

The Compassionate Friends

Honolulu Chapter Supporting Family After a Child Dies

VOLUME 36, ISSUE 1 JANUARY - MARCH 2025 (FIRST QUARTER)

Chapter leaders: David and Terry Kaniaupio David: (808)222-6556 Terry: (808)222-2729 Email: <u>kaniaupiotef@gmail.com</u> Treasurer: Tami Cox Martinez Newsletter Editor: Georgiana Best Parent Coordinator: Clara Makaipo Fundraising Coordinator: Karen Cho Website: www.compassionatefriendshawaii.org Facilitator (Sibling): Jennifer Wall Apprentice Helper: Ethan Won Grandmother – Infant Loss: Pearl Stewart

Two Monthly Meetings

- Hybrid: In Person and ZOOM

Meeting time: <u>First Saturday</u> of every month 10:00 – 11:30 am

Meeting Place: Kaneohe Bay Plaza

Address: 45-955 Kamehameha Hwy, Room 401

City: Kaneohe, HI 96744

Parking: First entrance up ramp is public parking

Virtual Zoom Meeting

Meeting time: <u>Third Tuesday</u> of every month 6:30 – 8:00 pm

See the Announcements

Upcoming Events

48th National Conference in Bellevue/Seattle, WA

July 11, 2025 @ 8:00 am -

July 13, 2025 @ 12:00 pm

Regional Coordinator

Regional Coordinator: David Kaniaupio Phone Number: (808)222-6556 Email: kaniaupiotcf@gmail.com

National Office

The Compassionate Friends PO Box 46 Wheaton, IL 60187 (877) 969-0010

Email: nationaloffice@compassionatefriends.org Website: www.compassionatefriends.org



HONOLULU CHAPTER

The New Year: A Time of Hope

Another New Year has slipped into our lives, radically changing some things and leaving other things to evolve naturally. For bereaved parents a new year marks another year on the calendar without their precious children. It is a new year, but not much has changed since the old year. Why is that?

We act as the catalysts of change for ourselves. We choose to help ourselves; we choose to stay in a specific place in our grief. We choose to reach out for hope or we choose to withdraw into the familiar and postpone facing life and hope another day. There are no set rules or specific timetables in bereavement. We are each unique in our grief.

Eventually we all find hope. We find it in different ways and in different times. There will be no one moment of epiphany for bereaved parents. Instead, there are a series of minutes, hours, weeks, months and often years until we realize that we can truly say we feel the power of hope coming alive from deep within us. This moment will come for each of us. It will come in its own time and its own way.

Even those of us who have found hope and who shine its light on the paths of newly bereaved parents, still regress and withdraw into the dark sadness of our loss. And that is as it should be. For we have lost the most precious gift of our lives...our children's presence with us and their future in this life. Our children live in our hearts and our memories and our dreams. They do not share this plane with us. It is normal and it is good to think of our children often and to shed some tears for all that has been lost. These aren't setbacks as much as sweet memories that bring cathartic tears.

The element we find in these memories is a closeness to our child and our child's life. This, too, is healthy. An often-expressed fear is that our children will be forgotten. Worry not, gentle parent, your child will be remembered for all of your days and for many days thereafter. You will never forget your child. Others who knew your child will never forget. The proof of this is in our memories....sweet memories that take us back to another time when our child was with us.

So this New Year's, whether you are a few months, a few years or many years in your grief, think about hope. You have not forsaken your child when you reach for hope. Your hope brings your child back in a positive way that will warm your heart. Reach for that hope. As you move forward in your grief in the New Year, reach for hope. Your child will still be with you. And one day you will find that your child's presence is sweeter when hope is within you.

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



ANNOUNCEMENTS

Monthly Meetings Update ~ Our in-person meetings are held on the first Saturday of the month at The Kaneohe Bay Plaza, Room 401, 45-955 Kamehameha Hwy, Kaneohe, HI 96744. The Saturday meetings are Hybrid, meaning we are also conducting the meetings virtually via Zoom. Our evening meetings are held on the third Tuesday of the month virtually via Zoom. You will need to download the Zoom APP (Zoom Client for Meetings). To download the Zoom APP, go to: <u>https://zoom.us/download</u> 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.

