



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

APRIL 2015 ISSUE

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"This newsletter is sponsored by an anonymous family in memory of our children".

OUR NEXT MEETING
will be April 1st, first Wednesday
of the month at 7:00 P.M.

LOCATION:
The Neighborhood Church
415 Paseo Del Mar
Palos Verdes Estates, CA 90274
(South of Torrance Beach)

DIRECTIONS: Pacific Coast Hwy. to Palos Verdes Blvd. → Palos Verdes Blvd. becomes Palos Verdes Drive West. Veer Right. → Go to Via Corta (stop sign just past Malaga Cove Plaza). Turn right. → Go down hill to Arroyo (stop sign). Turn right. → Continue down hill to end of street. → Turn left on Paseo Del Mar. → Meetings are held at the west end of the church.

--Please remember to park in the church parking lot and not on the street.--

The Compassionate Friends
Mission Statement...

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 April 1st meeting will start with "Dealing with different causes of death."

For a free Picture Button of your child, call Ken at (310) 544-6690.

TCF Lunch Group meets for lunch at Mimi's Café every Friday at 1:00. (Crenshaw and PCH). All members are invited.

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The April 1st topic will start with “Dealing With Different Causes of Death”. When death comes without warning, the shock is overwhelming. When your child dies due to a lingering illness or injury, your grief may be complicated by emotional and physical exhaustion. If your child's death was at the hands of another, you are faced with even more complications. No matter how your child died, there are similarities and differences that are unique for various causes of death. To get our meeting started, we will be exploring the differences that emerge in various types of grief, as well as the commonalities we all face after the death of a child.

No matter how your child died, the loss and overwhelming feelings we struggle through will be lessened by understanding how universal those feelings are. By sharing with our Compassionate Friends, we reach out to others who may be facing the same struggles we have already gone through. Please come and support the newly bereaved in understanding the various struggles we all face in our grief. Don't underestimate the strength and support your comments and experiences can make to another bereaved parent.

The Greatest Grief

A sudden accident killed your child. That terrible phone call changed your life without warning— you didn't get to say goodbye – this has to be the most terrible loss of all.

Your child died by suicide— you feel you should have been able to prevent it. Your guilt is devastating. How can you live with such an incomprehensible tragedy?

You had only one child— now you have none and your focus in life is gone. What's the point of living? What could be more devastating?

When your baby died, your dreams died— you have few memories and you're too young to be suffering like this— this loss is most unfair.

Someone murdered your child— an unbelievable violation – you're angry and your frustration with the legal system feeds your anger. This must be the very worst.

You're a single parent— your child has died and you have no one to lean on, no one to share your grief – surely your suffering is the most painful.

The unbelievable has happened— your adult child died – you had invested so much in that child— now who's going to help you in your old age?

You had to watch your child suffer bravely through a long illness— you were helpless to

ease his pain and to prevent his death - how do you erase those horrible images? Yours must be the greatest grief.

The truth is that the death of any child is the greatest loss, regardless of the cause and regardless of the age. Our own experience is far more painful than we had ever previously envisioned, so how could we possibly comprehend what others have undergone? To make comparisons between our own suffering and the pain of others is an exercise in futility. It accomplishes nothing and sometimes can be hurtful to others. To say that one type of death produces a greater or deeper grief than another tends to place different values on the children who have died. Each child is worthy of 100% of our grief, each person's sorrow is 100%, and each loss is 100%, because we love each child, those still living and those who have died with 100% of our being. I can't imagine wanting to walk in the shoes of any other bereaved parents, can you?

--Peggy Gibson, Nashville, TN TCF

Tradeoffs



Have you ever thought about the fact that each type of loss, as compared against another, carries with it equalizing factors? It would have been easier, you may think, if he or she died in some other way and at some other age. We need to explore that thought.

Parents whose children have terminal illness must cope with those long months of having hopes dashed, maybe many times. They may have to watch their child go downhill on a daily basis for a long time—all the while exhausted, but trying some how to keep the remaining family on an even keel. By necessity, the day's schedule is built around the needs of a dying child. What, then, does one do with all that time when the need is no longer there? They are cast adrift with no anchor. But those months of knowing the prognosis provided and opportunity to fulfill as many dreams and wishes as was possible. They gave people time to say good-bye and, perhaps more importantly, there was time to make sure the relationship was a good one. There was time for “I love you.” You see how the equalizers work? There's your tradeoff.

Parents whose children die suddenly, whether by acute sudden illness, accident, murder, or suicide, have no advance warning, no time to prepare. There is the sudden and unexpected

amputation of a piece of their lives. It is as though a part of them has been lopped off without benefit of either. The shock of that puts cotton where the brain used to be. One minute the child is there and then next he or she is gone, and what does one do with the time that had previously gone toward the daily parenting and providing for this child? The parents have to live forevermore with whatever the relationship was at the moment of death. Good or bad, it is frozen at that place. With no opportunity to indulge in a longed for anything. Their child may have died alone or among strangers. It is difficult to deal with not having been there and it provides fertile ground for "what-ifs" and "if onlys". There is no time for an "I'm sorry", "I love you", or "Goodbye." But the parents have not had to deal with the pain and stress of a long-term illness and all that goes with it. Another tradeoff.

Is it harder, you wonder, to lose a small child who is so totally dependent upon you and who may be so young that their being is still a wonder to you? Or is it harder to lose one a bit more independent, but who has been a part of your life for so long you can't remember when they weren't there?

If the child was young, all or part of the dreams and hoped-for experiences of watching a child grow up are gone. You wonder what kind of person would have developed in this child. You grieve for what was and for what *might have been*. If the child was older or adult, you had been through more of the growing up process and maybe already knew who your older child had become. In this case, you grieve for what was and for all that *had been*.

If we all wrote down on a piece of paper the way, age, and circumstance of our loss and pinned each one to a line, like clothes to dry, I suspect we would, after reading them all, gather up our own circumstance and take them back. We would learn that to wish for impossible things is a waste of valuable time. For you see, even with tradeoffs there is no good way or age to lose a child; there are just different ways and ages...and all of them are hard.

--Mary Cleckley, TCF , Atlanta, GA

Sudden Accidental Death



This will touch on a few of the real problems we encounter in traumatic grief experienced from the sudden accidental death of a child: shock, guilt, unfinished business, lack of closure, negative attitudes or obstacles to recovery, and anger. We

don't want to make judgments on which kind of grief is more difficult, but sudden death is recognized as one of the most difficult to recover from because of the tremendous shock involved. It will be longer, lonelier, and more hazardous to your lasting emotional stability than if you had been able to anticipate the loss and to communicate with your child before death.

One of the large differences between sudden accidental death and death by long-term illness or anticipatory death, is the shock involved. It is the primary factor. This shock affects the body as major surgery would. Shock is marked by a lowering of blood pressure, coldness of skin, rapid heartbeat and an acute sense of terror. Therefore, we may experience immediate physical problems upon learning of the death of our child. The physical problems we encounter include excessive tiredness, headaches, stomach problems, and strange heart activity. These may come at any time in our bereavement and often come and go.

Emotional or psychological shock is indeed of even larger significance. It is of unfathomable proportions, initially there is alarm because in an instant our whole lives are changed; there is disbelief; the overwhelming reality is more than we can comprehend. We think there must be a mistake. Often we experience a numbness. Later we go through this feeling of numbness again, and it may last for weeks or months.

When the numbness wears off, we go into our intense grief experience. There are tears, and depression. We relive the events surrounding the death over and over. Usually by this time the highly emotional experience may cause us to think we are mentally unstable, and that we are losing our minds. Just remember that you are not alone, and that the others of us who have had our children die in this manner have felt the same things. Don't hesitate to seek professional help if you feel you need it or if you appear to be "stuck" in any of the stages.

With sudden death there is usually a feeling of guilt. It may be self-imposed or real. We remember punishments that were unresolved, arguments that were not reconciled, and there is always the question of "Could I have prevented it?" We ask ourselves the question "WHY" over and over. I know now that this question is often unanswerable, but we all ask anyway.

In sudden death we have no chance for closure; no chance to say good-bye. This adds to the burden as we think of what we could have or

should have done. We are hindered in accepting our child's death by negative attitudes that arise from our questions and our need to place blame. We have been hurt beyond our wildest dreams and must allow ourselves to express whatever emotions we may feel. It may not be pleasant for those around us, but it is necessary. We must work through our emotions; get them out. There are many forms of denial; learn to recognize them and work through them.

People release their emotions in different ways. Crying is helpful and necessary. Talking is of utmost importance. This is one of the primary functions of The Compassionate Friends. We'll listen to one another where our friends are likely to hand us a drink or a tranquilizer as they grow weary of listening to us. We need to talk for months and sometimes years about our experience. Many of our feelings may frighten us, but know that they are normal, natural, and to be expected. Even thoughts that we are NOT losing our minds; it only feels that way.

The circumstances of sudden death cause loneliness. Few people can identify with us because our circumstances are practically unique. This uniqueness isolates us. Another of our severe problems is often anger, which might be better described as rage. It can be anger focused on individuals who were responsible for the death of our child, at medical personnel who we feel did not do the right things to save our child, at God for letting this happen to our Child, and anger at people around us whose lives are happy and whose children are healthy. We may even feel anger at our child for dying and leaving us with such a burden of grief. Anger is normal, but, if denied and repressed, can be turned inward and become expressed as a depression.

Depression can lead to thoughts of suicide. Get help if it lasts too long. Anger gives us tremendous energy and that energy can be used. It can be focused on healthy outlets. For instance, take up a cause, work for stricter law enforcement against drunk drivers or gun control issues. Use that energy positively; it will give a sense of accomplishment and renewed self-esteem. Bereaved parents are in grave danger of drug and alcohol abuse, for these are tools that sometimes give temporary relief. Drugs and alcohol are merely means of putting off the grief process. Grief work will have to be done eventually and our literature tells us it is worse when put off or delayed.

With the death of a child we as parents

experience the ultimate failure - we are supposed to be invincible where our children are concerned and now we have failed to keep our child alive! Suddenly our belief system is shattered. The suddenness of the death has robbed us of our confidence in ourselves. We have low self-esteem. We suffer from lack of motivation due to our severe fatigue. We have nothing left to believe in, not even God, for some. We are totally insecure. We are placed in the position of continuing to deteriorate or to begin to rebuild our lives by rebuilding our beliefs, our self-confidence, and our self-esteem. The choice is ours. Choose to live. Our children would want us to not only just live, but to continue to grow and love.

