



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

AUGUST 2015 ISSUE

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

OUR NEXT MEETING
will be August 5th, the 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 Aug. 5th meeting will start with "How Men and Women Grieve Differently, Can Your Relationship Survive?"

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 August 5th meeting will start with “How Men and Women Grieve Differently, Can Your Relationship Survive?” Many factors come into play when dealing with grief, including how each person deals individually with their own loss. We all need to recognize everyone deals with grief differently... and that there is “NO correct way to grieve.”

It may seem your spouse (whom you thought would understand what you are going through) is unable to help you with the pain caused by the loss of your child. The “walking on egg shells” feeling often becomes the new normal. This tremendous loss is unfathomable and you may feel you don't have the energy to help your spouse, let alone have to be responsible for keeping your marriage together. Be advised, parents will not necessarily deal with their loss in the same way or in the same time frame. This is normal and happens in most marriages. Join us as we explore the different ways men and women grieve and the effects it has on all those around them.

The following is a summary of the chapter on ***Masculine Grief*** from the book ***Living With Grief After Sudden Loss***, by Terry Martin, PhD and Kenneth Doka, PhD.

The term *masculine grief* is used as women may adopt this pattern of grieving as well. The feminine way of dealing with grief - through experiencing and sharing intense and painful feelings and that of seeking and accepting help - has been considered the “healthy” way to grieve. Whereas male grief - that of ignoring feelings and refusing help has been seen as “denying” the loss. This article questions that there is only one healthy way and presents the pattern of “masculine grief” as equally sound.

The main elements of masculine grief are:

1. Limited range of emotional responses - outward expression of feelings most likely anger and/or guilt.
2. Thinking rather than feeling usually comes first and often dominates feeling. The male may try to reason out what the loss means before facing the pain of separation. The focus is on problem solving rather than expression of feelings. Example: given of couple whose 17-year-old son died suddenly “Responding to his wife’s accusations that he had failed to share in her grief, the husband responded ‘I couldn't allow myself to miss (him) until I figured out what I needed to do to help our family deal with (his) death.’”
3. Masculine grief tends to be private - there is a reluctance to share and discuss intense feelings

with others. Men value self-reliance. Revealing feelings makes them feel vulnerable and weak. Fewer men than women seek help or attend support groups.

4. Male expression of grief is often through activity - work, physical activity or legal action.
5. Expression of intense grief is usually limited to the period immediately after loss, during funeral and other death preparations. Masculine grievers feel the pain of loss just as much as feminine grievers. They may simply have different ways of coping.

Masculine grievers may not find it helpful to review the loss and express feelings and may even resent being urged to do so. Ways to help the masculine griever: Provide support and comfort. Help focus on problem finding and solving approaches. Discuss reactions rather than feelings. Reassure crying or loss of emotional control is OK and normal - but don't insist he/she cry. Respect the need for privacy or to withdraw. Encourage activity and problem solving, exercise and reading. As with any griever, be alert to self-destructive behavior such as alcohol or drug abuse. A complete absence of feelings and/or recognition of significance of person who has died is sign of possible need for professional help.



Grief of Fathers

I don't cry in front of my wife and daughter. I grieve more in private than my wife does. I feel I need to be strong since I am the head of the family. I handle my grief by getting involved in my work, but I know I must be careful that I don't become a workaholic. That's a type of avoiding grief. I've been working for the past year since my daughter's death, but I don't know how effective I've been. I'm there in body.

I don't like my wife to cry a lot. I try to protect her and don't discuss our child's death because I know she will cry. Our child's death caused a lot of misunderstanding between my wife and me. It's hard to know when to blame the grief for our problems. My wife and I got along (pulled together) better immediately after our daughter's death than we do now, a year later.

GRIEF CHANGES A PERSON. We are no longer the same as we were before our tragedies. Married persons in grief wake up one morning and look across the breakfast table and realize they

are married to a different person now. New adjustments have to be made with each other if the marriage is to last. It takes such hard work (and so much energy), that some opt to get out of it rather than work through it. Men and women must understand that the grief changed their partner and, therefore, changed the marriage.

Husbands and wives both grieve intensely, but differently, at different times and in different ways. When one is up the other may be down. This can cause anger and jealousy. These situations make it difficult for each person to offer support to the other. We find the shoulder we used to cry on is now weakened or sometimes not even available. Men grieve. Their pain is as deep as that of the mother's. Usually a man is just more private with his grief and often times covers it up to protect the spouse.

--Jackson, Mississippi TCF newsletter



I Am A Man

I hunt, fish, camp, drive a fast car, play football, basketball, and baseball. I am tough! I went to war. I am the toughest, two legged mammal alive. I am a MAN!

While our son was still in the hospital, I cried alone so my wife wouldn't see me. At home I cried alone, in the shower, in the back yard, anywhere but in front of my wife. I had to be a rock.