Donating to TCF ~ The Compassionate Friends Honolulu Chapter 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!

The Compassionate Friends Honolulu Chapter is a registered, 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!

Candle Lighting ~ Thank you to all who attended and volunteered with the Honolulu Chapter Candle Lighting Ceremony in December. Tami Cox Martinez was our guest speaker and with her love, care, great strength and honor, she shared her 9-year grief journey, her emotions, remembrances, and her ongoing healing with the passing of her daughter Danielle Reiko Cox. Mahalo to David and Terry for conducting the Chapter's first ever Candle Lighting ZOOM Connection with friends and family joining from California, Oregon, Colorado, Las Vegas, Alaska and throughout Hawaii.

LOVING LISTENERS

DAVID KANIAUPIO (808)222-6556 Terry Kaniaupio (808)222-2729





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 us.

Gifts of Love

Sheila Kim

Mahalo for your monetary gift in Honor and Loving memory of your son Rudy Murakami.

Ethan Won

Mahalo for reading The Compassionate Friends Credo for our Candle Lighting Ceremony in Honor and Loving memory of your son Evan Jonah Won.

Fa Heder

Mahalo for your monetary gift in Honor and Loving memory of your sons Elia Puahone Heder and Keikaika'amekupono Matalau Heder.

Silvia K. Silva

Mahalo for your monetary gift in Honor and Loving memory of Danielle Reiko Cox.

Georgiana and Pearson Best

Mahalo for your monetary gift in Honor and Loving memory of your daughter Patrina Sharmaine Best. Georgiana, Mahalo for reading a poem for our Candle Lighting Ceremony.

Neal and Joanne Imada

Mahalo for your preparation of gift bags and registering guests for The Compassionate Friends Candle Lighting Ceremony in Honor and Loving memory of your daughter Madison Imada.

Give Aloha - Foodland

Mahalo to Foodland and to everyone who donated to The Compassionate Friends Honolulu Chapter through the Foodland's Annual Community Matching Gift Program.

Transform the pain of grief

into the elixir of hope

Karen Cho

Mahalo for obtaining the room at Windward Community College for The Compassionate Friends Candle Lighting Ceremony as well as ordering and picking up the bentos for the ceremony in Honor and Loving memory of your son Quintin Masao Cho.

Raul and Tami Cox Martinez

Mahalo for your monetary gift in Honor and Loving memory of your daughter Danielle Reiko Cox. Tami, Mahalo for being our Guest Speaker for The Compassionate Friends Candle Lighting Ceremony and sharing your 9year grief journey of love, sadness, remembrances, joy, anger, honor, strength and your most remarkable healing growth.

Ronald and Angie Tateishi

Mahalo for your monetary gift in Honor and Loving memory of Danielle Reiko Cox.

Joseph Eppink

Mahalo for playing live music during the opening of our Candle Lighting Ceremony.

Terry and David Kaniaupio

Mahalo for Directing, Hosting, Emceeing, ZOOM connecting, Slideshows, Coordinating and Producing our Candle Lighting Ceremony in Honor and Loving memory of your son Darryl Kahoeikaika Kaniaupio and your sister Linda Yuk Gin Zane. Mahalo Terry and David for your Leadership of The Compassionate Friends Honolulu Chapter. Because of you both, we walk together with love, understanding, and hope for our future.

The Compassionate Friends

Supporting Family After a Child Dies

Please show your support by donating now.

To Honor your child in TCF Honolulu Chapter Newsletter, please contact any board member.