--Fay Harden TCF, Tuscaloosa, AL



My Struggle with Grief

The pain and sorrow, the feelings of emptiness and loneliness, and the loss of purpose and hope that swept over me when our 13-year-old son, John, died may be feelings that overwhelmed you, too, when your child died.

Ours had been an 11 month battle with an unconquerable foe. Our fun loving, athletic, curious, and clever son was diagnosed as having a rare type of cancer. There are two things that I think make losing a child as a result of a prolonged illness particularly traumatic and difficult. The first is the closeness that develops between the child and his family, particularly his mother or the person caring for him most as the child becomes more dependent for support, understanding, and physical care. That closeness developed to such an extent during his illness that the person I came to know best and care about most was that struggling child.

From my own experience and from others, I have talked to who have had similar experiences, I am convinced that having a child who has a life-threatening disease is as close to having that disease and suffering through the treatment as is possible, without actually having it. I used to dream that I was having radiation and chemotherapy during John's treatment. Perhaps this results from a real desire on the part of the parent to take the child's place since there seems to be little else they can do. So the loss leaves such an empty place, one that cannot be filled, and for me there was a real desire to go to be with that child. Perhaps just as devastating is the unbelievable frustration of losing the battle.

John referred to his chemotherapy protocol as his "sentence in a prison camp." And he believed that he would live through it and come out a better person as others had before him. He had the finest medical care available. Still he died. There was and is no way to change these facts.

The situation I faced after John's death was frightening. Life will never be the same. I will always be disappointed that John did not have a longer life, but I will always be proud of him and love him. I continue to search for ways to bring love, hope, and meaning to my life as I try to make use of my one gift of life.

--Excerpts from an article by Dorothy Schafer
TCF, Atlanta, GA

The Murder Of My Son Sam

My second son, Sam, age 21, had been murdered on the street in downtown Atlanta. He made the last mistake he will ever make on that December night: he resisted a robbery. Up until then, I only thought I had problems. I had lost my father, my marriage of twenty years, had survived cancer, and the heartbreak of having one of my sons rebel against the very things I had instilled in him. But all of this was minor compared to the shock and pain of Sam's death.

When someone came to tell me of his murder, I felt as though I had been split down the middle with a chain saw without anesthesia. I had been trying to work through all my emotions for over a year. But the horror and heartache of having him die so needlessly and senselessly, of having him robbed of the dignity of the choice of life - the right to live, my feelings about his murderers, whoever they were, my anger at his friend who ran and deserted him at the time of the robbery, the seemingly lack of interest of the homicide department, the unwanted attention of the media, the morgue, the autopsy, the burial, and my anger at the mayor for his refusal of the courtesy of an answer to my letters, was all too much. And, all the while I felt I was losing my mind because my "normal" friends, those who had not outlived a child, were telling me I should be "all over it" by now, and I believed them! I needed to know I was sane.

Attending the Compassionate Friends meetings helped me to know that my feelings, whatever they were, were normal for me. I learned it was okay to be both angry at my son for his stupidity and carelessness in resisting a robbery and also proud of him for standing up for a principle that said what

was his, was his. The compassionate people who attend these meetings helped me save my second marriage because I didn't understand my husband's grief. They helped me to learn to express my anger at God for what I felt were His failings, and then to forgive Him and find peace, understanding, and love from my God again.

I loved my son more than myself. We had loved and fought for half of my lifetime. He was a big giver and a big taker and was the "life" of our family. He had a sense of self-worth, knowing who he was and where he was going. He had a lot to give. I lost a large part of my future when he died, as well as my pride, my joy, and happiness. I was consumed for a long time with what I had lost.

Today, I am no longer angry at Sam. I have given him the right to make his own choices with his life. I remember the good and bad of him, for he had both. My son's life had a purpose, and with the help of TCF, the many hours on the phone and in the meetings, his death had a purpose. Today I am a stronger, better person for having experienced Sam's life and his death.

I still don't know who murdered him, but I have been able to put that aside, recognizing I may never know and this is something I can do nothing about. I refuse to let it consume me for the rest of my life. I am now a more complete person, and ready to move forward.

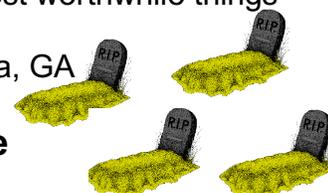
If you are struggling with the aftermath of a murder, I hope you hear my message that it will be better. It takes time, but most worthwhile things do.

--Jayne Collins, TCF, Atlanta, GA

Losing More Than One

For many years after my children were killed in a horrific road accident, I was obsessed with the fear that they had suffered and had called out to me in the pain. My fertile imagination created scenes of horror that would make violent movies look like a Sunday picnic. These fears were only assuaged when I spoke to people who had survived a car crash, in which passengers had died, and who described nature's anesthetic - a total lack of recall of the incident. I believed every word. I had to in order to stay sane. My irrational guilt of not having been there haunted me.

Every night before falling asleep, I played out my ritual of saying goodnight to each of them in turn. Sometimes I would fall asleep before completing my ceremony. The next day I would



feel guilt ridden and beg forgiveness from anyone who was left out. Eventually I learned a magic formula - to devote a full night to only one at a time. I wallowed in the luxury of having any of them to myself for as long as I cared. I learned to rotate the order of speaking to them. It was an important lesson that I had learned.

Working with my grief for all four at a time was overwhelming. I had to separate them. They were unique individuals; I had a different relationship with each one when they were alive, so why should it change because they are dead? I felt so much better, and wanted to stand on the rooftops and shout out loud to all parents who have suffered the loss of more than one child; to relate to each one separately and differently, as you had always done. Hard as it may be at first, it is far more satisfying than trying to handle the family as one unit.

I am now able to invite anyone, or all four members of that precious family, to spend time with me. I sleep more peacefully these nights.
--Miriam Biderman, TCF Cape Town, South Africa



The Stigma of Suicide

Our son, David, committed suicide! But, how could it have happened to *US*? Suicide is something that always happens to someone else. Could it be as a mother I was too permissive? Yes, that's it. I spoiled him, and I indulged him. I wanted his world to be happy, perfect. I didn't permit him to taste the rough side of life, and to know how to handle disappointments and discouragements.

No, that's not right. We really were too strict with him. Perhaps we were too harsh in our discipline—that's it. In our parenting we required respect, courtesy, and consideration. Perhaps we went just a little overboard in our discipline. We broke the spirit while trying to break the will. We experienced ambivalent thoughts such as these, along with the feeling of failure as parents because our son was dead. Yet, our friends' sons lived – so, they were the good parents and we were the bad parents?

The feeling that "if only" his death had happened some other way - an illness, an accident in his car or on his motorcycle that I never wanted him to buy. And what about a suicide for those of us who have "grown up in the Faith"? Is there forgiveness? What is the "destiny of the soul"?

Now, almost five years later, I am no longer closer to the answer to the big question *WHY* than I was before. I believe it was necessary for a time for

me to struggle and agonize with the *WHY*, the "what its", and the "if onlys". It was just as necessary for me to lay to rest these unanswerable questions, if I were to ever enjoy life again. When our son died, all I could do was zero in on the enormity of the loss. I could not see what I had left or that life would ever again hold any happiness for me. Now I can count my blessings in a way I never could before.

About my role as a parent. Given the same set of circumstances, the same inexperience in parenting, I would more than likely do the same things. After some time, I chose to start the day by saying to myself, "I made mistakes, there were things I did I shouldn't have done, there were things I didn't do I should have done, but not once did I begin my day by saying, "Let's see just how miserable I can make my children today." I loved them. I did the best I could.

What about the question of suicide verses another type of death for my child? True, suicide carries with it perhaps more guilt and anger on the part of the survivors, and, perhaps we have to deal with the "whys" and the "if only's" longer and in more depth. But, in the three years I have been involved with The Compassionate Friends, I know now that my pain is no greater than those who have lost children by some accident or to a lengthy illness.

We know beyond any shadow of a doubt that our son loved us. We know he knew we loved him. This is very important to us now, and we hold on to what we know. What we don't know is the "dark abyss of the soul." We chose to believe that though his death was at his hands, he had no more control than one who died from some other form of illness. He was ill.

How did we deal with the "destiny of his soul," and find peace? It didn't happen overnight. I am a person of strong faith, who has gone through doubting, as perhaps many of you are doing now. I wish I could give you a pat answer. I can't. I choose to think about a God of love and mercy and not to dwell on one who condemns one who is ill enough to take his own life. The meanings of words such as faith and trust have taken on a new dimension in my life.

I am a reader, and I have read just about every book I could get my hands on, which also included reading the Bible from cover to cover. For those of you who ask how long this takes, I can only speak from my own experience. My fourth year, I started setting goals for myself.

It was my "good" year. Joyce Landorg, author of "Mourning Song", says it takes from four to five years to survive a suicide. I do believe now that had I been involved with a sharing group such as TCF earlier in my grief, the healing would not have taken as long. And by healing, I in no way mean I don't still hurt, I don't still miss, and I don't still have my bad days. I do! But they are fewer now than they used to be, and most of the time I know better how to deal with them.

It is good to once again experience some happiness. Five years ago I didn't think it would ever again be possible. It would not have been had it not been for a loving husband, the constancy of caring by family and a very dear friend, and - so very important - those of you who cared enough, even though your grief was as great as mine, to give of yourself the greatest gift, in starting a chapter of The Compassionate Friends. My gratitude and thanks to each of you!

--Anne Garrard TCF, Atlanta, GA



Mother Nature

If we, as parents, waited nine long months for the birth of our dreams, would you not expect us to love her? If we brought our new baby home with us, would you not expect us to care for her, nurture her, and adore her? Anything less would be considered abuse, wouldn't it?

But what if her sweet cry sounds only once, and our happiest memories are of the months she lived and grew within? What if she gazes into my eyes only once and all the photographs in her baby album can be counted on one hand? What happens then?

What do we do when the milk comes in, and no one is here to drink it? What do we do when we awaken for the two a.m. feeding and rush into the nursery, only to find it empty? What happens when my tummy begins to flatten, and my pregnant body returns to "normal", and we still have no little one to hold? Where are the smiles? Where is the joy? Where is the baby?