After our son died, I helped support my wife in the best way I knew how. I was a rock for her to lean on. I was invincible. The rock caused more trouble than good. Soon, we were not talking or getting along with each other, and I didn't understand why. My wife became angry. She told me, "You act like you don't love J.J." (Because I didn't appear to be grieving).

The rock became mush. I then realized what I had done. I had played MAN instead of just being a father and a husband. You see, a mother doesn't need a rock with no emotions. She needed me to show her I did indeed love our son and that I was hurting after his death, and that I did cry.

My wife comforted me that night, after we talked. I cried, and she cried. We both needed it. I found out that it was good for me to cry and let my wife help me. I am a man. I am a grieving man, who now does not mind crying in front of anyone. I cry for myself and for our son, J.J.

--Jim Brown Grief Relief Magazine



A Mother's Grief

A mother's grief is physically intense and devastating to the mother's self-identity and yet, like all grief, contains the seeds for personal growth and greater meaning in life.

A mother's bond with her child begins before childbirth. She is filled with joy and awe at the miracle of life. Whether or not she ever holds the child to her bosom or nuzzles its head with her nose or puts her finger in its grasp, she begins the strongest physical bonding in human experience. When this bond - mother to child, child to mother is broken by the death of the child, the process of mothering, with all its instinctual force, is abruptly interrupted. A mother's grief involves the impact of her maternal nature suddenly colliding with a harsh, new reality.

Mother's grief, just like mother's love and care, is highly physical. Although all bereaved persons express feeling physical pain, the pain of grieving mothers seems to be more intense and long-lasting. Motherhood is experienced through an intense physical and psychic rite of passage - pregnancy, childbirth, and/or adoption - and through nurturing and taking responsibility for the young child. A bereaved mother has an instinctive resistance to being separated and a powerful need to nurture and protect that doesn't stop when she learns that her child is dead. A mother is unable suddenly to abandon her mothering, regardless of the child's age at death; she cannot simply stop caring for her child. As one mother said, "I have a need to continue taking care of him. In fact, cutting the grass around his grave feels to me like I'm manicuring his nails, just as I used to do when he was a little boy."

A mother's initial attachment to her child is overwhelmingly physical, but even after the child is grown and the physical connection diminishes, it remains the definitive bond between mother and child. While counseling grieving mothers, I've heard them describe feeling wounded, injured, mutilated, "violently torn apart", "kicked in the teeth", "as if every part of my body was broken", "chest pains so strong it felt like a heart attack", and "blown apart and shattered ... like a bursting grenade in my guts". Mother's are so bound to their children that a child's death often feels to the mother as if a portion of her body has disappeared.

The more completely a mother's sense of identity is bound to her dead child, the more devastating the loss and the ensuing experience of grief ... Hence a child's death can bring on an identity crisis for a mother that shakes her very sense of self and self-worth. One manifestation of this loss of self-worth is a lack of confidence that the mother experiences. She spent all those days, months, and years caring and nurturing and loving her child—, and yet, ultimately, she failed to protect her child. As one mother said, "The death of a child makes an actual psychic wound deeper than any other death. Sustaining such an assault on her physical and psychological self is the most difficult thing a mother is forced to do."



It is perhaps a miracle that a bereaved mother is able to survive the death of her child. In the beginning, when the fact of the child's death is still new, most bereaved mothers feel that they will not survive; they can't imagine life continuing without holding, kissing, touching or seeing the child again. But somehow, despite the aching, the longing, misery, and despair, mothers – although permanently changed in many ways – do survive the loss of their child. It is a testament to the power of mother love that a bereaved mother can change in positive ways, integrating aspects of her child into her own life, internalizing her relationship to her child, and using it to find strength and wisdom, or finding the courage to live joyfully and fully again.

One of the distinctive features in the grieving mother's experience is that at the same time as she continues to miss the physical presence of her child, she may feel very closely connected to her child, as if the child has again become a part of her. Some mothers talk to their children. Some use the child as a teacher or guide. I encourage a bereaved mother to experience this new relationship to her child without fear that she is crazy or becoming morbid. A grieving mother needs to know and be assured that the relationship with her child will never die, and that her child will always be part of her life, but that the form of the relationship will change. Indeed, those mothers who seem to heal most completely are those for whom the child has become an integral part of their inner lives or for whom aspects of the child are lived out in their own lives.

The following are reminders about dealing with your grief process: Pay attention to your emotional and physical needs. Cry when you cry, laugh when you laugh, and have no expectations of yourself.

Accept with compassion what is happening. Be as compassionate with yourself as you are with others.

Confusion is part of grief. You might feel as though your brain has been damaged. Forgive yourself when you are not as reliable or responsible as you once were.

