



The Compassionate Friends

Honolulu Chapter

Supporting Family After a Child Dies

HONOLULU CHAPTER

Volume 31, Issue 1 October – December 2023 (Fourth Quarter)

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Treasurer: Tammy Cox Martinez
Newsletter: Kristy Wallmo
Parent Coordinator: Clara Makaipo
Fundraising Coordinator: Karen Cho

Facilitator (Siblings): Jennifer Wall
Apprentice Helper: Ethan Won
Grandmother/Infant Loss: Pearl Stewart

GIVING MYSELF PERMISSION

It has been nearly five years since my only child died, but this will be my sixth Christmas without his unique enthusiasm, anticipation and happiness at the prospect of the holiday season.

After two rocky attempts to handle the holiday season, I gave myself permission to do what I wanted to do. I am not accountable to anyone for my ups and downs at the holidays. Last year was easier than the previous year and that year was easier than the one before. But there is a reason for this: in talking with other members of our Compassionate Friends chapter, I realized that I owe no explanations. Therefore, I make it easy on myself and on those who love me.

Instead of getting caught up in the commercialism of the holiday, I contemplate the true meaning of the season and initiate activities that have little to do with the season. I intentionally avoid Christmas because it is, simply, too painful for me. Others in our Compassionate Friends group have returned to their normal celebrations with children and extended family. Some have modified their traditions; a few have chosen to take a trip and escape the holiday memories entirely.

We give ourselves permission to handle this time of year in a way that is most soothing to us. If we do not do this, we suffer setback after setback in our grief. We often make small concessions for others in our family, of course. But are we really in the spirit? Probably not. Does it really matter? Probably not.

Each year I now put a wreath on our front door. I buy a gift for an underprivileged child and include a card that is signed with my son's name. I send gift cards to those who I am morally obliged to remember and buy small gifts for friends and family who truly appreciate the thought and effort I have made.

That's Christmas now. I have given myself permission to handle it in the only way that keeps serenity, peace and hope in my heart.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX

Monthly Meeting

Meeting Place: *Parish of St Clement*

Address: *1515 Wilder Avenue*

City: *Honolulu, Hawaii 96822*

Meeting time: *First Saturday of every month 10:00 – 11:30 AM*

Parking: *Entrance to the parking lot is on Makiki Street*

Virtual Zoom Meeting

Meeting time: *Third Tuesday of every month 6:30 – 8:00 pm*

Upcoming Events

(see Announcements for details)

Workshop: How To Get Grief Out with Dr. Bob Baugher. October 21, 10 AM – 1 PM

TCF Virtual Bereavement Support Event. November 11th 10:30 AM to 6:30 PM

Annual Worldwide Candle Lighting. December 10th

Regional Coordinator

Regional Coordinator: David Kaniaupio

Phone Number: (808) 222-6556

Email: kaniaupiotcf@gmail.com

National Office

The Compassionate Friends

48660 Pontiac Trail, #930808

Wixom, MI 48393

(877) 969-0010

Email:

nationaloffice@compassionatefriends.org

Website: www.compassionatefriends.org

ANNOUNCEMENTS

Monthly Meetings ~ Monthly meetings are held on the first Saturday of the month at The Parish of St Clement. The Saturday meetings are Hybrid, meaning we are also conducting the meetings virtually via Zoom. We will continue to hold the evening meetings on the third Tuesday of the month virtually. You will need to download the Zoom APP (Zoom Client for Meetings). To download the Zoom APP, go to: <https://zoom.us/download> and follow the instructions to download the APP. The monthly meeting reminder will contain the link to join the meetings. Clicking on the link in the reminder email will allow you to join the meetings. If you have any questions, please call or email David Kaniaupio – (808) 222-6556 or email – kaniaupiotcf@gmail.com.

Workshop: How To Get Grief Out with Dr. Bob Baugher. October 21, 10 AM – 1 PM ~ This workshop will be offered in person and virtually. Bento box lunch will be provided. For more information and to RSVP please contact David Kaniaupio kaniaupiotcf@gmail.com

The TCF National Bereavement Support Event will be held on Nov. 11th from 10:30 AM to 6:30 PM ~ This special gathering will include workshop presentations on a variety of grief topics that have a Q&A opportunity at the end of each plus recordings of our main session presentations at TCF's 46th National Conference this past summer. To learn more and to register go to <https://www.compassionatefriends.org/event/virtual-bereavement-support-event/>

The Annual Worldwide Candle Lighting will be held on December 10th ~ To learn more go to <https://www.compassionatefriends.org/event/27th-annual-worldwide-candle-lighting/>

Donating to TCF ~ Loved ones have asked how they can give to The Compassionate Friends. The Compassionate Friends is an approved non-profit organization. We are listed with both the Aloha United Way (under “The Compassionate Friends” #72860) and Combined Federal Campaign of Hawaii-Pacific (under “Compassionate Friends Inc” #78470). If your employer participates in either of these Giving Campaigns, please consider The Compassionate Friends when completing your pledge – Mahalo!