OUR CHILDREN REMEMBERED Forever Loved, Missed, Remembered

JANUARY

Our Children Born in January

Anais Atherton, Jan 1980 - Jul 2016 Kellee Jones Briggs, Jan 1978 - Nov 2013 Kaelyn Cullender, Jan 2009 - May 2010 Carter Horlback, Jan 2012 - Oct 2016 Mina Piilani Hornor, Jan 2009 - Jul 2016 Michael Kalani Hulama Jr. Jan 1974 - Mar 2003 Jeremy Lapitan, Jan 1990 - Feb 2013 Gerald "Jerry" Alan Massie, Jan 1966 - Dec 2015 Murphy Foster Mckeel, Jan 2012 - Feb 2012 Peter Nelson, Jan 1964 - Nov 2013 Troy Ozama, Jan 1965 - Feb 2006 Anders Pederson, Jan 1987 - Nov 2015 Mitchel Poissonnet, Jan 1963 - Dec 2014 Darius Ikaika Puni-Mau, Jan 1991 - Apr 2013 Adrenia Olena Cadiz Robinson, Jan 2012 - Dec 2013 Shane Paul Quirk Stowell, Jan 1982 - Mar 2016

Our Children Who Left Us in January

Lea Bussell, Nov 1992 - Jan 2014 Gregory Gareth Gaines, Dec 1984 - Jan 2002 Nainoa Kealiihokuhelelani Hoe, Aug 1977 - Jan 2005 Errol Lewis Hughes, Mar 1963 - Jan 2006 Abby Kubik, Mar 1995 - Jan 2013 Buddy Kaehukakahiaka Luke, Mar 1984 - Jan 2015 Laurie McNeil, Jul 1960 - Jan 1994 Heather Haunani Akiko Nahina, Dec 1977 - Jan 1992 Steven M. Oshiro, Jun 1963 - Jan 2000 Linden Jordan Radona Quintal, Apr 1996 - Jan 2015 Jerrod Richardson, Mar 1991 - Jan 2010 Grant Young, Feb 1983 - Jan 2002



Kellee Jones Briggs



Heather Haunani Akiko Nahina



Linden Jordan Radona Quintal



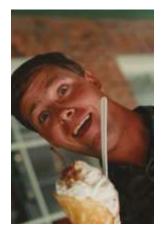
Darius "Ikaika" Puni Mau



Nainoa Kealiihokuhelelani Hoe



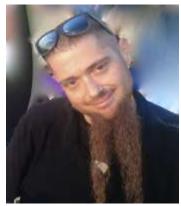
Mitchel Poissonnet



Gerald "Jerry" Alan Massie



Anders Pederson



Shane Paul Quirk Stowell



Lea Bussell



Anais Atherton



Adrenia Olena Cadiz Robinson



Gregory Gareth Gaines



Our Unborn Children



To Honor your child in TCF Honolulu Chapter Newsletter, please contact any board member.

OUR CHILDREN REMEMBERED

Forever Loved, Missed, Remembered February

Our Children Born in February

Walter J. Agno, Feb 1987 - Nov 2007 Inde Elgersma, Feb 2015 - Jul 2016 Keokalani Snyder Elizares, Feb 1976 - Aug 1998 Nikolas Taro Emerson, Feb 1992 – Aug 2021 Danielle Eiko Fletcher, Feb 1997 - Jun 2016 Mark Patrick Goldberg, Feb 1984 - Dec 2013 Franklin Waikilo Goldwire, Feb 2018 – May 2019 David Higginbotham, Feb 1992 - Jul 2000 Jennifer Jacobi, Feb 1972 - Oct 2005 Melanie Mimi Makaipo, Feb 1982 - Mar 2012 Ameliya Ridgeway, Feb 2015 - Jun 2015 Kaikupa'aokalani Seto, Feb 1985 - Aug 2004 Scott Yutake Shimizu, Feb 1963 - Feb 2007 Michelle Shusterich. Feb 1977 - Jul 1998 Benjamin Madigan Snavely, Feb 1982 - Nov 2015 Aaron Carter Steffens, Feb 1974 - Jun 2010 Grant Young, Feb 1983 - Jan 2002 Al Zaharis, Feb 1964 - Oct 1991