Trust your feelings and listen to your heart. Often as a mother you attend to other voices before your own. Now is the time to learn to listen inwardly to what is right for you. Give yourself permission to be inconsistent and unpredictable without judging or criticizing yourself.

There's no right or wrong when it comes to your grieving. It is uniquely yours.

As debilitating as mother's grief is, it is a natural process that contains the seeds for potential growth. Many bereaved mothers are frightened of their despair and want to stifle their suffering. Likewise, a common attitude of friends and family toward a grieving mother is that her grief is a bad thing—to be lessened in whatever way possible, that "she needs to be cheered up or made better". But negating her grief robs a grieving mother of an opportunity to become her most integrated and powerful self. Rather than trying to stop the pain of grief, persons close to the grieving other should offer compassion and acceptance of the mother and her despair. So, too, the mother herself is challenged to patiently and compassionately feel and accept her pain.

Mothers focusing on their process of grief rather than denying it, observing and following its patterns, capture the potential for growth that is inherent in the grieving process. Through focusing on and following this process, the devastating effect of losing a child can be transformed into an experience of great meaning for a mother. Mothers do survive the death of their children, whether through hard work or a commitment to grow or just through the passage of time. And through that survival comes a deeper sense of compassion for others. As one mother said, "I have a bigger room for people's sorrow than I did before. I now know that this awful thing is so much worse than anything else."

And for myself, I have found that the intensity and character of my grief continues to change over time, but the depth of love for my son remains forever constant.

--Nisha Zenoff, Ph.D. excerpts from the TCF National Newsletter Spring 1992



Sex and Bereavement

Sex and how it is affected by our grief is rarely discussed at meetings. Yet I am sure it is a problem with many. Perhaps this information taken from the book "Help for Bereaved Parents" by Mildred Tenebom will be of some help to those who have this concern.

All the men questioned expressed that they felt the need for sexual relations to continue. "But it was different," one of the men said thoughtfully. "It wasn't as much of a physical drive or urge as before. Rather I was hoping to find some way to tell my wife how much I loved her and how much I cared. It seemed to me that this was the most deeply meaningful way I could do so."

Most wives had misinterpreted their husband's motives. "I felt used," one said. "It was completely, absolutely, entirely without feeling of any kind," another remarked. "How can you respond when you don't have any feelings?" "I was too tired, absolutely worn out as it was," a third woman stated. "To me it seemed that my husband was trying to pretend that life should continue as it had before, and how could it?" "I felt my whole life had been wrecked, and I hated him for doing what I thought was playing pretend," another woman explained.

"We all need to be needed," one man explained. "A husband has a profound need to feel needed at a time of great crisis. When your wife doesn't want to have sex, you feel rejected and not needed."

"I actually told my husband I didn't need him in that way now," one of the wives remembered. "His face looked as though I had slapped him. I realized - but not clearly enough - that I had dealt a stinging blow to his self-esteem."

"I know," another woman said. I kept on saying, "Let me alone. Don't touch me!" "Before we always cuddled. Now I didn't want him near me. And yet I did want him near me. I was all mixed up in how I felt about him."

Many couples said it was months before they could begin to have anything that approached normal relationships. Some talked about it together. Some simply gave up for awhile. The men seemed to feel the pressure more than the women.

The following are some points made on a TCF tape, "The Sexual Adjustment of a Bereaved Couple" by Clare Schultz.

1. Death and sex are both taboo subjects and it is difficult for some people to admit that sex is

altered by grief.

2. Grief is stressful so it can affect sexual feelings, thus causing a marital problem. It can be more of a problem if it affects only one of a couple.

3. Sometimes a partner says that they want sex, but gets no satisfaction and this can be confusing.

5. A person needs to "let go" for sex, and this is difficult when grieving.

6. Some feel the dead person can "see".

Others feel they should not experience joy - that it diminished the relationship with their child.

7. Reactions can differ if there is no sex. Often a couple will stop trying, and touching is avoided.

8. It is suggested that couples try to verbalize sexual desires.

9. An orgasm is often felt to be paramount and that intimacy without it has no value - BUT - cuddling and holding ARE necessary as the need for touch is increased with grief. (This need for touch is emphasized throughout the tape.)

10. The skin is the largest sense organ and the hands the chief pleasuring organ, so there are many possibilities for comfort giving. An exercise devised by Masters and Johnson is explained.

11. Although some do not like to plan a date and time to be intimate, it is suggested this may be helpful if spontaneity is not occurring. Each is able to prepare mentally. Clare speaks of a couple who hired a baby-sitter and booked into a motel room on a regular basis.

-- TCF Newsletter, Winnipeg, Canada

Tape available from the National Office

Some Ways to Help a Grieving Spouse

* Assign top priority to your marriage relationship.

* Cultivate transparency, openness, and honesty.

* Be patient with your spouse and with yourself.