What if morning sickness suddenly becomes mourning sickness? And postpartum depression occurs in the midst of grieving the death of our baby child? What if the "new parent" instinct still kicks in and there is nowhere to direct it? And what if the only cries in our house are our own?

How do we explain that certain things nature intended to happen when a baby is born, still happen? Except the most important part.

Apparently, my tummy is empty, and yet the cradle is empty, too. (My mind can't comprehend this craziness). What if our love continues to grow as the weeks and months and years gradually slip away. And our precious little girl never ... Ever... Comes home?

--Dana Gensler, TCF South Central KY

Signs of Healing and Adapting

- * The amount of time spent in the clutches of grief diminishes.
- * Time between bouts with grief lengthens.
- * Sleep and eating habits resume a degree of normalcy.
- * Irritability and disorganization subside.
- * The ability to concentrate and make decisions returns.
- * Flashbacks and preoccupations lessen in frequency and intensity.
- * Physical health returns.
- * Interest in social activities resumes selectively.
- * Resumption of meaningful pursuits begins.
- * The bonds of emotional attachment loosen as evidenced by:
 - * The ability to part with some belongings.
 - * The establishment of new connections with the deceased.
 - * Visits to the cemetery taper.
 - * Legal entanglements are brought to a close.

These indications of healing are by no means exhaustive and one need not have each one to be on the right track. The manner and timing of healing vary with the individual. Even when healing is coming along well, and perhaps forever after, something will trigger a relapse and the parent will be back to square one, experiencing grief in all its intensity. However, these bouts, and they are bouts, become less frequent over time; they last a shorter period of time; the intensity diminishes.

-- Dr. Judith R. Bernstein

Grief is not some clean, linear, predictable state. To the contrary, grief is messy, painful, stunningly frightening, random and suffocating. *It is also necessary for our very survival.* To grieve that which is loved and lost is as essential to our survival as breathing.

--Dr. Joanne Cacciatore, Reprinted from TCF-USA Facebook page

Shared Thoughts On How Death Changes Our World

Sometimes grief is more comfortable when we can hide out in the winter. It seems to be a more acceptable season to be lethargic, low-spirited, and less productive. Now, that the dormant plants are popping up, preparing for their glorious showing, it can add to our depression. We can not match the energy, proudness, or courage the blossoms display as they return to show off their beauty. We often feel if anything is going to return to life again, it should be our child or sibling. Spring can cause resentment, when there are no signs of our loved ones returning to life.

For those of us who believe in eternal life, Easter offers much hope, and is paramount in accepting the death of our child or sibling. But, that does not erase our missing, yearning anger, and all those human emotions we experience when the separation of our child or sibling takes place. It is very difficult when they precede us in death. Most of us don't even try to understand or find reason in it.

Our world changed when that special loved one entered our lives, they became part of our reason for living. When they left, or world became shattered. Time to grieve and lament over our loss is important. Time and distance alone doesn't heal. As painful as it is, we need to remember their living, loving, and impressions they left on the world, and particularly on us. Facing the profound sadness that we have to live without our child seems an impossible task, and to expect to enjoy life again is out of our realm of thinking.

Grief seems to intensify everything we are. This can cause our anger, impatience and emotions to get in our way of daily living. It can erode our trust and destroy our self-esteem. It is impossible for us to be at our best for communicating with those around us. Particularly, when we appear outwardly in control, and give a false impression to those trying to help us.

It takes a lot of healing to become functional again. Healing is loving again, both ourselves and others. There are those who can help us get through our tragedy, but it needs to be someone who can share our sorrow, not those we have to shelter from our pain. It is very important that we express our gratitude for their concern, so they know what is helpful to us.

For those fresh in their grief, barely getting

through each day, it is impossible to envision ever reinvesting in life again. I know, for I have been there. But the pain does soften, and one day, you too, will be glad there is a tomorrow. Life will never be the same, but it can be productive, rewarding and I hope you will one day look to your future with anticipation for what it holds for you. But, for now, my thoughts and prayers are with ow as you struggle with your pain.

--God Bless, Marie Hofmockel, TCF Valley Forge



Spring Has Sprung

The Passover and Easter seasons are upon us. They are special times that make it more obvious that someone is missing. Some parents are struggling with what they believe now and deem important. The pretty new dresses and hats do not seem to matter as much as they did. There are more important things on our minds now. We are facing the renewal of life all around us...and yet the missing child's life is not renewable. We hurt because life is going on and his or hers is not.

These are normal reactions for some, when grief is fresh, as the changing of seasons is a poignant time for many. Those of us, who have had the necessary time, wish to convey to those who have not, that it won't always be this painful. When your grief softens (and it will), so will many of your hurtful responses. Get out in the sunshine. Go for a walk. Smell the fragrance of the flowers and allow the warmth and beauty of the season to permeate your being. It just may make your day a little lighter, and a lighter day is surely worth trying for.

--Mary Cleckley, TCF Atlanta, GA

Friends and Family ...

A True Friend Indeed Of A Grieving Parent

One who realizes you're hurting intensely and need immense assistance.

One who wants to help you.

One who decides to help you.

One who doesn't turn away from you.

One who offers comforting, hopeful words.

One who doesn't make promises and then disappears.

One who insists on "intruding" when most others

hide behind the words, "I don't want to intrude."

One who doesn't say, "If you need anything, just call," as they back away from you.

One who recognizes that parents devastated by grief are not capable of calling for help. It must be proffered.

One who offers specific items of help: food, cheer, shopping, driving, company, etc. over the long haul.

One who does not feel they have fulfilled their responsibility of friendship by sending a card or making a "dutiful" condolence call(s) and then disappearing.

One who can understand and absorb unintentional anger which results from torment and still love you and support you.

One who is willing out of friendship to make a commitment to help a parent get through the WORST time of their life.

One who doesn't allow being uncomfortable or not knowing what to say or do, prevent them from helping.

--Mitchell Weiser, Albany/Delmar TCF Kingston

Newly Bereaved...

Dear Parents..

I suspect you are wondering how you will ever make it through this loss. You feel an overwhelming load of grief that you wonder if you will be able to survive, or at least maintain your sanity. It is absolutely horrendous. I do not know of any experience that is as wrenching and tearing as the death of your child.

Death first visited me when I was eight years old. My father just fell over dead of a heart attack. My mom died a year and a half later. I have lost a step-father, a step-mother and a father in-law to death. But of all these experiences, none has been as profoundly grievous as the death of our son. Nothing in my life has ever caused me to feel so ripped apart as the death of our son.

I remember driving home alone from the hospital the day he died. I remembered only because I could not stop sobbing. I remember the burial; I could not stop sobbing, there, either. I remember a year later attending the memorial service for the child of a friend of ours. Marilyn and I fell apart and went to pieces all over again. We said to each other, "Will we ever get over this?"

No. You don't ever get over it. You don't ever forget. In time you move beyond the pain, yes. In

time you come to believe that you will survive and not lose your mind. In time you feel restored and whole again. But you never forget the loss of your child. I think that is good. We can move beyond, but we cannot forget; we do not want to forget. I think that is the way it must be.

It also must be that you wander sometimes aimlessly through the wilderness of anguish before you reach the promised land of peace and healing. It will take time. More time than we like to think. Each of us grievers needs to wrestle with the demons and dragons and despair of crazy thinking before we can begin to feel any kind of restoration and return to a sense of wellness and wholeness. Pay no attention to those who would have you "get it over with" or "pull yourself together" or "get on with your life." Grieve your loss as you must, not as others dictate. God knows I feel with you in your loss. I want you to believe that the feelings you feel are normal even though they may frighten you and cause you to think that you are losing your mind. In all this, love yourself. Embrace yourself; and if you have a spouse, embrace each other. Share your feelings. Be patient with yourself and each other. And you will slowly move through the valley of the shadows and finally step into the sunlight once again. There are many of us who share in your feelings. And even though you may not know us, believe that we walk with you in spirit, on your journey.

--Dr. William Miller is a writer and pastoral counselor. His son Karl Andrew, died when 3 days old. TCF Southwestern Manitoba newsletter

Welcome ...



You're Not Alone

At first you are numb-
Family and friends, they do care,
But when you can feel again
Family and friends are not there.

It may take them weeks,
It will take you years
To get through the pain
That still brings you to tears.
So you cry, and then you search.
You pray and you plan
To find answers to questions
They don't understand.

It takes someone special
To help ease that pain
Someone who will listen
Because theirs is the same.

In this room full of people
You have never known-
In this room there's compassion
And you're not alone!

--Tonie Mason TCF Northeast GA

Editor's Note: While it is never easy to deal with the death of your child, sharing your loss and pain with other bereaved parents can make the loss easier to bear. While some bereaved parents would rather just read the newsletter and try and deal with their pain on their own, I often wonder "Why?" Listening to other parents share what helped them, and not having to go through this pain alone, makes it easier to bear. The old adage, 'Grief shared is sorrow halved', I find to be true. We invite you to attend a meeting and see how listening to the "experiences" of other bereaved parents can help.--L.V.

Helpful Hint...



The Season of Easter/Passover

Easter signifies the Risen Christ, the most hopeful and positive symbol of Christendom, and the Jewish Passover celebrates escape from oppression and slavery into the Promised Land. These holidays have not become burdened with required gift giving, home decorating, and lavish partying.

As winter ends, and the trees, shrubs, and flowers of our valley burst into bloom, many bereaved parents feel their spirits lift a bit, and the pall of gloom subsides for many. Some of our parents, in fact, leap into spring by planting a memorial garden for their child, which gives them something positive to do, and provides them with the pleasure of creating a little spot of beauty for them and their family and friends to enjoy. The exercise and getting out into these rare and beautiful spring days are an added health bonus. And to have flowers from your child's garden to bring inside to brighten your kitchen soon gives a special joy.

Whatever the approaching religious season holds for you, pitch in and welcome it! And don't forget the power of flowers - especially a spot of your own creation.

--Jackie Rohr, TCF, Ventura, CA

Book Review ...



Children Die, Too. A Centering Corporation resource, is one of the first grief books. We talk about feelings, dealing with guilt, facing sadness, and moving on. There are sections for other children. Supportive reading in a few pages. A good first book for parents. "No matter what you do to work through your grief, you'll find that everyone has different feelings and emotions." This book is also available in Spanish. (Grief related books are available from the Centering Corp. Call (402) 533-1200 for a current catalog. Remember to tell them you are a member of TCF for free shipping.)