Our Children Who Left Us in February

Andy Agnostinelli, Apr 1979 - Feb 1992 Elizabeth Cook Allen, Sep 1967 - Feb 2013 Angela Lace Apostadiro, Nov 1992 - Feb 2010 Patrina Sharmaine Best, Aug 1985 – Feb 2024 Jeffrey Kanaiaupuni Carvalho, Oct 1980 - Feb 2004 Hailee Jade Nicole Chaves, Mar 2015 - Feb 2016 Ouintin Masao Cho. May 1994 - Feb 2016 Joshua Esubio DeGuzman, - Feb 1996 Jenny Naba Fagan, Mar 1980 - Feb 2014 Noel Christopher Lagat, Jun 1989 - Feb 2009 Jeremy Lapitan, Jan 1990 - Feb 2013 Ryan Joseph Martin, Oct 1980 - Feb 2014 Murphy Foster Mckeel, Jan 2012 - Feb 2012 Michael Anthony Moriarty, Dec 1992 - Feb 2010 Wiley Muir, Oct 2013 - Feb 2014 Kalen Nakasato, Sep 1975 - Feb 2003 Trov Ozama, Jan 1965 - Feb 2006 Ramona Shapiro, Nov 1985 - Feb 2008 Scott Yutaka Shimizu, Feb 1963 - Feb 2007 Jason Mathew Wegger, Jul 1972 - Feb 2006



Benjamin Madigan Snavely



Aaron Carter Steffens



Franklin Waikilo Goldwire



Ryan Joseph Martin



Mark Patrick Goldberg



Jennifer Jacobi



Quintin Masao Cho



Nikolas Taro Emerson



Ramona Shapiro



Jenny Naba Fagan



Danielle Eiko Fletcher



Our Unborn Children



Patrina Sharmaine Best



To Honor your child in TCF Honolulu Chapter Newsletter, please contact any board member.

OUR CHILDREN REMEMBERED

Forever Loved, Missed, Remembered March

Our Children Born in March

Royce Henry Baginski, Mar 1995 - Sep 2016 Michael Andrew Bignami, Mar 1988 - Jul 2013 Hailee Jade Nicole Chaves, Mar 2015 - Feb 2016 Cameron W. Deal. Mar 1969 - Jul 1996 Jenny Naba Fagan, Mar 1980 - Feb 2014 Mark Gatanis, Mar 1967 - Apr 2013 Jameelah Guanstein. Mar 1955 - Mar 2011 Nicole Keonemelani Hookeno Elliot, Mar 1980 - Apr 2009 Errol Lewis Hughes, Mar 1963 - Jan 2006 Hinaaiinameleonalani Keahewelomakalehuaikauaokapo Johnson-Ahia, Mar 2012 - Oct 2014 Donovan Keliiaa, Mar 1981 - Dec 2014 Destiny King, Mar 2002 - May 2008 **Abby Kubik,** Mar 1995 - Jan 2013 Buddy Kaehukakahiaka Luke, Mar 1984 - Jan 2015 Alex Mambo, Mar 1970 - Jun 2011 Aaron Miller Moylan, Mar 1979 - Mar 1999 Jolene Morizono, Mar 1980 - Jul 2009 Kourtnee Otsuka. Mar 1990 - Jun 2016 Victoria Pojas, Mar 1987 - Jul 2005 Nina Ricci, Mar 1981 - Dec 2010 Jerrod Richardson, Mar 1991 - Jan 2010 Kapena Lou Kalanikaioka'ie'ei Smith, Mar 1980 -Sep 2003 Peter Solieau, Mar 1959 - Sep 1993 Marc Joseph Spitzzeri, Mar 1967 - Mar 2008 Benjamin U.F. Stevens, Mar 1985 - Oct 2009

