved parents, continue our participation in TCF/National, and meet other chapter expenses. Often, as they find hope and healing within the group, parents make a contribution usually in memory of a child who has died, or maybe a gift of thanksgiving for their surviving children. These contributions are our only source of funds. It is a meaningful way to honor our children and we are grateful to members who are able to contribute their generous support. **THANK YOU!**

Printing and paper for this month's newsletter is sponsored by John, Patti, Gianna, Nicolette, and Gabrielle in honor of our beloved son and brother, Johnny Murabito, Jr. 10/14/02 - 11/9/05

Postage for this month's newsletter is sponsored by George & Nancy Biehler through a United Way donation in loving memory of our son & step-son Lucas J. Biehler (Lukie) 7/13/76 - 2/23/92

Postage for this month's newsletter is sponsored by Tony & Bobbi Stagliano in loving memory of our son & step-son, Christian Edward Stagliano (Chris) 3/30/65 - 9/29/92

If you would like to sponsor a heart frame for postage, the cost is \$35.00.
If you would like to sponsor a heart frame for brochures, the cost is \$15.00.
Just call me at 662-2672 if you would like to do this.

The Lady



I wonder what she thought
As she stood there, strong and tall.
She couldn't turn away,
She was forced to watch it all.

Did she long to offer comfort
As her country bled?
With her arm forever frozen
High above her head.

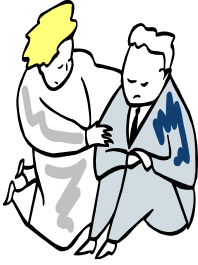
She could not shield her eyes
She could not hide her face
She just stared across the water
Keeping Freedom's place.

The smell of smoke and terror
Somehow reduced her size
So small within the harbor
But still we recognized...

How dignified and beautiful
On a day so many died
I wonder what she thought
And I know she must have cried.

*Author unknown
Lovingly lifted from TCF York Newsletter
Patriot's Day - September 11, 2009*

To Our First-Time Readers and New Members



If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful or you asked us to send it to you. We cordially invite you to attend any of our meetings which are held on the third Friday of each month at the Audubon Senior Center, Oak & Oakwood Avenues 8-10 PM. Nothing is required of you. There are no fees or dues. You need not speak a word. Coming to your first meeting is the hardest thing to do. But you have nothing to lose and everything to gain. If you have never come to a meeting, you are probably wondering what this group of people that you don't even know can do for you. It is here that comfort and support can be given by those that "have been there". We've all had chunks of our hearts torn out. Yet those holes get smaller with the loving touches, friendly smiles and kind reassuring words from each other.

Try not judge your first meeting as to whether or not TCF will work for you. At your first meeting you were hoping that TCF could get you over your terrible pain and depression and loneliness and guilt and anger and all of the other faces of grief. You came expecting to go home, feeling "better, if not cured." Instead you met other parents who are still coping with forms of grief after months or even years. Perhaps you didn't notice there were some parents who were doing "OK." But the bottom line is you may go home from the first meeting feeling worse than when you came. Give it another try—you will probably find, that each meeting uncovers a piece of the puzzle of life after the death of a child. It may take several meetings, but, hopefully, you will find the road to recovery like we did.

Melissa Sullivan attended her first meeting in August. Melissa's brother, Jack Mc Carron was born August 8, 1979 and died April 11, 2009. Melissa attended the meeting with her friend and our chapter's secretary, Karen Baker. Our hearts go out to Melissa as she works at the tough job of her grief work. "We do not walk alone, we are the Compassionate Friends." We are so sorry for your loss and regret that our membership seems to grow each month. We can only say we will do our best to help you in any way we are able. Don't hesitate to use the telephone or e-mail contacts on Page 2. Each person on the list is willing to listen, to talk, to reply to your e-mail any time of the day or night.

To Our Long-time Members

We are so sad when at our monthly meeting we have to welcome new members to our ranks. Knowing there are parents and siblings hurting as much as we did when we first started coming to TCF, reminds us of the deep loss we felt as we walked through the doors of the Audubon Senior Center for the first time. We need the help and support of our long-time members to help these families. As Mari Downey quoted, "we need the seasoned members to keep coming to meetings...they bring sunshine to others." Won't you consider coming to a meeting to help listen and talk with newly bereaved family members as often as you are able?

"TCF gives me a sense of purpose. A good enough reason for you to consider sticking around a while after you feel you have reached an acceptance or at least worked through your grief. Others need you. Pass the love on—adopt a bereaved parent!"