When the world closes in
and lies so heavily upon you ...
remember that I care.

When the ones with whom
you share your life seem strangers ...
remember that I care.

When love seems to only bring you pain ...
remember that I care.

What can not be, can not be.
But always remember, I care.
Never be afraid to come to me,
if you have need of the simplest thing.
No matter what it is ... I care.

--Kathy Carter Boss

Sweet Baby Girl

It's been five long years,
Yet it feels like only yesterday
Since we held you and kissed you good-bye,
That early Easter Morning.
So few memories to hold onto,
As we left the hospital with empty, aching arms.
Gone, were the hopes and dreams we had for you.
Replaced, with only the intense pain and tears of grief.
How could we say good-bye ...
When we never really had a chance to say hello?
Your footprints will remain on our hearts forever,
Time cannot diminish our love for you.

Mommy and Daddy

--Debbie & Clay Pearson, TCF Winnipeg, Canada



Our Children Remembered



Ron Acker
Born: 10/65 Died: 5/95
Mother: Ursula Spey-Acker
Father: Heinz H. Acker

Jonathan Adams
Born: 1/81 Died: 2/08
Parent: Siv & Eddie Adams

Troy Akasaka
Born: 2/91 Died: 2/15
Parents: Jay & Sharon Akasaka

Ramon Alvarez
Born: 10/84 - Died: 2/07
Mother: Terrie Alvarez

Sumer Nicole Alvarez
Born: 5/85 Died: 7/005
Parents: Dave Alvarez & Sandy Murphy

Noah William Aragon
Born: 1/05 Died: 3/06
Parents: Rich & Michele Aragon

Brandon Armstrong
Miscarried: July 1995
Mother: Cheryl Stephens

Joshua Arevalo
Born: 7/93 Died: 8/11
Mother: Vilma Alfaro

Jason M. Bakos
Born: 9/79 Died: 12/07
Father: James Bakos

Alexandra Renee Balesh
Born: 9/73 Died: 3/95
Parents: Ron & Stella Balesh

Kimberly Barcenas
Born: 2/88 Died: 10/06
Mother: Maria Guadalupe Ixta

Christopher Barnhart
Born: 11/77 Died: 4/07
Parents: Ron & Susan Mother
Sister: Stacy Pierce

Stephen Barrington Baxter
Born: 7/61 Died: 4/99
Parents: Cash & Betty Baxter

Vincent Beagle
Born: 11/82 Died: 5/10
Mother: Angela Beagle

Tristina Ann Beale
Born: 12/80 Died: 9/08
Mother: Kathy Beale

Kimberly Belluomini
Born: 10/62 Died: 10/00
Parents: Joyce Anderson & Ronald Assmann

Vincent Begole
Born: 11/82 Died: 5/10
Parents: Angela & Vincent Begole

Sammy Bloom
Born: 2/59 Died: 12/82
Parents: Lois & Sam Bloom

Kurt Boettcher
Born: 12/71 Died: 06/95
Mother: Carolyn Boettcher

Todd Boettcher
Born: 2/79 Died: 10/79
Mother: Carolyn Boettcher

Robert Bolde
Born: 7/94 Died: 9/12
Parents: Diane & Paul Bolde

Alan Bolton
Born: 11/63 Died: 3/06
Mother: Helen Eddens

Kevin Border
Born: 11/88 Died: 11/09
Mother: Kelly Border

Antoinette Botley
Born: 12/67 Died: 7/10
Mother: Fredia McGrew

Renee Bouchard
Born: 3/75 Died: 5/06
Mother: Susan Bouchard

Michael Bowen
Born: 5/95 Died: 8/14
Mother: Tomasa Richmond

Tamara Lynette Boyd
Born: 12/65 Died: 12/00
Parents: Gloria & Gayle Jones

Jazzelyn Braga
Born: 11/08 Died: 5/09
Father: Leonard Braga

Lawrence Tom Brennan
Born: 11/86 Died: 12/10
Parents: Manuel & Lisa Jo Hernandez

William Joseph Britton
Born: 3/62 Died: 7/85
Mother: Jean Anne Britton

Sayumi Claire Brower
Born: 9/08 Died: 9/08
Parents: Scott & Maiko Brower

Devon Leigh Brown
Born: 5/90 Died: 3/92
Mother: Heidi Brown

Eric Michael Brown
Born: 11/65 Died: 9/00
Mother: Beverly Young

Benjamin Matthew Brytan
Born: 10/84 Died: 6/96
Mother: Karen Merickel & Robert Brytan

Robert L. Buckner
Born: 2/92 Died: 3/03
Parents: Brad & Cindy Buckner

Scott Buehler
Born: 3/80 Died: 2/08
Mother: Elizabeth Buehler Miller

Brittany Nicole Cail
Born: 10/88 Died: 4/08
Mother: Raquel Cail

Albert Caldera
Born: 3/78 Died: 2/10
Parents: Refugio & Maria Caldera

Christina Califano
Born: 01/05 Died: 11/06
Father: John Califano

Cesar Isaac Cancino
Born: 01/05 Died: 01/05
Parents: Claudia & Cesar Cancino

Kenneth Capparelli
Born: 1/77 Died: 1/04
Mother: Sandy Capparelli

Kevin Castaneda
Born: 4/94 Died: 4/13
Parents: Fernando & Aleda Hockenberry

Frank Christopher Castania
Born: 8/94 Died: 7/05
Parents: Frank & Debbie Castania
Grandparents: Richard & Ann Leach

Vanessa Roseann Castania
Born: 2/97 Died: 7/05
Parents: Frank & Debbie Castania
Grandparents: Richard & Ann Leach

Ryan Cavanaugh
Born: 6/83 Died: 11/06
Mother: Kimberly Cavanaugh

Zackary Kenneth Charlton
Born: 11/81 Died: 3/10
Parents: Christine & Kerr
Sister: Allie Bentley

Nathaniel Choate
Born: 7/80 Died: 5/08
Mother: Vicki Blain

Andrew Alexander Chou
Born: 12/03 Died: 12/03
Parents: Lu-Sieng Siau & Wibawa Chou

Michelle Christian
Born: 10/67 Died: 04/13
Parents: Paul & Toni Saben

Ophelra Grace Clark
Born: 10/82 Died: 9/10
Sister: Rebecca Clark

John Francis Cleary
Born: 12/74 Died: 8/93
Mother: Pauline Cleary Basil

Kelly Swan Cleary
Born: 3/59 Died: 3/95
Parents: Dick & Bev Swan

Sarah Elizabeth Cooper
Born: 10/95 Died: 8/00
Parents: Mark & Sandra Cooper

Hugo Ignacio Corbalan
Born: 4/84 Died: 5/08
Mother: Isabel Acosta

Tiffany Corkins
Born: 7/70 Died: 8/05
Mother: Nancy Lamb

Hannah Elizabeth Cortez
Born: 9/92 Died: 7/13
Parents: Rafael & Shari Cortez

Marika Critelli
Born: 3/78 Died: 11/09
Father: Michael Critelli

Joseph Francesco Michael Curreri
Born: 9/80 Died: 10/07
Mother: Karen Curreri

Scott Curry
Born: 8/59 Died: 7/08
Mother: Marilyn Nemeth

Justin Dalton
Born: 9/74 Died: 8/09
Mother: Janis Farran

Rodney D. Day, Jr.
Born: 4/96 Died: 6/01
Parents: Jersuha Day

Danielle Ann Davis
Born: 10/78 Died: 3/10
Mother: Jackie Davis

Michael David Deboe
Born: 12/75 Died: 5/09
Parents: Dave & Judy Deboe

Phillip Dennis Delurgio
Born: 11/64 Died: 7/10
Mother: Denise Nolan Delurgio

Anthony Joseph Demasio
Born: 6/52 Died: 7/00
Vivian Demasio

Cori Daye Desmond
Born: 3/80 Died: 2/09
Parents: Mark & Monica Desmond

Douglas Thorn Dethlefsen
Born: 11/64 Died: 11/09
Father: Douglas G. Dethlefsen

Luke Edward Devlin
Born: 12/07 Died: 12/07
Parents: Jacqueline & Tom Devlin

Allison Jeanine Kirkbride Dewart
Born: 10/87 Died: 1/06
Parents: Z & Michael Dewart

Gary A. Dicey, II
Born: 4/82 Died: 6/98
Father: Gary A. Dicey, Sr.

Michael A. DiMaggio
Born: 10/54 Died: 7/01
Parents: Neno & Helen DiMaggio

Amy Elizabeth Dodd
Born: 1/74 Died: 7/02
Mother: Kathleen Dodd



Asa James Dolak
Born: 2/94 Died: 12/13
Mother: Andrea Dolak

Heidi Dominguez
Born: 8/68 Died: 06/13
Grandmother: Rita Menendez

Wayne Douglas
Born: 9/71 Died: 1/10
Mother: Marie Galli

Sierra Dove
Born: Died:
Parents: Michelle & Mathew Dove

Ramsay Downie, II
Born: 2/64 Died: 10/99
Ramsay & Sally Downie

Joel Draper
Born: 1/84 Died: 5/04
Mother: Tracy Solis

Rachel Sheridan Dunlap
Born: 9/69 Died: 3/09
Mother: Janell Dunlap

Myaka Kaitana Durham
Born: 1/04/06 Died: 1/06
Parents: Jahman & Ampy Durham

Scott Michael Dykstra
Born: 7/72 Died: 10/01
Parents: Mike & Rita Dykstra

Gary Edholm
Born: 5/56 Died: 9/95
Parents: Patti & Bob White

Mark Edler
Born: 11/73 Died: 1/92
Parents: Kitty & Rich Edler

Timothy Charles Egnatoff
Born: 11/92 Died: 9/08
Parents: Rick & Cathy Reny

Lorian Tamara Elbert
Born: 5/66 Died: 10/07
Mother: Dorota Starr Elbert

Luke Emery
Born: 7/89 Died: 12/99
Parents: Karen & Glenn Emery

Jeffery Mark Engleman
Born: 6/61 Died: 2/10
Parents: Janette & Laszlo Engelman

Richard Paul Engelman
Born: 02/66 Died: 03/95
Parents: Janette & Laszlo Engelman

Henry Espinoza
Born: 12/63 Died: 9/98
Mother: Virginia Espinoza

Kurt Faerber
Born: 8/63 Died: 3/87
Mother: Trudy Faerber

Jarod Ryan Faulk
Born: 8/86 Died: 12/08
Father: Joe Faulk

Chase Feldkamp
Born: 5/05 Died: 3/06
Parents: Buddy & Jessica Feldkamp

David Joseph Ferralez
Born: 2/74 Died: 12/02
Parents: John & Rebecca Ferralez

Michella Leanne Matasso
Fincannon
Born: 8/86 Died: 1/06
Parents: Bill & Cheryl Matasso