Recognize that your spouse is probably not at the same place in the grief process as you, and that it okay.

* Keep working at communicating. Give special attention to your affection for each other. Learn and practice gestures of love. Remember to stay in touch physically the importance of human touching and hugging is hard to overestimate.

* Allow or create space in your relationship.

Everyone is entitled to a degree of privacy with their feelings, including their grief.

* Allow yourself to enjoy life and each other. Be willing to laugh together, as well as to cry together. Work at finding some fun things to do together.

* Help each other to remember that life is more than this child who has died. As important as this child is to you, and as much as you feel pain over his or her death, your marriage relationship involves far more than just this child.

--Howard Cup Norman, OK

Nearness

I know you are smiling
As I see the sun shining
The rays spelling your name
Like a giant pen's signing

I know you are laughing
As I see the rain falling
For they're tears of happiness
As I hear your voice calling.

I know it's you whispering-
The wind in the trees
Or your thoughts in the chimes
And your soul in the breeze.

I know you are watching
When I see the stars shine
Looking down on me
To guide me through time.

I know you are happy
On a midsummer's day
Both joy and pain proving
That you're not far away.

I know you are with me
Death can't tear us apart
For you're still living on
Right here in my heart.
Submitted to TCF Billings MT by the parents of and
in memory of Carlee Downer. Written by a friend



Where Did the Summer Go?

The days are now long and hot! Summer is already half gone and at times I wonder where the time has gone! There was a time three years ago when I thought the days would never pass, and that the warm days were mocking me in my grief. It was very hard to get out of bed in the morning, only to face the long day ahead till night when sleep could ease my hurt for a

short while. Our son loved the outdoors and summer and would rather be outside than eat. It was hard to get him in at night. In fact, we would and still do, refer to a really bright, summer day as a "Chrissy Day". But this made it very hard to enjoy the nice weather with all the children outside laughing and playing.

I stayed inside most of those first two summers, not being able to enjoy the days. It was easier, it seemed to me, than to face it all. But as time went by I found I was really missing the warmth of the sun on my face and the summertime laughter of children. Not that I missed Chris less, just that I was able to remember the fun things without hours of crying and pain.

Three years ago I would not have believed this possible, but I have "survived" and can now see other blond, blue-eyed, brown-bodied little boys riding their big wheels and not fall apart. I'm not saying it doesn't hurt, but the sharp stabs come and go very quickly now. I can remember Chris for a moment and then go on to enjoy the summer with my family and friends. Believe me I've been there. It does get better with time. You don't ever forget, but you find out that indeed, life does go on if you want it to.

Please try to enjoy the summer as best you can. Take each day as it comes and live through that one. I know it will be very hard for you newly bereaved parents, but take it from someone who has had three summers, it will get easier. Someday you will say, "Where did the summer go?"

--Darlene Virtue TCF, Memphis, TN

Survivors Need to Talk about Loss

(From an Ann Landers column)

Dear Ann:

The suicide of a child or other loved one, regardless of age, is one of life's harshest tragedies. Grieving relatives need to know that they are not being judged or blamed by others. They blame themselves enough already. It doesn't help to say, "He's probably better off." It doesn't help to say, "You have other children."

Guilt is a major factor whenever there is a suicide, no matter what the cause. Everyone who loved that person wonders what he or she might have done to prevent it. Grief-stricken survivors need to know that their friends are still there for them. Sometimes friends you thought you could count on suddenly disappear. They avoid you

because they don't know what to say.

In most cases, survivors want and need to talk about their loss. It's important to keep the memory of the deceased alive.

While it may be painful to discuss, it's better than trying to forget that the person ever existed. Yes, there are support groups for survivors, but what about friends and relatives calling from time to time just to see how you're doing?

- Been There in D.C.

Dear D.C.:

Your letter should be helpful to those who don't know what to say or do when tragedy strikes someone close. I hope the following letter can offer some comfort to the bereaved:

Dear Ann:

A dear friend sent me this poem. It was written by Alice Kerr of Lower Bucks, PA. She is a member of the Compassionate Friends, an organization for parents who have lost a child. I thought your readers might benefit from its words.

-- Faithful Reader

Now I Know

I never knew, when you lost your child,
 What you were going through.
 I wasn't there, I stayed away,
 I just deserted you.
 I didn't know the words to say,
 I didn't know the things to do.
 I think your pain so frightened me,
 I didn't know how to comfort you.
 And then one day my child died.
 You were the first one there.
 You quietly stayed by my side, listened,
 And held me as I cried.
 You didn't leave, you didn't go.
 The lesson learned is ...
 Now I know.



Life Without

He was a beautiful child - in body and in spirit, with eyes that danced with irresistible energy, and an eternal smile that echoed on the faces of others. His constant chatter and frequent laughter were my music.