Voices ~ We would like to include writings from parents in our chapter's quarterly newsletter. If you are a creative writer and would like to share your child through stories, poems or artwork in our newsletter, please submit it to Kristy at walklikewill@gmail.com



LOVING LISTENERS

DAVID KANIAUPIO (808)222-6556

TERRY KANIAUPIO (808)222-2729

RESOURCES

Recommended by the Bereaved Parent Community

A Bed for My Heart www.abedformyheart.com

The book “Man’s Search for Meaning” by Viktor Frankl

The Honolulu Chapter of The Compassionate Friends operates solely on donations: monetary gifts in any amount are deeply appreciated. Donations can be made to: The Compassionate Friends, c/o Tami Cox Martinez, 45-1013 Wailele Road, Kaneohe, HI 96744. Mahalo!

OUR COMMUNITY

The TCF Annual Conference was held July 7 – 9 in Denver, CO. Members from the Honolulu and other chapters came together to find renewed hope and support, as well as strategies for coping with grief, all while making friendships with other bereaved people who truly understand the heartbreaking loss of a child, sibling, or grandchild. Below is the beautiful Memory Board brought to the conference by the Honolulu Chapter of TCF.

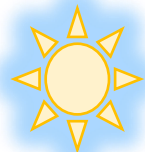


Mahalo Nui Loa

To Ethan Won, Caleb Hopkins, Jeanne Martin-Hopkins, Clara Makaipo, Kristin Kaniaupio, David Kaniaupio, and Terry Kaniaupio for their support of the Honolulu Chapter of The Compassionate Friends in the Visitor Industry Charity Walk.

In this universe nothing is ever wholly lost. That which is excellent remains forever a part of this universe. Human hearts are dust. But the love which moves the human heart, abides to bless the last generation.

~ Ralph Waldo Emerson



OUR CHILDREN REMEMBERED
FOREVER LOVED, MISSED, REMEMBERED
OCTOBER

OUR CHILDREN BORN IN OCTOBER

Michael Edward Anderson, Oct 1983 - Oct 2004
Ileiana Bintliff, Oct 1994 - Oct 2013
Jeffery Kanaiaupuni Carvalho, Oct 1980 - Feb 2004
Shawn C. Carvalho, Oct 1979 - Mar 1996
Tom Christie, Oct 1976 - Nov 2009
Robert S. M. Chun, Oct 1960 - Sep 2005
Frank Joseph-James Cleboski, Oct 1989 - Jun 2015
Clarke Cuyler, Oct 2018 - Nov 2018
Elia Puahone Heder, Oct 1982 - May 1991
Jungmin William Hovis, Oct. 2007 – April 2011
Shaun Makena Kailikea, Oct 1982 - May 2017
Maile Christina King, Oct 1989 - May 1998
Ikaika Kale Kelepine Lopes, Oct 1987 - Aug 2013
Ryan Joseph Martin, Oct 1980 - Feb 2014
Jessica May Oct 1977 - Oct 2013
Michael McNeil, Oct 1956 - Aug 1981
TeeJay Meier, Oct 1977 - Mar 1999
Kyla Mariko Meaney, Oct 2010 - May 2015
Wiley Muir, Oct 2013 - Feb 2014
Rudy Chung Murakami, Oct 1981 - Sep 2012
Jon Keith Nobles, Oct 1973 - Mar 1998
Liam Francis Ramos, Oct 2018 - Oct 2018
Manuel Reza, Oct 1980 - May 1996
Kaipo Vierra, Oct 1982 - Jul 2009

