



# *The Compassionate Friends*

## *South Bay/LA Chapter*

### **Supporting Family After a Child Dies**

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

FEB. 2016 ISSUE

EDITOR: LYNN VINES (310) 530-3214

e-mail: [Lynntcf@aol.com](mailto:Lynntcf@aol.com)

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

**OUR NEXT MEETING**  
will be Feb 3rd, 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 Feb. 3rd meeting will start with **"Mending Your Broken Heart."**

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.

South Bay/LA Chapter of TCF  
P.O. Box 11171  
Torrance, CA 90510-1171  
(310) 963-4646  
[www.tcfsbla.org](http://www.tcfsbla.org)

Chapter Leader:  
Linda Zelik  
(310) 370-1645  
[Lzelik@verizon.net](mailto:Lzelik@verizon.net)

The National Office of TCF  
P.O. Box 3696  
Oakbrook, IL 60522-3696  
Toll free (877) 969-0010  
<http://www.compassionatefriends.org>

## The Feb 3rd meeting will start with....

**“Mending Your Broken Heart.”** February, the month of love and reaching out to others with valentines. How we view this month, now that our children are missing from our lives and our hearts are broken, is up to us. We can wallow in our misery and see no hope for the future, or we can reaffirm our love for our child and proceed to fight our way out of our depressions and pain. This month we will be discussing ways we can begin to mend our broken hearts and relieve some of our pain.

Very quickly after the death, we begin to realize how our loss reaches every part of our being. Once we address some of the different aspects of our grief, we can begin to see ways we will need to accommodate the changes that will be needed to go on.

First, we must acknowledge how we all grieve differently and how the family structure shifts after a death. Everyone in the family has the right to grieve independently of each other, and, as a part of the family. After the death of a child the whole family must become restructured. Everyone's role shifts to accommodate the void left by the child's absence. We all learn how to fill that emptiness in different ways. This meeting we will also be discussing different ways to make this transition easier for everyone... including ourselves. Remember, we need to accommodate each other in our grief. And that includes taking care of ourselves so we can be there for the other people in our lives.

## What Do Parents Lose When a Child Dies?

A child's death is a dark stone dropped in the pool of your life. Ripples spread everywhere, no part of you is spared.

**The Loss of a Piece of Yourself:** Our time, our efforts, and our hopes - these are our most precious commodities, the materials of our selves. We invest them lavishly in our child. How much of ourselves we have invested is not measured by how many months or years the child lived. A stillbirth or the death of a newborn is as great a loss as the death of a young adult. As Linda Edelstein reminds us, “the death of a child is an event that occurs in the (parents) inner and outer worlds.” To take the measure of your loss, we must appreciate the unique place your child



occupied in your inner world. Your child's death robs you of a central piece of your self, part of what is most you.

**The loss of illusions:** Our belief that we can protect our children too often turns out to be an illusion. We elaborate other illusions as well: “If I behave right and play by the rules, bad things won't happen to me.” “Cancer happens to other people.” “This is a good neighborhood; my kids are safe.” These ideas sit in the back of our minds, seldom invoked, yet powerfully reassuring. When you cannot protect your child, you lose the canopy of illusions that sustained you. Your child's death delivers a staggering blow to your self-esteem. Your job as a parent was to protect your child, and you could not. No matter what the circumstances of his death, no matter how impossible to prevent or beyond your control, you hold yourself responsible. If what happened to your child happened in another family, you would not hold those parents responsible. Yet you hold yourself to a different measure.

With any disaster - earthquake, death, car accident - the trauma arises not only from the event but from its power to rip away our illusions. We stand pitifully exposed to our own helplessness: all that we have done right, all the good we've been has not availed us. When parents whose child has died talk about what they have lost, they always mention the loss of their powerful illusions. These sustain us, and they are a lot to lose. Life goes much harder without them.

**The loss of order in our universe.** Parents are older, children are younger. Children will grow up. Parents will grow older and die, and their children will bury them. The order of the generations is deeply embedded in our thinking. It is how things are, the way they ought to be, natural and inviolable. A child's death violates this order. Every parent who has lost a child feels that violation. Age offers no statute of limitations.

**The loss of the Future:** A child's death robs you of your future. Your child is woven through the tapestry of your future, an integral part of the design. When death rips your child from the tapestry, the design is changed, damaged beyond repair. You lose the pleasure and pride that comes from watching her life unfold and her potential flower. You lose the pleasure of her company. Holidays and birthdays turn into hollow, exquisitely painful reminders of her absence.