Time stopped with his last breath. There is so much pain in not doing. My heart, my eyes, my lips, my arms, my hands, my legs, my lap have all been deprived of their greatest pleasures. My heart

screams, "Give my baby back to me". There is, of course, no answer - only a silence too deafening to bear.

What am I to do with this shattered heart and life? There is such emptiness to fill. There is so much love, but there was so little time. If I had until eternity, I could not have given him all the love that was mine to give. But I deserved a chance to try ... didn't I?

The love and joy he gave to me each day - and half my heart have been severed. Without mercy I was left behind to survive with half my being torn from me. Those whose worlds are still intact cannot understand the agony of being denied future memories.

The healing hearts of my compassionate friends are my support, as I limp toward life. My hope - that I will honor his memory and his love - renews and sustains me.

--Karen Anderson, TCF/Ottawa, ON

Newly Bereaved ...

Stages of Grief

There are a number of versions of the stages of grief. One thing that every authority agrees on is that each person will move through grief at a different pace and in a different order. Most of us do the "grief two-step" - moving ahead two paces and then back a pace; forward a step and then sideways two; maybe even one sideways and two backwards; any combination is possible. There is no predetermined rate of progress in grief work. And grief is work— very hard work— which can exhaust our resources if we don't take good care of ourselves.

Shock and denial together are usually the first stage and are a protection against the overwhelming emotions of grief. Many of us hear others saying how well we are handling things in the first days, while we feel we are numb and robotic. We may be confused and act slowly. For some of us denial may come as the conviction that this is a terrible misunderstanding, perhaps a case of mistaken identity. This is one reason why experts advise that parents should be given an opportunity to see their child's body and say good-bye. (Another reason is that no matter how bad it is, our imagination can conjure up something worse.) For others, denial is waking up and either not remembering or thinking for a few

minutes that it was a terrible nightmare.

Depression is normal and reactive. Friends may urge immediate treatment or tell us to "snap out of it." It is important to know that some depression is natural. Would you consider a parent cheerful about a child's death normal?

Extreme and/or prolonged depression may require professional help. Psychoactive medication (tranquilizers, etc.) in early grief may only delay the natural process of grieving and may be given to make other people more comfortable with our reactions. Crying is normal. It is also important to know that sadness will recur for years in particular situations or on special dates such as holidays, birthdays, death anniversaries, etc. Situations may be either times that remind you of your child (his favorite song, her favorite perfume) or times that you will never experience with your child (when his/her class graduated or the first close friend marries).

Anger is often the next reaction. We may be angry at the doctor, the first responders, someone who caused our child's death, the child themselves, ourselves, or God. The anger may be rational (toward a murderer) or not, but it's real either way. Many who claim to have no anger are actually "stuffing" it and do not realize that this unexpressed anger is the cause of their indigestion or other physical problems.

Guilt may be the next feeling to catch up with us. This one is seldom rational because most parents do not deliberately contribute to their child's death. However, a parent may feel guilt because they were driving the car or they didn't forbid their child to go or because they didn't anticipate a suicide ... or because they are still breathing. The "what if's" and "if only's" are real killers and every parent has some; some of us have a jillion. We need to realize that we each did the very best we could, and we would have prevented our child's death if we could have.

Escape can be either good or bad. Some of us will find escape in reading or the movies or by volunteering. We may only forget for a few minutes, but it is a relief. It is also the first sign that we are moving along the path toward acceptance and recovery. Some bad escape mechanisms are drinking, taking drugs, or other destructive behaviors.

Acceptance is defined as "the act of taking what is offered or given to one." For us it may mean finally realizing that "my child is dead and it is permanent." It may seem funny to the non-bereaved that it does take awhile for it to sink in,

that this is not a nightmare from which we can wake up; this is now our life.

Recovery means different things to different people. It does not mean that we will ever be "our old selves"- an often expressed desire of those close to us. At best, it means that we will be an integrated whole once more. An analogy that I have heard is to a valuable vase that is broken and repaired. The lines of breakage may be visible or imperceptible. The vase may even come out stronger than it was originally. We each progress through grief according to our personality, the circumstances of our life, and of our child's death.

--Bereaved Parents-Central Arkansas Newsletter

For Friends and Family...



Forgive Me, My Friend

Forgive me, friend
If I don't seem there--
If I seem a little distant
Or you think I don't care. My child has died.

It's hard to explain
My down-and-out-days
When I don't respond
Or I seem in a daze. My child has died.

I seem to be happy
When I suddenly cry-
The emotion overpowers me,
Hard as I try. My child has died.

So forgive me, my friend,
when I can't seem to give.
for I'm doing all I can
Just to get up and live.

My child has died

--Gretchen Warren, TCF Solano City, MN

Welcome...