Fay Harden, TCF - Tuscaloosa, AL

CAN YOU HELP? Do you remember your first meeting of The Compassionate Friends, those first months of your grief journey? You desperately needed someone to talk to, someone who knew the pain of losing a child, someone to hug you, cry with you, listen to you. And there are newly bereaved parents who now need your help. Are you willing to be there for them? If two years or more have passed since the death of your child, and you feel that you are ready to give back some of the support that was shown to you, please consider a place of service in our chapter. There is a job for everyone. Don't wait—call Lynne or Mari (see the phone numbers on page 1). If you can't serve, please, at least, come to meetings to lend your support and understanding to our newly bereaved families. We have had so many new members join us the past few months. We need all the help we can get to help them. Thank you from all of our children.



Essence of TCF...

Perhaps the world little notes nor long remembers individual
acts of kindness—but people do.

Herm Albright

This month we remember the children on this page who are deeply and sadly missed. Please take a few moments, place them in your thoughts, remember them on their day along with their parents. A phone call or note would be so special and kind. None of us ever forget our special days, and messages that say "I care" help us get through them. Our children's lives will go on, as long as we remember them, as long as we celebrate their lives.

<u>SEPTEMBER BIRTHDAYS</u>	
DEVIN D. SPRIGGS, JR. 9/7/97 - 10/8/07 son of Marybeth Tursi	JOSEPH DEMARCO 9/23/61 - 11/29/78 son of Joe & Dianne DeMarco
COLLEEN PIETETSKY 9/15/59—6/11/06 daughter of Teresa Smith	JOSÉ FRANCISCO BARRETO 9/23/71—6/6/93 son of Nivia Vazquez
CHRISTOPHER ACHENBACH 9/17/85—7/9/06 son of Peter & Paula Achenbach brother of Lauren	MAGGIE MCDONNELL 9/30/76 - 7/2/97 daughter of Shelly Craig
CASEY SIMCOX 9/22/83 - 10/2/05 son of Dennis Simcox friend of Diane Hernandez	

<u>SEPTEMBER "ANGEL-VERSARY" DATES</u>	
FRANCINE BOOKMAN 2/8/59 - 9/1/94 daughter of Phil & Miriam Bookman	ROBERT WILLIAMS 3/8/40 - 9/13/00 brother of Betty Shelton
ANDY SUSSMAN 2/26/65 - 9/1/93 son of Shari & Jerry Sussman brother of Melissa Sussman-Chase	DAVID W. HALTIWANGER 8/14/71 - 9/17/87 son of Christa Haltiwanger
ROB LIBBEY 10/7/59 - 9/3/87 son of Helen & Bob Libbey	JOSEPH C. PROFETA 2/7/71 - 9/20/04 son of Joseph & Janet Profeta brother of Michael & Bernadette grandson of Bernard & Sue Sadowski Nephew of Terry Armbruster
DANIEL KUEHNE 2/1/69 - 9/6/03 son of Ardis & Bill Kuehne brother of Dave	DANNY HOUSTON 10/19/87 - 9/23/07 son of Joan & Francis Houston nephew of Lois & Mike Kirby
RACE MARTIN STEIN 12/27/57 - 9/6/08 son of Roberta Busch	GREGORY COLEMAN 1/4/76 - 9/26/07 son of Maryann Coleman
RANDY HABER 2/12/69 - 9/9/97 son of Kathie Villano brother of Amy Haber	CHRISTIAN STAGLIANO 3/30/65 - 9/29/92 son of Tony Stagliano & Loretta Burrows stepson of Bobbi Stagliano & Don Burrows brother of Mark & Mike, Step-brother of Tom
MARK BELCHER 1/8/54 - 9/13/80 son of Wilma Belcher	SUSAN CAMPBELL 4/3/77 - 9/30/08 daughter of Bob Campbell
KEITH O'DONNELL 3/11/84 - 9/13/07 son of Rose O'Donnell brother of Michael O'Donnell	



Rosh Hashanah celebrates the creation of the world and is a time for reflection and self evaluation. It is one of the Jewish tradition's holiest days, the days when Jews most commonly attend services at synagogue. Rosh Hashanah begins this year (2009) on the evening of Friday, September 18th.

Yom Kippur, known in English as the *Day of Atonement*, is the most solemn and important of the Jewish Holidays. It is observed on September 27, 2009. The central themes are atonement and repentance. Jews traditionally observe this holy day with a 25-hour period of fasting and intensive prayer, often spending most of the day in synagogue services.

Editor's Note: If there are any omissions, mistakes, corrections or additions you would like made to September's list, please call Bobbi Stagliano at (856) 662-2672. Please be patient with our human errors.