OUR CHILDREN WHO LEFT US IN OCTOBER

Jasonims Amora, May 1981 - Oct 2013
Michael Edward Anderson, Oct 1983 - Oct 2004
Brandon Aurand Stephens, May 1989 - Oct 2010
Ileiana Bintliff, Oct 1994 - Oct 2013
Ian Tyler Coronas, Aug 1993 - Oct 2016
Jeremy Patrick Dias, Sep 1971 - Oct 1987
Brian Gene Ellis, Sep 1985 - Oct 2014
Jesse Garcia, Sep 1981 - Oct 2005
Arya Marika Alexandratos Hixson, Sep 2017 - Oct 2017
Carter Horlback, Jan 2012 - Oct 2016
Jennifer Jacobi, Feb 1972 - Oct 2005
Hinaaiinameleonalani
Keahiwelomakalehuaikauaokapo Johnson-Ahia, Mar 2012 - Oct 2014
Helen Sayako Kaneshiro, Aug 2000 - Oct 2000
Ryan Kono, - Oct 2003
Jessica May, Oct 1977 - Oct 2013
Lisa Marie Ortiz, Jun 1978 - Oct 1998
Josiah Ramos, Aug 1997 - Oct 2016
Liam Francis Ramos, Oct 2018 - Oct 2018
Lindsey Shinsato, Jul 1991 - Oct 1993
Christopher Scott Staackmann, Sep 1960 - Oct 2010
Benjamin U. F. Stevens, Mar 1985 - Oct 2009
Diane Marie Taylor, May 1973 - Oct 1996
Leif Timothy Umphrey May 2008 - Oct 2008
Al Zaharis, Feb 1964 - Oct 1991



Manuel Reza



Arya Mariko Alexandratos Hixson



Jessica May



Ileiana Bintliff



Jungmin William Hovis



Jennifer Jacobi



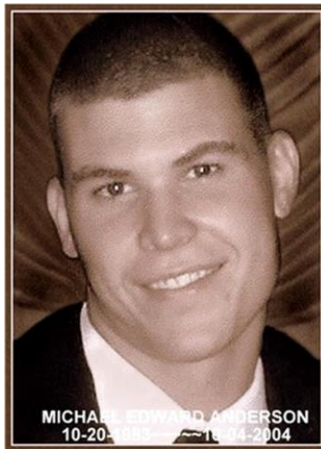
Josiah Ramos



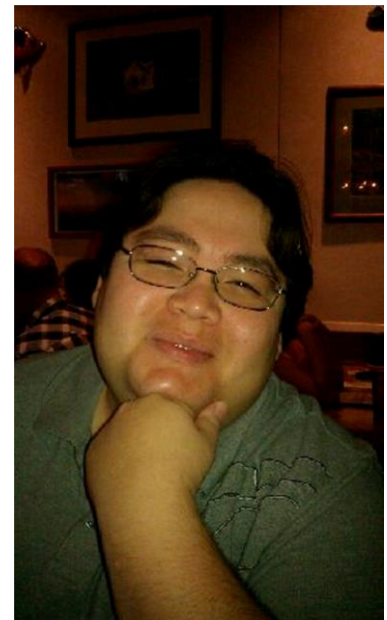
Ryan Kono



Ryan Joseph Martin



Michael Edward Anderson



Rudy Chung Murakami



Ian Tyler Coronas



Helen Sayako Kaneshiro



Hinaaiinameleonalani
Keahiwelomakalehuaikauaokapo
Johnson-Ahia



Frank Joseph-James Cleboski



TeeJay Meier



Brian Gene Ellis



Liam Francis Ramos



Clarke Cuyler



Brandon Aurand Stephens



Diane Marie Taylor



Ikaika Kale Kelepine Lopes



OUR CHILDREN REMEMBERED
FOREVER LOVED, MISSED, REMEMBERED
NOVEMBER

**OUR CHILDREN BORN IN
NOVEMBER**

Dave Adams, Nov 1982 - Aug 1998
Angela Lace Apostadiro, Nov 1992 - Feb 2010
John Charles Bomke III, Nov 1982 - Aug 2006
Lea Bussell, Nov 1992 - Jan 2014
Kristin Akemi Claudi, Nov 1980 - May 2009
Jayden Joseph Kawika Dade-Tavares, Nov 2001 -
 Nov 2003
Evan Robert Kai Gleason, Nov 1992 - May 2009
Joseph Alika Kealoha-Lopez, Nov 2017 - Nov
 2017
Aukahimaina'ale Leafchild, Nov 2005 - Dec 2006
Jesse Leung, Nov 2013 - Nov 2013
Joshua Levine, Nov 1988 - Jul 2016
Kristofer Nedorolik, Nov 1997 - Jul 2015
Ramona Shapiro, Nov 1985 - Feb 2008
Princess Zuna Ilacad Yadao, Nov 2014 - Sep 2016