I Said I Could Not Do It

Exactly 8:05 a.m., Friday, July 9, 1971, was the last time I looked at my eight-year-old daughter with her eyes opened. I walked beside her as they rolled her down the hall to the elevator that would take her down to the operating room for simple, routine tonsillectomy.

At exactly 1:30 that afternoon I was told that she was dead. I said that I could not live a day without her. I could not do it. I said I could not do it.

BUT I DID.

During the drive home, I said I would never be able to walk in that house without her. I said I could not do it.

BUT I DID.

As I walked in that empty house, someone quickly ran and shut her door - the door to her room, where she kept all of the things she loved. The room where she played and slept. I said I could never go in there again. I said I could not do it.

BUT I DID.

When they said, "Come, let's go to the for the rosary, the mass," I said I could not do it

BUT I DID.

When, a few weeks later, a dear friend came to my door and said, "Come, let's go out and enjoy lunch," I said I could not do it.

BUT I DID.

For months that followed, I just knew my life would never be the same, and it wasn't. All the life I could not live, did get lived - differently, but I did live. Now comes today... 16 years later. Palmar Ann would have been 24 years old. I had to stop and think about that, too.

I stood before her portrait today and stared a long, long time, and yes, I remembered the pain with total recall of July 9, 1971. I reached out touching what's left of my memory of her, and I offered up a prayer of thanksgiving to God - a prayer of gratitude, for giving me such a beautiful eight years with a lovely daughter, and most of all the opportunity to be able to stand there and realize that I had said I could not do it, but I did.

YES, I DID.

And each month when I come to a Compassionate Friend's meeting, with you, the new member, I share the pain that I know you are feeling - that hopelessness of the future. I smile quietly to myself, because inside I know a secret - you will be okay. You will touch again, love again, laugh again, and live again. After all I said I could not do it, but I did, and

YOU WILL , TOO!

--Betz Crump TCF FT. Lauderdale, FL

Editor's note: We invite you to attend our meetings where you will find help from other bereaved parents and siblings who understand how hard it is to deal with a child's death. We encourage you to try three meetings before deciding if TCF is for you. Each

meeting is different and you will find helpful hints from others who have experienced similar situations.



Helpful Hint...

Here's What I learned About Grief:

- It's not linear .
- It's not predictable .
- It's anything but smooth and self-contained.
- Someone did us a grave injustice by implying that mourning has a distinct beginning, middle and end.

--Hope Edelman, in "Grief Has No Beginning, Middle or End," New York Times Book-Magazine, 15 May 1994.

Book In Review...



Dear Parents Letters to Bereaved Parents from Bereaved Parents. A support group in book form. Parents and others say what they would tell a grieving parent. Friends walk with you and let you know you are not alone.

Code: DEPC Price: \$9.95

(This and other 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.)

Never Good-bye

They tell me I must say Good-bye,
That life goes on,
That death comes to all,
That you're in a better place,
But they haven't lost a child.
I tell them I must keep you with me.
Remember your faults
Remember the joy you brought.
Because I was, and I am, your Mother.
I tell them I will give you life,
I'll keep your memory fresh,
My life is more full because
You live on in me.
I am a better person because of you.
I shall never say Good-bye until I can
Say Hello.

--Gwen Brown, TCF Winnipeg, MB

Remembrance



I see your smile
in the brightness of the summer sun.
A gentle breeze is the touch of your hand on mine.
A wave breaks softly on the shore, and I hear you whisper,
"Remember me."
A winged bird begins its flight into the distant sky.
The sound of children's laughter fills the air.
The evening stars become your eyes, and I reply-
"You are ever near."
-Priscilla D. Kenney, TCF, Kennebunk, ME

I'm Not the Same

I'm not the same person since you went away.
So much has happened since that awful day.
I'm not always friendly
and I have mood swings, too.
People don't understand
what I've been through
Sometimes I hate the world
and everyone around;
Maybe if you were here
I could turn my life around.
It's so hard to keep going on
with a smile on my face
when I know I won't see you
until I reach that heavenly place.
--Jerri Ruppel - Jami's Mom TCF S. Central, KY

From time to time, we receive requests from
doctorate students to participate in their research
related to a death. If you are interested, your insight
may help. The following is a request we recently
received.-LV

Greetings,

My name is Lauren Como and I am a Doctoral
student at Smith College School for Social Work
currently researching sibling bereavement for my
dissertation. Sibling bereavement is personal to me
since I lost my sister from terminal illness when I
was 18 years old. My experience of losing my sister
during my adolescence has been very impactful and
prompted me to want to learn more about it to help
other siblings with the death of their sibling. My
research focuses on learning about sibling
bereavement during adolescence and the impact
that it has over time. I will be conducting an online,
anonymous survey of surviving siblings who are

currently aged 18 or older. Adults from the U.S. or
Canada who were 11-20 years old when their
sibling died are eligible to take the survey.