Our Children Who Left Us in March

Anthony "Tony" Almeida, Jun 1989 - Mar 2014 Amanda Raeanne Beaty, Sep 1994 - Mar 2016 Brody David Black, Apr 1998 - Mar 2002 Augusto Camara, Sep 1978 - Mar 2006 James Brennan Cohen, May 1966 - Mar 2009 Daniel John Collette, May 1976 - Mar 2005 Danielle Reiko Cox. May 1991 - Mar 2016 Shawn C. Carvalho, Oct 1979 - Mar 1996 Anthony James Edrada, Aug 1993 - Mar 2007 Jameelah Guanstein, Mar 1955 - Mar 2011 Michael Kalani Hulama Jr, Jan 1974 - Mar 2003 Emilia Hung, Sep 1988 - Mar 2013 Melanie Mimi Makaipo, Feb 1982 - Mar 2012 TeeJay Meier, Oct 1977 - Mar 1999 Peter Miller, Jun 1973 - Mar 2006 Aaron Miller Movlan, Mar 1979 - Mar 1999 Jon Keith Nobles, Oct 1973 - Mar 1998 Eric Bradford Rohlfing, May 1961 - Feb 1986 Shannon Shea Smith, Apr 1976 - Mar 1997 Marc Joseph Spitzzeri, Mar 1967 - Mar 2008 Shane Paul Quirk Stowell, Jan 1982 - Mar 2016 Kevin Wolfley, Aug 1964 - Mar 2008 Kecia M. U. Wong, Jul 1982 - Mar 2002



Peter Miller



Donovan Keliiaa



Danielle Reiko Cox



Kourtnee Otsuka



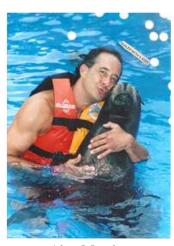
TeeJay Meier



Jameelah Guanstein



Mark Gatanis



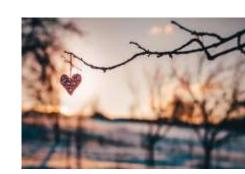
Alex Mambo



Jenny Naba Fagan



Anthony "Tony" Almeida



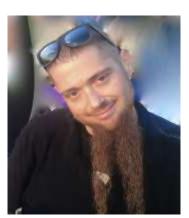
Our Unborn Children



Hinaaiinameleonalani Keahiwelomakalehuaikauaokapo Johnson-Ahia



Amanda Raeanne Beaty



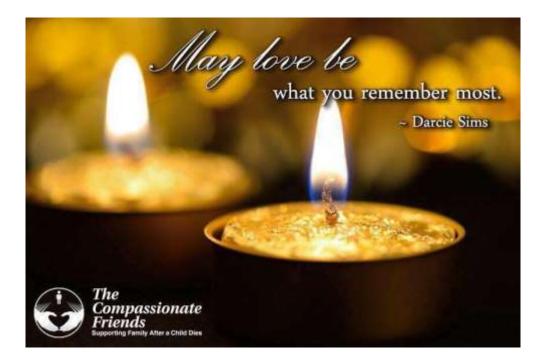
Shane Paul Quirk Stowell

Valentines in Heaven

ARE THERE VALENTINES IN HEAVEN? ARE THERE RED HEARTS EVERYWHERE? DO THEY LINE THE GOLDEN STREETS, OR IS THAT VERY RARE? I WISH THAT I COULD SEND YOU ONE, RIGHT THROUGH HEAVEN'S GATE, TO SAY HOW MUCH WE MISS YOU, ON THIS SPECIAL DATE. I'D LIKE TO SEND A CANDY HEART, THAT IS PRINTED, "I LUV U," AND MAYBE YOU WOULD WHISPER BACK, "I KNOW, I LUV U TOO."



Marilyn Rollins, TCF Lake-Porter, IN, For All Our Children



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. ©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.

The TCF Mission Statement

The Mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

Please Consider Helping

I have found through my own experiences that helping others through their grief journey has strengthened my own journey. The memories of my son 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.