Emma Nicole Fisher
Born: 11/99 Died: 7/06
Parents: Nancy & Elliott Fisher

Casey Owen Flint
Born: 5/75 Died: 7/09
Mother: Catherine Flint

April Lou Flynn
Born: 4/61 Died: 1/05
Mother: Peggy Flynn

Mark Frazee
Born: 5/79 Died: 7/07
Mother: Kathy Cammarano

Hunter Rebecca Bloem Freese
Born: 1/02 Died: 4/12
Parents: Brian & Michelle Freese

Donald A. Funk
Born: 12/41 Died: 9/00
Parents: William & Norma Jean Funk

Mark Scott Galper
Born: 2/62 Died: 5/97
Mother: Sheri Schrier

Melinda "Peeper" Gardner-Collins
Born: 6/56 Died: 8/07
Mother: Pat Gardner

Justin Brian Gartland
Born: 10/81 Died: 4/05
Parents: Brian & Paulette Gartland

Richard Lamar Gibbs
Born: 3/84 Died: 5/05
Mother: Ann Wasecha

Steven Paul Giuliano
Born: 4/55 Died: 4/95
Mother: Eleanor Giuliano

Jacob Seth Goar
Born: 1/79 Died: 5/01
Parents: Michael & Venus Nunan

Morgan Leeann Gomez
Born: 1/08 Died: 1/08
Parents: Amanda & Louie Gomez

Nicholas Gonzalez
Born: 2/63 Died: 10/01
Parents: Nick & Gloria Gonzalez

Evan Leonard Grau
Born: 8/82 Died: 5/04
Parents: Maria & Wayne Grau

Christopher Dudley Gray
Born: 5/83 Died: 2/04
Parents: Dudley & Laurie Gray

Matthew Ryan Gregory
Born: 3/80 Died: 1/11
Parents: Carol & Fred Gregory

Adam Francois Guymon
Born: 4/89 Died: 4/06
Mother: Eileen Guymon

Anthony Joel Guzman
Born: 5/87 Died: 1/08
Mother: Teresa Guzman

Andrew John Gvist
Born: 7/88 Died: 5/05
Father: Mark Gvist

Justin Todd Gwizdala
Born: 10/75 Died: 6/96
Parents: Kathy & Gary Gwizdala

James Burman Hahn
Born: 11/68 Died: 12/05
Mother: Berna Hahn & J. Thomas Hahn

Dakota Max Haight
Born: 9/27 Died: 9/12
Parents: Gail Cochran & Bill Scar

Josephine Olivia Haman
Born: 6/98 Died: 2/10
Aunt: Caroline Ozimok

Grant Henry Hampton
Born: 3/79 Died: 7/05
Parents: Jeri & George Medak

Brandon Allen Hanson
Born: 5/75 Died: 5/10
Mother: Yolanda Alepe

Robert Belmares Harris
Born: 12/66 Died: 12/95
Parents: Bea & Larry Harris

Leslie Geraci Hart
Born: 6/66 Died: 7/11
Father: John Geraci

Rachel Anne Hartman
Born: 2/91 Died: 7/04
Parents: David & Paula Hartman

Caleb Haskell
Born: 6/78 Died: 9/06
Parents: Karen & Kim Haskell

Daniel Hassley
Born: 2/71 Died: 2/90
Parents: Eila & Richard Hassley

Alicia M. Hayes
Born: 1/81 Died: 5/96
Parents: Becky & Dave Jordan

Jason Patrick Healey
Born: 10/84 Died: 2/09
Mother: Sharon Sykes Healey

Emma Joy Heath
Born: 5/98 Died: 6/07
Parents: DJ & Phil Heath

Maddison Grace Herrera
Born: 5/14 Died: 5/14
Parents: Gabriela Partida & Jesse Herrera

Kent Hisamune
Born: 6/00 Died: 6/00
Parents: Toshi & Hideko Hisamune

Jesse Hoffman
Born: 1/86 Died: 8/10
Mother: Gina Hoffman

Hope Ann Honeycutt
Born: 12/62 Died: 6/00
Mother: Donna Honeycutt

Adria Horning
Born: 12/91 Died: 3/07
Parents: Gary Horning & Linda Cipriani

Jeremy Michael Howard
Born: 7/83 Died: 6/94
Mother: Donna Howard-Scruggs
Grandmother: Charlotte Crager

Jennifer Nicole Hower
Born: 6/75 Died: 12/04
Brother: Jeff Hower

Miranda Howells
Born: 8/91 Died: 11/09
Father: Walter Howells III

Rachel Suzanne Hoyt
Born: 2/70 Died: 1/95
Sister: Laura Hoyt D'anna

Tara Hudson
Born: 1/86 Died: 1/07
Mother: Mari Hudson

Chad Michael Husinga
Born: 10/74 Died: 12/95
Parents: Alan & Melinda Husinga

Hannah Nichea Hupke
Born: 9/87 Died: 6/05
Parents: Bruce & Joni Hupke

Zane Austin Hutchins
Born: 9/03 Died: 2/04
Parents: Mae Rivera & Jon Hutchins

Casie Leean Hyde
Born: 3/89 Died: 12/05
Mother: Kelli Rigby-Hyde

John Joseph Iacono
Born: 5/02 Died: 5/04
Parents: Nancy & Anthony Iacono



Our Children Remembered



Ben Francisco Inez de la Cruz
Born: 1/71 Died: 11/91
Parents: Francesca Inez & Emmanuel de la Cruz

John E. James
Born: 6/62 Died: 9/93
Parents: Marilyn & Lupe Arvizo

Kalaea Jennings
Born: 4/07 Died: 9/07
Parents: Nacio & Maria Jennings

Melissa Gale Jetton
Born: 5/58 Died: 7/84
Parents: James & Cathie Jetton

William Jimenez
Born: 3/94 Died: 5/04
Sister: Adrianna Jimenz

Daniel A. Jones V.
Born: 5/92 Died: 10/09
Father: Daniel A. Jones IV.

David B. Jones
Born: 3/50 Died: 3/01
Mother: Lucille Jones

Thomas Sean Jordahl
Born: 7/67 Died: 4/03
Mother: Lynda Orr

Jeff Joyce
Born: 2/68 Died: 4/01
Mother: Wadene Duffy

Lance John Juracka
Born: 10/69 Died: 4/06
Parents: Frank & Nancy Juracka

Heather Mary Kain
Born: 6/83 Died: 2/10
Mother: Maura Kain

Edwin J. Kaslowski
Born: 11/67 Died: 7/96
Mother: Carolyn Kaslowski

Emily Matilda Kass
Born: 6/95 Died: 3/06
Mother: Susan Kass

Scott Ira Kaufman
Born: 4/68 Died: 7/95
Mother: Renee Kaufman

Douglas Drennen Kay
Born: 3/72 Died: 9/06
Parents: Steve & Diane Kay

Kalin Marie Keech
Born: 10/90 Died: 6/09
Richard & Kris Keech

Kathryn Anne Kelly
Born: 12/72 Died: 1/91
Parents: Dick & Timmy Kelly

Sean A. King
Born: 7/63 Died: 12/07
Parents: Catherine & Michael King

Kay Dee Kinney-Palser
Born: 6/87 Died: 6/99
Grandmothers: Diana Palser & Kay Kinney