I am requesting your help to get the information
about my research and survey to your population
via email, flyer, website and listserve. The
attached flyer and email are both aimed toward
siblings and briefly explain my research with a link
to the online survey. If you could add the survey
link to your webpage that would be highly
appreciated so that I can reach as many potential
participants as possible. Here is the link to the
survey:

<https://surveymonkey.com/s/siblingbereavement>

This will be an opportunity for those in the field of
sibling bereavement to learn more about surviving
sibling experiences of their sibling loss during
adolescence and to hear collectively and directly
from siblings to expand knowledge in the field.
Upon completion of the study, and regardless of
your participation, I will be happy to share the
results. Should you wish to know the results,
please send me an email at the address below
requesting them. Please feel free to contact me if
you have any questions or would like to hear more
about my study. You can contact me at
lcomo@smith.edu.

Thank you for your time and I sincerely hope you
will become involved by getting the word out to
eligible participants! Best Regards, Lauren Como,
MSW, LCSW

--Pat Gilbert, Administrative Coordinator
Smith College School for Social Work
Office of Alumni Affairs and Development
Lilly Hall Northampton, MA 01063 [\(413\) 585-4290](tel:4135854290)
pgilbert@smith.edu

SIBLING BEREAVEMENT SURVEY

- Did you lose a sibling when you were between the
ages of 11-20 years old?
- Are you currently age 18 or older?
- Would you like to share your experience in an
anonymous survey?

If so, please consider becoming involved in my
doctoral dissertation research on sibling
bereavement by going on the link below to fill out
this voluntary and anonymous survey.

<https://surveymonkey.com/s/siblingbereavement>

Contact lcomo@smith.edu for more information



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

Marie Ann Andrade
Born: 4/76 Died: 12/96
Parents: Sabino & Ana Andrade

Nancy Geraldo Andrade
Born: 8/90 Died: 8/05
Parents: Elizabeth & Rogelio Geraldo

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

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

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: 10/90 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

Myka 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

Gregg Emberson
Born: 1/75 Died: 1/92
Mother: Cindy London

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

Marilyn Gardner
Born: 6/53 Died: 1/14
Mother: Pat Gardner

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

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

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 Huisinga
Born: 10/74 Died: 12/95
Parents: Alan & Melinda
Huisinga

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

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



Our Children Remembered



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

Angela Johnson
Born: 4/92 Died: 3/15
Parents: Dennis & Maria Johnson

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

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

Scott Koller
Born: 10/83 Died: 3/15
Mother: BettyBenson

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 Laulhere
Born: 9/74 Died: 3/96
Parents: Larry & Chris Laulhere

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

Robert Andrew Mead
Born: 5/65 Died: 4/11
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

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

Tyiri 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

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: 11/2/68 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: 8/09 Died: 8/10
Parents: Bridie & 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

Edwin Rodriquez
Born: 3/64 Died: 12/14
Sister: Nancy Garcia

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

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



Our Children

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

Jonathan David Streisand
Born: 1/87 Died: 2/13
Pren: Pricilla & David Streisand

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

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 Yasmeen C. Viveros
Born: 11/05 Died: 11/05
Mother: Brenda Viveros

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

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

Remembered

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

Taylor Whitaker
Born: 4/00 Died: 4/06
Parents: Michelle & Chris Whitaker

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:

Michella Leanne Matasso Fincannon
8/86 - 1/06



Our sweet Michella, Happy Birthday Little Girl. We wish you were here to light up the room with your beautiful smile, to hear your voice, and to watch you sing and dance. We miss your kindness and the joy you bright to everybody. We miss you so much.
Hugs & Kisses, Dad & Mom

For Siblings...



For Siblings -- What about Me? By: Traci Morlock

Have you ever felt that, as a surviving sister or brother, that we are often forgotten? I have felt this way quite often in the last six years. Over time, the feeling becomes less and less.

When a parent loses a child, they are the ones that immediately come to mind. I am not trying to slight the pain they feel by any means, but we, as siblings, are often swept to the side. Our parents' grief is so much different than ours is. No more or less hurtful than ours, but different. They lost their child. I hope that in my lifetime, I never

have to know how that feels.

I know how painful it was for me when Sean died; I don't want to know the pains of having a child die. But often at times, we are the "Forgotten Mourners".

I love my brother very much and miss him just as much. I think that people sometimes forget that we are hurting also. My parents were offenders of that too. I know that they knew my sister and I were hurting, but they were so wrapped up in what they were feeling, that they didn't have time to worry about what my sister and I were feeling.

I tried so hard to make my parents well again that I neglected my grief. Pretty much denied it. We really want to make our families "normal" again.

I have had some awful things said to me over the last six years. Two weeks after Sean died, someone said to me, "Well, you do still have a sister." Well yes, I do still have a sister, but that still doesn't lessen the pain of my brother's death and my sister can't possibly replace my brother.