Chapter News & Notes

STEERING COMMITTEE MEETING HIGHLIGHTS FROM 8/18/09

- ◆ Facilitators have volunteered for every month through January, for the exception of the December meeting, for which, hopefully, we will be able to find a guest facilitator.
- ◆ Chapter Newsletter - Newsletter delivery is crucial by first of the month for parents with birthday/remembrance dates in that month.
- ◆ Sibling group activity will be cancelled due to lack of participants.
- ◆ 2009 Annual Candle Lighting is set for Sunday, December 13th at St. Andrews Church in Cherry Hill. Camille Williams-White is coordinating the evening once again. It was decided to continue using fire-lit candles as long as allowed by church/building where Candle Lighting services are held each year. If they are not allowed, battery operated candles will be considered. Camille will keep Committee up to date on happenings and if she is in need of help.
- ◆ Positions available in Chapter: Mari Downey will look into getting a phone line to accept TCF calls until a new chapter leader is announced. The Publicity/Greeters position is still being shared by the Committee until there is a volunteer who would like to handle this job.
- ◆ First Time Welcome Letter: Two more pages have been added to the welcome letter for first time family members to include thoughts 'lovingly lifted from others' to convey and express feelings of grief.
- ◆ Funeral Home Outreach: Camille composed a list of contacts for local Funeral Homes and will be providing this to Bobbi. The plan is to explain The Compassionate Friends and send each one TCF kits (folder containing appropriate brochures) to be given to newly bereaved parents. We will explore materials, etc. to be included in the TCF kits at a future steering committee meeting.
- ◆ **Lockheed Martin Family Day: Vicki's employer has accepted the request to have a TCF booth on their September 12th Family Day. She is looking for two volunteers that can help cover the booth with her from 9-4. Please consider helping her with this. Call her at 856.325.8771 and let her know you will be available. Because Lockheed Martin works on government jobs, you must be a citizen of the United States, you must have a photo ID, and Vicki must have your name to submit to her employer by September 2, 2009. Vicki has two children and is a single Mom, so she will need help so that the Family Day can be enjoyable for her family.**
- ◆ Next Meeting: The next steering committee meeting will be at Bobbi & Tony Stagliano's home on Friday, January 8, 2010, at 6:00 PM.



We want to let Michelle & Theresa from WAWA store 932 know how much our chapter appreciates their generous donations for our coffee service at each meeting. Thanks too, to Rose O'Donnell, Keith's mom, who works at that store. We have a large supply of cups, stirrers, sugar, Splenda, coffee packets, tea bags and creamers, thanks to their kindness and generosity.



Sister

He stood there staring
At his sister's pit of rest,
Trying to see
Why this had come to be.
Her death was so useless
What did it prove?
She deserved more than this,
To bleed to death in a closet.
And dead before age twenty.
She will be remembered.
Never, ever, be forgotten!
She touched her brother's heart,
And because of this, she will never part.

*Author: Lee Evens, Atlanta GA
in memory of his sister, Leslie Ann Evans,
who was murdered by her father.*

I'm Sorry for the Things I Didn't Do

It's too late to say I'm sorry for the things I didn't do.
It's too late to say forgive me and I'll make it up to you.

For you're gone now, forever. Oh, if you only knew
kid brother, just how much I miss you.

No more teasing, no more pleasing, no more borrowing the car,
No more promising to be careful, no more sneaking in the pickle jar.

God in Heaven, please take care of that brother of mine.
He was so sweet, so tender, and kind.

O Dear God, when You see him, please tell him for me
That I miss him something awful, though I have my memories...

And, Dear God, there is something that I'm asking of You—
Ask Jimmie to please forgive me for the things I didn't do.

Author: Laura Mae Martin, Grand Junction, CO



This feature of our newsletter is an effort to publish original work and "borrowed" messages from our chapter's members each month. Letters, poems, thoughts to, from or about our children will be found each month on pages 8 & 9, unless our members don't send in enough material to keep these feature pages in business. Please consider sharing with our chapter because sharing is what The Compassionate Friends is all about. Please contribute to this page if you are able. *Gather all that you can and send to Bobbi Stagliano, 1 E. Chestnut Ave., Merchantville, NJ 08109-2504 or e-mail them to stagbobbi@comcast.net **BEFORE SEPTEMBER 18, 2009** so that we will be able to fill pages 8 & 9 next month with our chapter's own. Thank you. Our children live on if we continue to share them with one another.*



Where Has the Time Gone?

It will be seventeen years this month and there are-

- No more crabbing trips and competition to see who caught the most.
- No more strawberry shortcakes to celebrate your birthday.
- No more laughing about childhood days and the "dark game".
- No more carefully selected gifts from the "master" of shopping.
- No more tickets to the Mann with parking permits.
- No more warnings, "We don't ask for autographs, Dad."
- No more special times together at the shore or home or your apartment.
- No more letters from Miami in the winter.
- No more help clearing the dinner table after a family meal.
- No more "Let's go canoeing."
- No more, "What are 'we' doing for Father's Day?"
- No more of your dazzling smile and genuine love.