Colby Joshua Koenig
Born: 6/84 Died: 1/10
Parents: Cindy Tobis & John Koenig

Keith Konopasek
Born: 1/63 Died: 7/95
Parents: Ken & Mary Konopasek

Michael Kroppman
Born: 12/88 Died: 3/12
Parents: Brenda & Greg Kroppmann

Susan Ann Kruger
Born: 9/64 Died: 6/08
Mother: Gloria Swensson

Kyle Kubachka
Born: 1/89 Died: 11/08
Parents: Keith & April Kubachka

Natalie Samantha Large
Born: 6/05 Died: 6/05
Parents: Burke & Maya Large

Dolores LaRue
Born: 8/57 Died: 11/08
Mother: Maggie Ramirez

Cherese Mari Lulhere
Born: 9/74 Died: 3/96
Parents: Larry & Chris Lulhere

Bernard Lawrence
Born: 2/63 Died: 11/06
Mother: Jackie Bowens

Bryan Yutaka Lee
Born: 12/70 Died: 9/07
Mother: Kathee Lee

Steven J. Lee
Born: 1/63 Died: 10/06
Mother: Donna Lee

Jessica Leffew
Born: 9/96 Died: 4/14
Parents: Jarrad & Omica Jelsma

Avery James Lent
Born: 12/03 Died: 7/06
Parents: Crystal Henning & Dan Holly

Quinn Frances Leslie Born:
12/12 Died: 9/14
Parents: Ian & Katie Leslie

Brian Lopez
Born: 9/93 Died: 4/14
Parents: Jarrad & Omica Jelsma

Kevin Le Nguyen
Born: 5/88 Died: 6/14
Mother: Tracy Le Nguyen

Wendy Levine
Born: 10/65 Died: 11/95
Parents: Paul & Sharon Levine

Michael Lococo
Born: 2/55 Died: 1/10
Mother: Patrina Lococo

Richard Lee Luthe
Born: 11/76 Died: 1/98
Parents: Jeff & Lorraine Luthe

Shauna Jean Malone
Born: 8/70 Died: 1/13
Parents: Tom & Mary Malone

Michelle Marie Mandich
Born: 5/89 Died: 2/05
Parents: Michael & Lori Mandich

Daniel Edward Manella
Born: 9/67 Died: 10/98
Sister: Kathleen Manella

Elizabeth Mann
Born: 7/60 Died: 5/05
Parents: David & Olivia Mann

Janet Sue Mann
Born: 10/61 Died: 9/10
Mother: Nancy Mann

Gabriella Mantini
Born: 5/85 Died: 8/06
Mother: Martha Mantini

Alex J. Mantyla
Born: 3/89 Died: 8/08
Parents: Jarmo & Bonnie Mantyla

Kyle Jeffrey Martin
Born: 11/80 Died: 7/04
Parents: David & Joanne Martin

Jason Lee Martineau
Born: 9/79 Died: 12/07
Father: James Bakos

Audrey Sinclair Marshall
Born: 2/00 Died: 3/00
Parents: Don & Kimberly Marshall

Paul Martinez
Born: 1/86 Died: 3/08
Mother: Lorraine Martinez

Daniel George Mateik III
Born: 12/84 Died: 6/09
Mother: Stefanie Hudak

Daniel McClernan
Born: 7/53 Died: 2/07
Mother: Lee McClernan

Joseph McCoy
Born: 9/11 Died: 11/14
Mother: Amy McCoy

Kirk McMulty
Born: 7/84 Died: 2/14
Mother: Elaine Mc Multy
Sister: Reme Mc Multy

Jeremy Stewert Mead
Born: 10/61 Died: 11/14
Mother: Carol Mead

Nicole Marie Megaloudis
Born: 10/84 Died: 2/04
Mother: Gail Megaloudis-Rongen

Alexis Melgoza
Born: 3/90 Died: 6/11
Mother: Gina Melgoza

Shawn Mellen
Born: 05/81 Died: 8/99
Godmother: Rose Sarukian

Damion Mendoza
Born: 7/76 Died: 6/92
Parents: Carlene & Paul Mendoza

Shannon R. Middleton
Born: 2/77 Died: 5/94
Mother: Candy Middleton

Steven Douglas Millar
Born: 2/70 Died: 10/00
Parents: David & Suzanne Millar

Patricia Acha Miller
Born: 1/62 Died: 11/10
Mother: Christina Acha

Jamie Susan Mintz
Born: 11/52 Died: 12/04
Sister: Jessica Mintz

Angel Flores Misa, Jr
Born: 10/69 Died: 7/06
Parents: Roland & Luscita Dilley

David F. Mobilio
Born: 7/71 Died: 11/02
Parents: Richard & Laurie Mobilio

Anthony Moreno
Born: 2/91 Died: 11/13
Mother: Ivette Romero

Danielle Ann Mosher
Born: 8/78 Died: 6/97
Parents: Paul & Rose Mary Mosher

Benjamin A. Moutes
Born: 3/07 Died: 5/10
Parents: Kevin & Claudia Moutes

Peter Anthony Murillo
Born: 11/72 Died: 10/04
Mother: Stella Murillo

Marily Murney
Born: 6/53 Died: 1/14
Parents: Herb & Pat Gardner

Christopher Myers
Born: 10/86 Died: 5/06
Parents: Janet & Larry Myers

Edward W. Myricks II
Born: 4/72 Died: 10/11
Parents: Edward & Sandra Myricks

Annamay Rebecca Celine Naef
Born: 4/95 Died: 10/11
Parents: Heinz & Ursina Naef

Christian Paul Nagy
Born: 5/02 Died: 5/02
Parents: Paul & Teresa Nagy



Lisa Nakamara
Born: 12/93 Died: 10/14
Mother: Grace Nakamaru

Richard Paul Negrete
Born: 6/43 Died: 2/04
Mother: Sally Negrete

Joy Ellen Nelson
Born: 1/97 Died: 1/97
Parents: Mary Desmond &
David Nelson

Eric M. Neuan
Born: 1/79 Died: 3/09
Parents: Eric & Lynn Neuman

William Samuel Nicassio
Born: 1/88 Died: 1/14
Mother: Pearl Nicassio

Danielle Nice
Born: 7/81 Died: 8/04
Parents: Daniel & Debbie Nice

Monique Nicholson
Born: 7/71 Died: 1/08
Sister: April Nicholson

Denise Northbrook
Born: 2/67 Died: 8/31
Parents: Mike & Barbie Schafer

Geoff James Nowak
Born: 11/97 Died: 2/98
Parents: Christen Murphey &
Geoff Nowak

Logan Kay Nunez
Born: 1/95 Died: 4/05
Parents: Mike & Laura Nunez

Michaela Grace Nunez
Born: 2/05 Died: 7/05
Parents: Roger & Jennifer
Nunez

Sally Anne O'Connor
Born: 12/62 Died: 2/11
Mother: Grace "Darline" Dye

Thomas Jinkwang Oh
Born: 2/72 Died: 6/03
Sister: Barbara Oh

Tyri Ojose
Born: 9/10 Died: 7/12
Mother: Maureen Ojose

Dominique Oliver
Born: 5/85 Died: 3/02
Mother: Cheryl Stephens

Elliott Shawn Oliver
Born: 8/75 - 2/13
Parents: Elliott Joseph Oliver Jr.
& Linda Barcela

Henry Ortega
Born: 5/97 Died: 7/08
Parents: Henry & Wendy
Ortega

Sally O' Toole
Born: 10/53 Died: 03/85
Mother: Kay Arndt

Masahiro Ozaki
Born: 5/78 Died: 8/09
Sister: Etsuko Moromi

Crystal Pagan
Born: 6/74 Died: 3/14
Mother: Sunny Honsinger

Lucas Hunter Palar
Born: 11/89 Died: 5/06
Parents: Hugh Palar & DeAnna
Williams

Armon Parker
Born: 4/72 Died: 3/04
Mother: Sabrina Parker

Maddison Grace Partida
Born: Died:
Mother: Gabriela Partida

Annemarie Pellerito
Born: 9/73 Died: 8/03
Parents: Vicki & Pete Pellerito

Joseph Ryan Persh
Born: 1/03 Died: 2/03
Parents: Gary & Jane Persh

Daniel Andrew Peterson
Born: 1/78 Died: 5/85
Mother: Gay Kennedy

Richard Phillips
Born: 9/81 Died: 3/11
Mother: Lisa Grant

Jennifer Pizer
Born: 10/69 Died: 4/91
Parents: Janis & Bud Pizer

Chris Pierce
Born: 11/77 Died: 4/07
Sister: Stacy Pierce

Steven Randall Prather
Born: 9/62 Died: 8/10
Parents: Stu & Evalyn Prather

D'Juan Marcel Pratt
Born: 12/79 Died: 11/06
Mother: Gwendolyn Elaine
Maiden

Steven Quesada
Born: 8/77 Died: 7/14
Mother: Esther Quesada

Shannon Quigly
Born: 11/68 Died: 1/09
Mother: Kathleen Shortridge

Daniel Paul Rains
Born: 4/72 Died: 3/91
Mother: Janet Ferjo

Jeffrey Alan Rakus
Born: 10/86 Died: 7/06
Parents: Tony & Donna Rakus

Julius Ramirez JR.
Born: 8/10 Died: 8/10
Parents: Bridle & Jules Ramirez

Leo Joshua Rank II
Born: 3/11 Died: 4/12
Parents: Roberta Redner & Leo
Rank

Cindy Ranftl
Born: 8/68 Died: 7/97
Parents: Pat & Bob Ranftl

Tejal Pati Reddy
Born: 6/86 Died: 12/08
Parents: Pranitha & Krupa
Reddy

Richard R. Reyes
Born: 12/65 Died: 12/08
Mother: Terry Reyes

Aaron Rico
Born: 12/89 Died: 12/10
Parents: Cameron & Annette
Rico

Keith Patrick Riley
Born: 3/69 Died: 10/99
Parents: Kevin & Debby Riley

Christopher Rivera
Born: 10/67 Died: 1/06
Mother: Katherine Wagner

Ryanne Robles
Born: 10/12 Died: 10/12
Mother: Glenda Osborne

Ruth "Vanny" Rodriguez
Born: 10/73 Died: 5/01
Parents: George & Ruby
Rodriguez

Christine E. Rojas
Born: 6/64 Died: 12/94
Parents: Ray & Esther Rojas

Jamie (James) Lloyd Roman
Born: 4/78 Died: 2/97
Mother: Carolyn Roman

Frankie Romero
Born: 10/81 Died: 9/93
Mother: Magdalena Hilda Salas
& Francisco L. Romero

Dominic Niall Pennington
Roque
Born: 8/02 Died: 9/09
Parents: Kerrie & Ren Roque

James Garrett Ross
Born: 12/74 Died: 10/05
Parents: Jim & Sharon Ross

Michael William Roth
Born: 6/71 Died: 12/08
Parents: Karen & William Roth

John Patrick Rouse
Born: 1/78 Died: 7/02
Mother: Sharon Rouse

Giovani Rubalcava
Born: 4/95 Died: 8/14
Parents: Gina & Dennis Diviak

Michael B. Ruggera, Jr.
Born: 4/51 Died: 4/96
Parents: Michael & Frances
Ruggera

Shannon Quigley Runningbear
Born: 12/68 Died: 1/09
Mother: Kathleen Crowley
Shortridge

Joseph Sahu
Born: 6/89 Died: 4/12
Parents: Ron & Cathy

Armando Sainz
Born: 6/76 Died: 2/02
Mother: Jennie Hernandez

Andrew Patrick Sakura
Born: 3/90 Died: 3/08
Parents: Bruce & Karen Sakura

Jeffrey Alan Sampson
Born: 3/86 Died: 5/05
Parents: Claude & Paula
Sampson

Lisa Sandoval
Born: 9/76 Died: 12/92
Parents: Susan & Ruben
Sandoval

F. Marlow Santos
Born: 10/84 Died: 7/93
Parents: Fred & Julie Gillette

Michael William Schlarb
Born: 4/61 Died: 7/14
Parents: Bill & Sharon Schlarb

Karen Ailegra Scholl
Born: 8/64 Died: 4/99
Mother: Kay Scholl

Matt Scholl
Born: 2/73 Died: 4/08
Parents: Bill & Kay Scholl

Candace Arond Schonberg
Born: 3/98 Died: 11/00
Parents: Andrene & Arond
Schonberg

Jonathan "Jamie" Schubert
Born: 7/65 Died: 12/06
Parents: Lynn & Roy Schubert

Melissa Lauren Schweisberger
Born: 10/84 Died: 11/99
Parents: John & Margarita
Schweisberger

Patrick C. Shillings Jr
Born: 1/88 - Died: 10/09
Parents: Patrick & Rena
Shillings