**OUR CHILDREN WHO LEFT US IN
NOVEMBER**

Walter J. Agno, Feb 1987 - Nov 2007
Craig "Kamaki" Anderson, Dec 1974 - Nov 1997
Kellee Jones Briggs, Jan 1978 - Nov 2013
Waika Wiia Carvalho, Aug 1986 - Nov 2009
Tom Christie, Oct 1976 - Nov 2009
Sara Ann Cosson, Sep 1968 - Nov 2012
Clarke Cuyler, Oct 2018 - Nov 2018
Jayden Joseph Kawika Dade-Tavares, Nov 2001 -
 Nov 2003
Jacob Hensley, Apr 1993 - Nov 2015
Alaina Marie Jenkins, Aug 1967 - Nov 1992
Devin Johnson, May 1986 - Nov 2009
Betteanne Momilani Aldrich Pang Kaaa, Jul 1964 -
 Nov 1992
Darryl Kahoeikaika Kaniaupio, Aug 1981 - Nov 1999
Joseph Alika Kealoha-Lopez, Nov 2017 - Nov 2017
Jesse Leung, Nov 2013 - Nov 2013
Michael Joseph Maneha, May 1986 - Nov 2008
Peter Nelson, Jan 1964 - Nov 2013
Anders Pederson, Jan 1987 - Nov 2015
George Arthur Pellegrin, Dec 1972 - Nov 1991
Kaleo Pierce, - Nov 2013
Benjamin Madigan Snavely, Feb 1982 - Nov 2015
Hope or Matthew Virtudazo, - Nov 2016
Jaime Wong, Sep 1965 - Nov 1998
Simon Chung Yuen Wong, May 1974 - Nov 2009