When your child dies, you lose simultaneously

on so many fronts. You lose the embodiment of your special hopes, and you lose your second chance. You lose someone who loved you and whom you loved, perhaps more extravagantly than anyone else in your life. In your own eyes you have failed, because you could not protect your child. You lose a job and a piece of whom you know yourself to be. You are cheated of the natural order of time and generation. The tapestry of your future has been torn and forever altered.

-- Barbara D. Rosoff, from "The Worst Loss"

## Family Ties



Every time a new person is added to the family by birth, marriage, adoption, etc., everyone begins to readjust and reorganize to new roles they must assume. Husband and wife work out the give and take necessary to establish a family system. Mothers and fathers find new roles when children enter the picture, and adjust their sleeping, eating, loving, working, and being.

Brothers and sisters truly learn what sharing and change are all about when a new member is added. Everyone, in fact, becomes a changed individual in this new system. New patterns of trusting and communicating are established. Like the mobile we hang above the crib, the family works toward establishing stability; each part balances the whole.

This family mobile is susceptible to many forces of change; winds from outside and within. But blown and disturbed, each piece moves and sways until eventually the mobile becomes stabilized once again.

When one of the parts is suddenly removed, as in the death of a child, the very core is threatened. Cut off one of the parts of the mobile and it becomes frenzied, looking for stability and lost balance. It sways to and fro, bobbing and weaving, tilting up and down.

When our child dies, we are inevitably faced with this chaos in the system. How can we seek to balance our ship of life when we, as a part of that system, feel pain, confusion, and imbalance? If we were the anchor before, we find ourselves adrift, unable to hold in the current. If we were the steering wheel, we begin to spin uncontrollably. The propeller shaft is bent; the spare oar is missing; there aren't enough life preservers to go around. How do you save the ship - the mobile - the family?

1. Recognize the part you as an individual play in the family and work at resolving your own losses.
2. Encourage the expressing of feelings in yourself and others. Know that each person grieves in his own way and at his own pace. Give them permission to do so.
3. Understand that sometimes a system cannot re-balance without professional help and seek this help if needed.
4. Watch for obsessive behaviors in your family, i.e. overprotectiveness, overeating, under-eating, alcohol and/or drug abuse, rage and violence, etc., and offer support, sharing, and help for the pain - not the behaviors.

How tragic it is when the ultimate loss, the death of a child, leads to an ever greater loss: the breakdown of the family, the marriage, and/or the individual. You, as part of the family, can work to make sure this doesn't happen.

--From Neenah, WI, TCF '89 Newsletter

## Guilt: If Only ... If Only ... If Only ...

You may hear yourself using those words. Most parents whose child has died have periods when they feel guilty. A part of the guilt is wanting to undo what has been done ... to stop time ... to redo a day or a minute that might make a difference. Our culture teaches people to be hard on themselves and blame themselves when anything goes wrong. We tend, then, to feel responsible when children die, too. "If only I had kept him in longer... If only I had been there... If only I had known... If only... If only." We are people who want answers. It goes against all our beliefs, hopes, and dreams when children die. You will search and look for answers to questions which sometimes have no answers.

Feeling guilty is one way of getting some kind of meaning into a situation which makes no sense, of trying to answer the unanswerable "WHY" questions. When you feel guilty, recognize it for what it is ... a sense of guilt and a searching for an answer. If you could have prevented your child's death, you would have. You and your family are not to blame.

--From the booklet *Children Die*, by Joy and Mary Johnson, Reprinted from Ft. Worth, TX TCF newsletter

## Death Ended Your Child's Life, But Not His Or Her Relationship to the Family



In 1983, I wrote a two part article for the Newsletter called "Commitment to Survival" in which I described parent bereavement as a complex process that includes mothers and fathers maintaining a relationship with their dead child. Specifically, I wrote "Death ended your child's life but not his or her relationship to the family" and "You give up the old person who was physically connected to a now deceased child and make different connections with your child who has died."

I received many letters describing how bereaved parents had been criticized and even ridiculed by others for expressing their continuing love and connection to their dead child. You told me you copied the articles and sent them to friends, relatives and people at your work place to let them know that it was "normal" to want to talk about your child. You also told me that in your opinion, maintaining a sacred bond to your dead child was vital to your well-being.

From 1983 to the present I have conducted a number of studies with both bereaved parents and siblings. Findings from these studies indicate the ongoing connection you have to your dead child is a catalyst and an enduring energy which sustains one through the most intense time of grief and gives survivors the courage to face losses that bereaved parents and their living children must endure. The deep pain of grief comes with a deep introspective searching for answers to agonizing questions about why your child's death had to be a part of your life and about your shattered dreams.