Dylan Elwood Sievers
Born: 8/08 Died: 8/08
Parents Daren & Marne Sievers

Tyson Donald Sievers
Born: 8/08 Died: 9/08
Parents: Darren & Marne
Sievers

Spencer Simpson
Born: 1/80 Died: 6/13
Parents: Rich & Shelly Simpson

Gerald Slater
Born: 2/71 Died: 8/94
Parents: Bob & Gwen Slater

Larry A. Stauffer
Born: 1/67 Died: 5/08
Mother: Shirley Finnin

**Our Children**

Miaamor
Jennine Steen
Born: 7/05 Died: 9/10
Father: Donya Steen

Nancy Sterger
Born: 8/57 Dirf 6/12
Mother: Ann Leer

Daniel John Swiggum
Born: 6/88 Died: 7/08
Parents: Stewart & Marian Swiggum

Elizabeth D. Szucs
Born: 4/72 Died: 6/11
Parents: Dolores & Frank Szucs

Anthony Tanori
Born: 8/82 Died: 8/12
Parents: Chuck & Sylvia Tanori

Joseph Tauaefa
Born: 2/85 Died: 7/10
Parents: Loi & Sioka Tauaefa

Jacqueline Taylor
Born: 1/83 Died: 7/11
Mother: Jennifer Flynn

Kristi Nicole Taylor
Born: 5/80 Died: 9/94
Parents: Kathy & Cory Taylor

John Teresinski
Born: 12/67 Died: 1/00
Parents: Beverly & Victor Teresinski

Ryan William Thomas
Born: 2/82 Died: 4/04
Mother: Linda Thomas

Laura C. Toomey
Born: 1/69 Died: 12/78
Mother: Michael & Elizabeth Toomey

Michael D. Toomey
Born: 4/62 Died: 2/05
Mother: Michael & Elizabeth Toomey

Nathan Torbert
Born: 1/78 Died: 12/05
Mother: Rebecca Williams

David Torres
Born: 6/66 Died: 3/06
Mother: Joyce Whirry

Marcelo Torres
Born: 8/81 Died: 9/03
Parents: Jaime & Carmen Torres

Brian Gregory Trotter
Born: 10/78 Died: 8/94
Mother: Abby Trotter-Herft

Ubong Jabari Uko
Born: 2/81 Died: 5/09
Mother: Denise Dues

Vance C. Valdez
Born: 10/90 Died: 3/12
Parents: Carlos & Maria Valdez

Lexi Noelle Valladares
Born: 4/04 Died: 7/10
Parents: Fausto & Erica Valladares

Mark T. Vasquez
Born: 5/75 Died: 5/11
Parents: Manuel & Blanca Vasquez

Tommy Villanueva
Born: 10/68 Died: 5/02
Parents: Jennie & Edgar Villanueva

Justin Alexander Velasquez
Born: 7/12 Died: 7/12
Parents: Ricardo & Marcie Velasquez

Eric Douglas Vines
Born: 7/77 Died: 7/91
Parents: Doug & Lynn Vines

Mark Daniel Vinson
Born: 11/78 Died: 7/10
Mother: Virginia Vinson

Serena Yasmeeen C. Viveros
Born: 11/05 Died: 11/05
Mother: Brenda Viveros

Chris Henry Vogeler
Born: 9/66 Died: 12/04
Parents: Frank & Lois Fisher

Marisa Ann Vuoso
Born: 7/83 Died: 3/93
Parents: Debbie & Marco Vuoso

Kristopher Wadman
Born: 11/82 Died: 10/00
Parents: Michael & Melodie Wadman

Carl Alan Wagenknecht
Born: 7/70 Died: 8/04
Parents: Tom & Janis Wagenknecht

Jeffrey Sinclair Wagstaff
Born: 9/80 Died: 4/99
Parents: Johnny & Barbara Walker
Sister: Sheimekia Wagstaff

Cory Dylan Walker
Born: 8/76 Died: 3/01
Parents: Jim and Susan Walker

Eric Webb
Born: 6/85 Died: 10/07
Parents: Jim & Vickie Webb

Remembered

Dennis William Webber
Born: 5/85 Died: 3/05
Parent: Blaine & Sin Young Webber

Michelle Whitaker
Born: 6/72 Died: 4/06
Mother-in-law: Karen Scott

Taylor Whitaker
Born: 4/00 Died: 4/06
Mother: Karen Scott

Sharon Ann Wendt
Born: 6/54 Died: 4/99
Parents: Mr. & Mrs. Carmel Doucet

Brian Scott West
Born: 8/70 Died: 4/08
Parents: David & Connie Schlottman

Andreas Wickstrom
Born: 12/83 Died: 12/01
Parents: John & Inge Wickstrom

Victoria Winchester
Born: 2/57 Died: 2/84
Mother: Erin Adams

Jennifer Winkelspecht
Born: 7/75 Died: 8/95
Parents: Brian & Lisa Winkelspecht

Jordan Michael Witte
Born: 1/87 Died: 11/08
Parents: Licha & Mike Witte

Bob Woodyard
Born: 7/55 Died: 10/08
Bill & Barb Woodyard

Amy Woolington
Born: 10/85 Died: 1/07
Parents: Pam Weiss & John Woolington

Christopher Wootton
Born: 11/86 Died: 5/08
Father: Jim Wootton

Cristofur Daye Wroten-Kennedy
Born: 2/75 Died: 9/01
Mother: Dusty Wroten
Father: Joe Kennedy

Brett Yodice
Born: 11/89 Died: 5/13
Parents: Sam & Susan Yodice

Steve R. Young
Born: 7/57 Died: 2/90
Mother: Marjorie Young

Whitney Marie Young
Born: 8/87 Died: 11/06
Parents: Marlene & Steve Young



Thomas Zachary
Born: 12/85 Died: 7/11
Father: Bob McGaha

Kevin Zelik
Born: 11/85 Died: 6/10
Parents: Joe & Linda Zelik

Birthday Tributes...

In honor of your child's birthday, we welcome you to submit a birthday tribute. Though your child is no longer here to buy a present for, think of this as a birthday present about your child. This tribute is an opportunity to share your child with us all. (We thank you for any birthday donations that help offset chapter expenses.) * Please remember we are always working a month in advance and need your tributes by the first of the month preceding the actual birthday.

A Birthday Tribute to:

Michael B. Ruggera, Jr
April 1951 - April 1996



It's been 19 years since you were taken from us, and you would have been 64 years old. Our lives will never be the same without you son, we thank God each day for having blessed us with a son and friend like no other. For all the moments together, good and bad, for all the laughs, the lessons and most of all the love we shared together. We are blessed and thankful to God and to you. We will carry this love with us throughout our lives. We will never walk alone for we are never without you.

Old pilots never die, they just fly away to heaven.

Peace- Love-Eternity

Ruggera Family and Friends

A Birthday Tribute to:

Edward W. Myricks II
April 1972- Oct. 2011



Dear Eddie,

You made the biggest impression on our lives, and left the biggest hole in our hearts.

We love you to infinity and beyond!

Love, Mom and Dad

For Siblings ...



Ask Dr. Paulson ... Mary A. Paulson, Ph.D., is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio.

Q. I miss my sister very much. I often get emotional because she won't be here anymore. But I also think I'm getting upset because of how all this is affecting me. Then I feel guilty because I know I should feel bad that she is no longer here. Why do I have so many different feelings?

A. It is not unusual for you to think about how this is affecting you, as well as missing your sister. You are being confronted with a lot of uncomfortable situations as a result of your sister's death. You are watching the rest of your family grieve; you are watching your friends going on relatively unaffected, you are mourning the loss of your ability to believe that nothing like death could ever touch someone close to you. Your feelings are only natural given the situation. What you will find is that over time it is not so uncomfortable. You will always miss your sister; and particularly at big life events you will feel her absence acutely, but it will get easier to create a life that both allows you to go on and includes her through your memories and your love for her.

For Grandparents...



Grandparents Grieve Too

Some people may forget
 Grandparents grieve too
 They watch their children grieve
 And don't know what to do
 They try to make things better
 But sometimes it makes it worse
 Their grandchild should be driven home

Not driven in a hearse
 They have not just lost a grandchild
 They watch their child in pain
 They hold it all together
 But their grief isn't the same
 To see your child hurting
 For the baby they have lost
 They want to take the pain away
 From those they love the most
 They speak words of encouragement
 From their wise words of wisdom
 In time you will get stronger
 And your child not forgotten
 Sometimes they might not show us
 The pain we want them too
 But I assure you they are hurting
 Just as much as you
 But themselves as a parent
 Feel they must stay strong
 Their own child is grieving
 And the process is long
 It's not a case of taking months
 It's a case of taking years
 But every step along the way
 They'll be there to wipe your tears
 --By Natalie Calvert

From Our Members...



Why?

I have a love hate relationship with the word why. Why did that happen? Why do I feel this way? Why can't I do that? Why won't I do that? I want to know the answer to the questions that start with why, but at the same time I don't. Does it really matter why? Will it change anything to know why? Probably not, I hate the word why. But at the same time I would like to know the answer to why am I here? Why did my daughter have to leave so young? Why aren't the answers coming to me? After my searching I have decided on one thing. Everything happens for a reason. I believe that with all my heart.

Why?

--Nancy Fisher TCF So. Bay/L.A., CA

We welcome and encourage you to submit contributions you found meaningful to you in your grief. We prefer your original poems and thoughts, but we can also print other material if proper credit is given to the author. Please take the time to submit a poem or article you found helpful.

News from the National Office... The Compassionate Friends is pleased to announce that Dallas, Texas, will be the site of the 38th TCF National Conference on July 10-12, 2015. "Hope Shines Bright ... Deep in the Heart" is the theme of this event, which promises to be another great national Conference experience. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. For registration or more information visit www.compassionatefriendsl.org.

TCF Is On Facebook Please visit and help promote The Compassionate Friends National Organization's Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. Or, you can log into Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events.

Our Website... We have created a new website for our chapter. Joe Zelik is hosting the website and updating it with the current newsletter and chapter information. Due to the rising costs of printing and postage, we are asking everyone to get the newsletter online if possible. To be able to send a reminder each month to let you know when the latest issue of the newsletter is available, we need your e-mail address. To update our files, please call Lynn at (310) 530-3214 to update by phone. You can also log onto our website at www.tcfbsla.org if you want to do it electronically. Thank-you for your understanding and help.