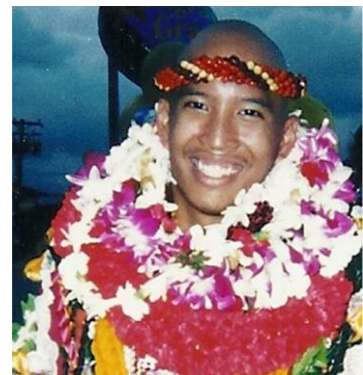
Benjamin Madigan Snavely



John Charles Bomke III



Joseph Alika Kealoha-Lopez



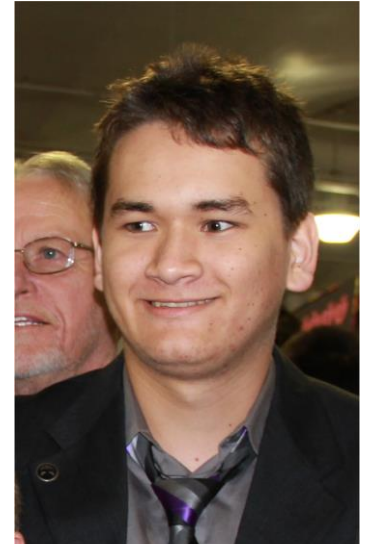
Darryl Kahoeikaika Kaniaupio



Lea Bussell



Evan Robert Kai Gleason



Kristofer Nedorolik



Sara Cosson



Kellee Jones Briggs



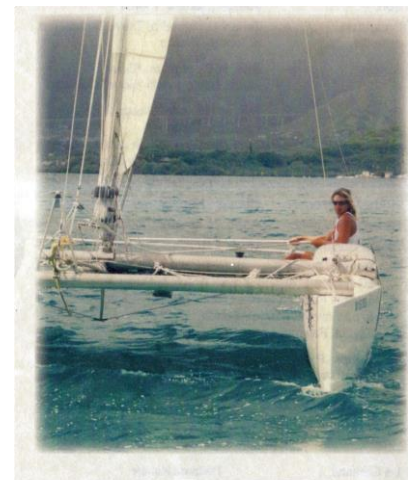
Alaina Marie Jenkins



Ramona Shapiro



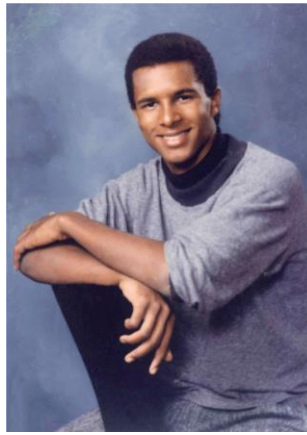
Clarke Cuyler



Kaleo Pierce



Princess Zuna Ilacad Yadao



George Arthur Pellegrin



Joshua Levine



**All these years later
I still hear your gentle laughter,
Still feel your love,
Still see your light.**

Helen Marm, The Compassionate Friends



Anders Pederson

OUR CHILDREN REMEMBERED
FOREVER LOVED, MISSED, REMEMBERED
DECEMBER

OUR CHILDREN BORN IN DECEMBER

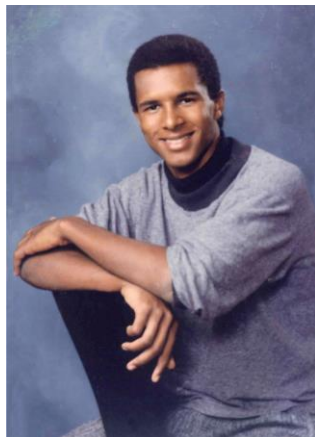
Craig “Kamaki” Anderson, Dec 1974 - Nov 1997
Marcia Chu, Dec 1980 - May 2009
Jack Cone, Dec 1984 - Jun 2006
McKenna Fuglie, Dec 1991 - Sep 2014
Gregory Gareth Gaines, Dec 1984 - Jan 2002
Scott Hoover, Dec 1967 - Apr 2006
Dalzell Johns Potter, Dec 1961 - Apr 2005
Jacob Kealoha-Lopez, Dec 2014 - Dec 2014
Shaun Mahtani, Dec 1966 - Apr 1999
Charles “Keoki” Malott, Dec 1971 - Jul 2011
Zane Feliciano Mediano, Dec 2007 - Dec 2007
Michael Anthony Moriarty, Dec 1992 - Feb 2010
Heather Haunani Akiko Nahina, Dec 1977 - Jan 1992
Mariah Amanda Noguchi Lim, Dec 1992 - Dec 2014
George Arthur Pellegrin, Dec 1972 - Nov 1991
Maya Eve Tacadena Perdido, Dec 2002 - Apr 2004
Julie Anne McHale Reti, Dec 1965 - May 1995
Scott Rush, Dec 1963 - Sep 1980
Gabriella Ann Marie Stefan, Dec 2002 - Dec 2004
Brandi Ann Malia, Dec 1984 - Jul 2004
Matthew Jee Yul Williams, Dec 1978 - Jun 1998

OUR CHILDREN WHO LEFT US IN DECEMBER

Jaime Akamie Coelho, Jun 1991 - Dec 2004
Mark Patrick Goldberg, Sep 1984 - Dec 2013
Jacob Kealoha-Lopez, Dec 2014 - Dec 2014
Donovan Keliiaa, Mar 1981 - Dec 2015
Aukahimaina'ale Leafchild, Nov 2005 - Dec 2006
Gerald “Jerry” Alan Massie, Jan 1966 - Dec 2015
Enzo Atsuo Matsumoto, Apr 2007 - Dec 2010
Zane Feliciano Mediano, Dec 2007 - Dec 2007
Noe Michele Melvin, Jul 1976 - Dec 1996
Keene Kainoa Nagaishi, Jul 1997 - Dec 2015
Mariah Amanda Noguchi Lim, Dec 1992 - Dec 2014
Mitchel Poissonnet, Jan 1963 - Dec 2014
Nina Ricci, Mar 1981 - Dec 2010
Adrenia Olena Cadiz Robinson, Jan 2012 - Dec 2013
Nicole Siegrist, Apr 1987 - Dec 2016
Gabriella Ann Marie Stefan, Dec 2002 - Dec 2004
Kirk Wehrenberg, Apr 1974 - Dec 2013



Scott Hoover



George Arthur Pellegrin



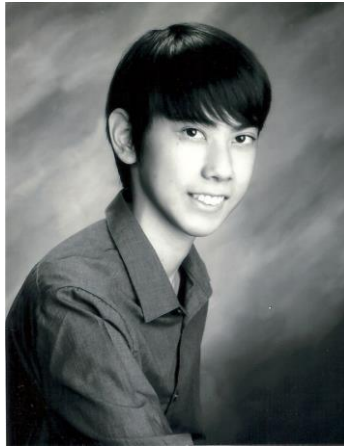
Heather Haunani Akiko Nahina



Mark Patrick Goldberg



Mariah Amanda Noguchi-Lim



Keene Kainoa Nagaishi



Donovan Keliiaa



Mitchel Poissonnet



Matthew Jee Yul Williams



Adrenia Olena Cadiz Robinson



Gerald "Jerry" Alan Massie



Gregory Gareth Gaines



McKenna Fuglie



Charles "Keoki" Malott



Nicole Siegrist



Jacob Kealoha-Lopez



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. ©2016

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.

Please Consider Helping

Many have found through experience that helping others through their grief journey can strengthen your own journey. The memories of our children are positively reinforced as other bereaved parents share their stories and memories. We Need Not Walk Alone. That simple phrase resonates throughout my journey. There are other aspects to The Compassionate Friends that need help. If you have a talent – web design, writing, creativity, organizing, and greeting and would like to help others – please let us know.