But there are-

- Memories of good times whenever we were together.
- Visits from monarch butterflies that I know you have sent.
- Feelings of pride in your accomplishments.
- Smiles when I think of your terrific moves on the dance floor.
- Flickers of excitement when I see something you would have liked.
- Christmas with mega decorations-I know you see them.
- Memories of your fierce determination to take on your brothers and win.
- Those dancing feet while you listened to music by the pool in Cape May.
- Porsches that drive by and I picture you driving them.
- People whose elegant style and manners are just like yours.
- Times when I set the table for company and remember you.
- Those almond thins cookies you discovered and "hooked" me on.

It has been 17 years...where has the time gone since we were together as a family? Our lives have changed without you. Our lives will never be the same again. I miss you...it's been too long since you have walked in the door and said, "Hi!" You are not just my step-son. You are my friend. You will always be a part of me and I will never stop writing about, talking about and remembering you. Thank you for loving and accepting me as your Dad's wife and your friend. I love you and will always love you.

*Author: Bobbi Stagliano
In memory of Christian Edward Stagliano
3/30/65 - 9/29/92*

D's Dawgs

On December 4th, 2006 our world changed forever. Our daughter Danielle passed away from a brain aneurysm at the age of thirteen. We had asked everyone instead of flowers to donate money for a garden at Beck Middle School in memory of Danielle. We were amazed at the amount of people both young and old that Danielle touched in her short life with us. The amount of people, and her friends that came to pay their respect in honor of Danielle was and is still very overwhelming to us. A few months later a neighbor asked if he could hold a fund raiser at Sharp Elementary school in Danielle's name.

It was after that Carol and I spoke about having a charity for the upkeep of the memorial garden and for Danielle's other passions. With her love of animals, especially dogs and with all her friends calling her "D" it was only fitting that we named the charity "D's Dawgs".

We then met with our children, told them of our plans to start a charity, and wanted ideas of what to do to raise money. Thus we held a 5K Run/ 1 Mile walk. With the help of our neighbors and friends we had our first run on June 1st, 2008. It was a great deal of work, but we all felt it was a success. It was a very emotional day for us as June 2nd Danielle would have turned fifteen years old. Doing this has helped us try and fulfill some of the goals to commemorate what Danielle loved.

We have donated the money raised to a no-kill animal shelter, given sports camp scholarships, and day camp scholarships, to children that may not financially afford to attend. We just started a \$1000.00 scholarship at Cherry Hill High School East for someone studying Veterinary medicine. We have also donated monies to the Brain Aneurysm Foundation, Children's Hospital of Philadelphia, and Thomas Jefferson Hospital Neuro-sciences Division.

We just had our second run on May 31st, which in today's world with the economy the way it is, was successful. We raised more than \$11,000.00. We had more runners, and walkers, more sponsors than we did last year. We hope to continue to keep Danielle's name and memory alive. She would have turned "sweet 16" this June 2nd.

The hurt and pain is still and will always be there, as we all know, but if we can bring some awareness to the causes of Brain Aneurysms, and try to avoid having it happen to children and young adults, then we are doing something good for Danielle..



Danielle Bledy
6/2/93 - 12/4/06

The Bledy's

Editor's Note: Thought you might like to know about one family in our chapter and how they have turned their hurt and pain into something positive to help others and to affirm their daughter's life and loves.



A single mom from our chapter is asking for help in the sponsorship of the first Annual Gregory William Coleman Walk-a-thon, Bike-a-thon. This activity will raise funds for the benefit of *The Starting Point*, a non-profit educational and referral center for individuals & their families located in Westmont, NJ. So, if you would like to help, please consider meeting at the Camden County Park at Cooper River to register to participate between 8-9AM, Saturday, October 10, 2009. The registration fee is \$10.00-water & tee shirts supplied. You are asked to get sponsors to support you in your walk. So, if you can, please help Greg's mom, Maryann, raise money for the Starting Point's 32nd anniversary by meeting at the park on October 10th. Mary Ann will have sponsorship forms available at our September meeting, if you are interested.

TCF Camden County NJ Chapter
September 2009 Newsletter



*Grandparent's Day
September 13, 2009*

TCF

THE COMPASSIONATE FRIENDS

Camden County Chapter
1 E. Chestnut Ave.
Merchantville, NJ 08109-2504



September 22, 2009
First Day of Autumn

To our wonderful e-mail subscribers...thank you for making delivery of the newsletter so easy and so "green". Hope you enjoy this issue!

FIRST CLASS E-MAIL-pdf version, download Acrobat Reader 5.0 or higher to download newsletter