Probably the worst thing anyone has said to me is "Why aren't you over this? Sean's been dead six months." Well, it's not something you just "get over!" I have learned a lot of things over the years and if I hadn't been in such a state of shock, maybe I would have had some of those responses. When I think back on it, I wish I had.

I have decided that from what I have learned, I need to educate people and make them understand that siblings and friends have the right to grieve, too. As surviving siblings and friends we also have to realize that we need to find a new "normal". We also need to know that it's okay to feel all of the things that we feel, be it anger, sadness, guilt, or any other emotion that we may have. Just know that you're not crazy or wrong to grieve. Know also that it is alright to think and talk about them when you're ready. Not when someone else says or thinks you should be ready. Death and grieving is, unfortunately, a part of life.
--BP/USA Bereaved Sibling St. Louis, MO

For Grandparents...



Someone Stole Our Joy Today

Someone stole our joy today
and left a lot of pain
They took away the sunshine
and left a world of rain.

The hope that filled our world
Just crumbled into dust.
Now we must face a broken heart
In what we used to trust.
The warmest smile we ever knew
Lit up that little face.
How can we go on living
In this cold and lonely place.
And now he is with Jesus
Our angel is up above.
He left us all so suddenly
And took with him our love.
The only hope there is today
Is one day we will be.
Together in that glorious place
For all eternity.

written by Grandma Irene

From Our Members...



The Gift of Grief

Death takes away. That's all there is to it. But Grief gives back. By experiencing it, we are not simply eroded by pain. Rather, we become larger human beings, more aware, more compassionate, and more able to help ourselves. Grief is a powerful alchemy. It plunges us into sorrow and forces us to face the finiteness of life, the mightiness of death, and the meaning of our existence on this earth. It does more than enable us to change; it demands it.

The way we change is up to you, and it is possible to be forever bowed by grief. But it is also possible to be enlarged, to find new direction, and to allow the memory of the beloved person we have lost to live on within us, not as a monument to misery but as a source of strength, love, and inspiration. By acting on our grief, we can eventually find ourselves a place of peace and purposefulness. It is my belief that all grievers, no matter how intense their pain, no matter how rough the terrain across which they must travel ... can eventually find that place within their hearts.

-- TCF Inland Empire, San Bernardino, CA (Just as my friend shared this with me, I want to share it with you, because it gave me hope I would survive this. John England)

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.

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. Thank you to those who are willing to get you newsletter online. 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.tcfsbla.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: Aug. 1st for Sept. 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)	groww.com
goodgriefresources.com	childloss.com
beyondindogp.com	griefwatch.dom
angelmoms.com	babysteps.com
healingafterloss.org	webhealing.com
survivorsofsuicide.com	opentohope.com
taps.org (military death)	alivealone.org
bereavedparentsusa.org	save.org
pomc.com (families of murder victims)	
grasphelp.org (substance abuse deaths)	

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

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Lori & Dudley Gray

Cheryl & Bill Matasso

Nancy & Elliott Fisher

Kitty Edler

Susan Kass

Linda Zelik

Cheryl Stephens

Lynn Vines

Ken Konopasek

Crystal Henning



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

In loving memory of Danielle Mosher, August 1978 - June 1997. For our loving granddaughter, Desiree Mosher, who is missed and loved by all who knew her.

Love, Grandma and Grandpa Nelson

In loving memory of John Teresinski, 12/67 - 11/00.

Love, Mom

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 _____

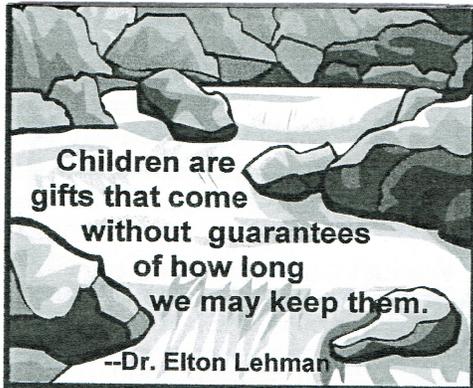
Birth date _____ Death date _____ Sent From _____

Tribute _____

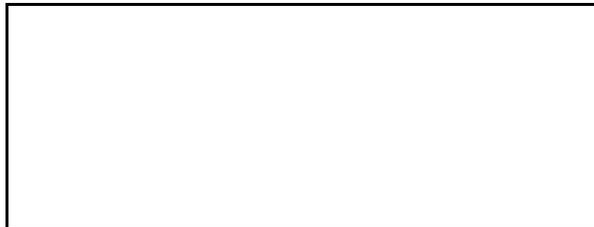
To include your donation in the next newsletter, we must receive it by the first of the month or it will appear in the following issue.

The Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171

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August 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.

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.
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