TCF South Bay/LA

The National Office of TCF has an ongoing support group for parents and siblings online. For a complete schedule and to register for Online Support, visit <http://compassionatefriends.org> and follow the directions to register.

Healing the Grieving Heart... Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family. "Healing the Grieving Heart" can be heard on the Web live at www.health.voiceamerica.com.

Welcome New Members ... We welcome our new members to our chapter of TCF. We're sorry you have a need to be with us, but we hope you feel you have found a safe place to share your grief and will return. It often takes a few meetings to feel at ease in a group setting. Please try attending three meetings before deciding if TCF is for you. Each meeting is different, and the next one might be the one that really helps.

We encourage you to take advantage of our resources. We have a well stocked library of grief

materials, a phone friend committee that welcomes calls at any time, and a members' directory to call another parent you have met at the meetings.

Thank You ... Thank you to all those who donate to our meeting basket or send donations to our chapter. Since there are no fees or dues to belong to TCF, your donations keep us functioning, and we appreciate your help.



Birthday Tributes... During your child's birthday month, you may place a picture and either a short personal message, poem, or story about your child in the newsletter. (Less than 200 words, please.) Do not cut your picture. We will block off unused areas. If it is a group photo, identify the person to be cropped. This tribute is an opportunity to tell a short story about your child, so we will be able to know them better. Photos must have identification on the back. Enclose a SASE in order for photos to be returned by mail. (Please do not send your only picture.)

Tributes must be in by the 1st of the month preceding your child's birthday month or at the prior meeting. (Example: April 1st for May birthdays). Otherwise they will appear if space permits or in the following month's issue.



Phone Friends ... Sometimes you want or need to talk about the life and death of your child with someone that understands and can share your pain. The following friends are on the telephone committee, and are available to talk when ever you need someone who understands.

- Cheryl Stephens.....(323) 855-2630
 - Kitty Edler.....(310) 541-8221
 - Karen Merickel.....(310) 375-2498
 - Richard Leach (grandchild).....(310) 833-5213
- SIBLING PHONE FRIENDS**
- Kristy Mueller..... (310) 373-9977
- REGIONAL COORDINATOR**
- Olivia Garcia.....(818) 212-3506

Memory Book... Our chapter has an ongoing Memory Book. Each child is given a page in the book. Pictures, poems, or a tribute you choose that will help us to remember your child can be included. Feel free to add your picture to the Memory Book at any of our meetings. This is one way we can meet and remember the new member's children.

Library Information... At each meeting we have a library table. It is on the honor system. You may borrow a book and can bring it back at the next meeting. Many of you have books you got when you were newly bereaved and may no longer need. Perhaps you would like to donate books on grief that you found helpful. If you wish to donate a book to our

library, please let Linda know so we can put your child's name on a donation label inside the book.

Newsletter... For those of you who are receiving the newsletter for the first time, it is because someone has told us that you might find it helpful. We warmly invite you to attend one of our meetings. Please let us know if you know of someone who could benefit from our newsletter which is sent free to bereaved parents. We do ask that professionals, friends, and family members contribute a donation to help offset the costs involved. If any information needs to be changed, or if you would like your child included in the "Our Children Remembered" section, please contact the editor at (310) 530-3214.



Additional Grief Support

Bereavement Organizations and Resources:

TCF National Newsletter: For all bereaved parents and siblings. Published quarterly; subscription fee. Contact TCF Inc., P.O. Box 3696, Oak Brook, IL 60522-3696 (630) 990-0010

FAMILY & FRIENDS OF MURDER VICTIMS: Rose Madsen, (909) 798-4803 Newsletter and support group, e-mail Roseydoll@aol.com

ALIVE ALONE: For parents who have lost their only child, or all their children. 1112 Champaign Dr., Van Wert, OH 45891 Newsletter available.

www.Alivealone.org

SURVIVORS AFTER SUICIDE: Support Group for families that have lost someone to suicide. Contact Sam & Lois Bloom (310) 377-8857

OUR HOUSE/BEREAVEMENT HOUSE: 1950 Sawtelle Blvd., Suite 255, L.A., CA (310) 475-0299

PATHWAYS HOSPICE: Bereavement support and sibling group. Bill Hoy (562) 531-3031

NEW HOPE GRIEF SUPPORT COMMUNITY:

Grief support and education groups for adults and children. Susan K. Beeney, P.O. Box 8057, Long Beach, CA 90808, (562) 429-0075

PROVIDENCE TRINITY CARE HOSPICE AND THE GATHERING PLACE: Various bereavement support groups including support for loss of a child, support group for children 5-8, 9-12, and teens. Call Patty Ellis (310) 546-6407—new number

Torrance Memorial Bereavement Services:

(310) 325-9110 Weekly grief support.

THE LAZARUS CIRCLE: Monthly grief support. Meets third Thurs of each month, 6-7:15 at First Lutheran Church, 2900 W. Carson St. Torrance

SHARE Pregnancy & Infant Loss: Contact: Megan Heddlesten (800) 821-6819

Walk With Sally: Cancer loss bereavement & art therapy for children- Monica Fyfe (310) 378-5843

Other Grief Support Websites...

agast.org (for grandparents)

goodgriefresources.com

beyondindogp.com

angelmoms.com

healingafterloss.org

survivorsofsuicide.com

taps.org (military death)

bereavedparentsusa.org

pomc.com (families of murder victims)

grasphelp.org (substance abuse deaths)

groww.com

childloss.com

griefwatch.dom

babysteps.com

webhealing.com

opentohope.com

alivealone.org

save.org

LOCAL TCF CHAPTERS

Los Angeles: (310) 474-3407 1st Thurs.

Orange Coast/Irvine: (949) 552-2800 1st Wed.

Orange Co./Anaheim: (562) 943-2269

Pomona/San Gabriel: (626) 919-7206

Redlands: (800) 717-0373 3rd Tues.

Riverside-Inland Empire: (909) 683-4160

South Los Angeles: (323) 546-9755 last Tue

Ventura Co. TCF: (805)981-1573 1&3 Thurs.

Verdugo Hills: (818) 957-0254 4th Thurs.

San Fernando Valley: (818) 788-9701 2nd Mon.

A SPECIAL THANKS TO:

Staples for their help in printing our newsletters each month and to

The Neighborhood Church for the use of their facilities for our meetings.

CHAPTER OFFICERS:

CHAPTER LEADERS: Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS: Crystal Henning

WEBSITE: Joe Zelik



STEERING COMMITTEE MEMBERS:

Kristy Mueller

Lori & Dudley Gray

Cheryl & Bill Matasso

Nancy & Elliott Fisher

Kitty Edler

Susan Kass

Linda Zelik

Cheryl Stephens

Lynn Vines

Ken Konopasek

Crystal Henning

We would like to thank the following for their updated information and donations to our chapter:

Maureen Akpofure in memory of Tejiri

Jennifer Flynn in memory of Jacqueline Taylor

Patty Harrison in memory of Kathleen Harison

Kathy Beale in memory of Tristina Beale

Andrea Dolak in memory of Asa Dolak

Shelly Simpson in memory of Spencer Simpson

Delores Szcus in memory of Elizabeth Szucs

Judith Rivera in memory of Emily Rivera

Mary Barta in memory of Chris Barta

DONATIONS TO THE SOUTH BAY/L.A. CHAPTER OF THE COMPASSIONATE FRIENDS

April In loving memory of my Godson, Shawn Mellon 5-81- 8/99. Your bright loving life will forever shine in my life.

Love Always, Rose

In loving memory of Rachel Hoyt, 1/70 - 1/95. For my beautiful sister and in honor of the support offered through the Compassionate Friends South Bay/L.A. chapter.

Laura D'Anna

In loving memory of Colby Koenig, 6/84 - 1/10. Our dearest Colby...Remembering you is easy, for we do it every day. But, missing you is the heartache that will never ever go away.

Love, Cindy Tobis & John Koenig "STAY HUNGRY"

In loving memory of my son, Billy Britton, 3/62- -7/85.

Love, Mom

In loving memory of our wonderful son, Douglas Drennen Kay, 3/72 - 9/06.

Love, Mom & Dad

In loving memory of my son, Steven Giuliano, 4/56 - 4/95. Forever in our hearts with love and memories of you.

Love, Mom & Family

With sincere gratitude and deep appreciation, we acknowledge the generosity of the previous individuals and companies. Your tax deductible donation, given, in memory of your loved one enables us to reach bereaved parents with telephone calls and information, and they also help defray newsletter and mailing costs. Please help us reach out to others in this difficult time. Indicate any special tribute you wish printed in our newsletter.

When making a donation, please make checks payable to: The Compassionate Friends South Bay/L.A. Chpt.

Mail to: The Compassionate Friends So Bay/ L.A. Chapter
P.O. Box 11171
Torrance, CA 90510-1171

In loving memory of _____

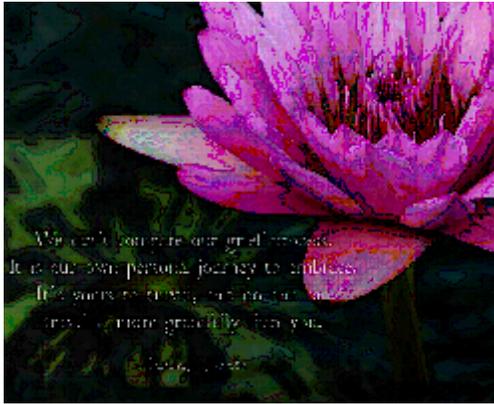
Birth date _____ Death date _____ Sent From _____

Tribute _____

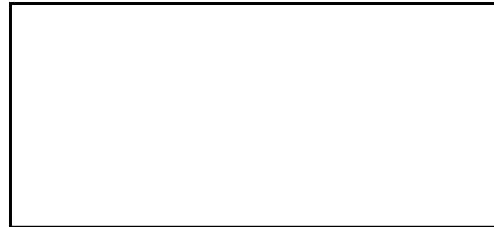
To include your donation in the next newsletter, we must receive it by the first of the month or it will appear in the following issue.

The Compassionate Friends
South Bay/L.A., CA Chapter
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Torrance, CA 90510-1171
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April 2015

Time Sensitive Material, Please Deliver Promptly



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.

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