Research shows that this period of grief is characterized by feelings of hopelessness, profound sadness, aching loneliness and a belief that you will not and can not ever be happy again. Physical reactions may include fast heartbeats, shortness of breath, and a sense of fear or panic that more bad things will happen to other loved ones. Many bereaved parents expressed feeling angry, blaming yourself and others for your child's death. You spoke of being preoccupied with endless thoughts and feelings about the circumstances surrounding his or her death and the difficulty of coping and adapting to your new, permanently changed lives. You said that this was a time of "feeling confusion about who you were,

not knowing yourself anymore and feeling detached from others" and how these thoughts and feelings demanded and used up the little bit of energy you had each morning.

Grief work is infinitely private, painful work. Part of you died with your child and now you must struggle with letting go of your old self as you endure the unknown of who you will become. One newly bereaved parent described this process by saying. "I liked who I was before my child died. I don't like who I am now. I barely know myself."

In the beginning of grief you were consumed with the myriad of reminders of your child's life and death. As time passed, you found occasional peaceful respites from grief as the episodes of deep grieving gradually became less frequent and intense. Finally, you described knowing that you're having more good days than bad. This marked the beginning of leaving behind some of the suffering and sorrow of intense grief and having the energy available for keeping and cherishing the love and connection you have to your deceased child. Surviving the struggle with death and finding life again renews energy and is manifested in your becoming stronger and better able to cope with your loss.

You gain a realization of having become more tolerant of yourself and others, feeling more compassion for others, and becoming a more forgiving person. Measures of happiness and hope become a part of your life again.

The hardest work of becoming a survivor is learning to live without the physical presence of your dead child, while simultaneously learning to live with his - or her emotional and spiritual presence. You find that meaning in your life is derived from your relationship to those you love, including your dead child. The legacy your child has left, is a love that transcends time and space.  
--Nancy Hogan RN, PhD Miami School of Nursing

### A Father's Love

Your fingers curl up tight to make a fist  
Your lips purse up as to make a kiss  
Your eyes so bright, joy is all they bring  
Your presence would cause angels to sing  
Your first day filled and broke my heart  
For I knew then that we would be apart  
There is nothing more important to me  
Then giving you my love, for all eternity.

--Jedi 1998

## Coping with Grief: Winter Blues

When the weather gets colder and the days get shorter, we often find ourselves feeling low. Some people call this the Winter Blues. When you are grieving, those blues can feel overwhelming. Grief itself *is* hard to cope with, and cold winds and dark nights can make those feelings seem more intense. Here are a few ideas that may help you cope with the Winter Blues:

Winter only lasts a few months. Use this *time to reflect* on your relationship with the person who died. Sometimes in our efforts to deny our loss, we rob ourselves of precious memories.

*Reach out to friends or family* when you can. Often our isolation is worse because we do not allow ourselves time with others. You are not alone. There are many other people going through a similar experience. Although your relationship with your loved one is special, other people can understand. Take the risk to ask someone over for coffee or tea. Share with them.

Take time to look through picture albums. Gather family to *share stories* when holidays are over and the pressure is off. Make a new tradition during the dreary months of winter for family to gather for an evening of remembering. Maybe other people are feeling the same way and are afraid to talk about it.

Try a *grief support group*. Sometimes all we need is to know other people hear us and understand. A group can help you to know you are normal.

*Read:* favorite stories, comedies, novels, or information about grief to understand your own reactions better. Somehow reading about topics helps us know we are not alone. You can find grief materials in your local library or hospice office.

*Take good care of yourself.* Eat right, rest and pamper your body. This goes for any season. Your body is under a tremendous amount of stress in adjusting to this loss.

Since grief affects us physically, paying attention to our bodies is important. Whether you prefer to do things alone or with others, *physical activity* helps. Taking a walk, doing simple aerobics, indoor swimming, playing racquetball or other activities can help you keep your body ready for the continued adjustment to loss. Feeling better physically can make a difference.

If you feel sad and *need to cry*, know that this is a normal reaction. You are not weak if you need to show your emotions.

*Write a letter to your loved one.* Sometimes we need to communicate with them. Going to the cemetery is okay and normal. If the weather prevents that, a letter can be very helpful.

Remember that you will survive this loss. The pain and ache can seem like it will last forever. The intensity will lessen in time, although you will always remember your loved one. Time does not necessarily "heal" all wounds, but it can help us adjust to the change. Take it minute by minute ... then day by day.

--Sugar Land Southwest Houston TCF Newsletter



## February = Broken Heart + Mended Heart

Valentine's Day marks the first day of the second month of the death of my daughter, Cathie. Isn't it funny how, when after you have lost a child, you note the holidays? The first year I still had not really realized that she was "dead." In fact I could not even say the word ... "dead." I was just numb. I can remember wondering if I was going crazy and then I thought I must have not been a good mother... just because I had not - could not - cry. I was a totally empty vessel, devoid of any and all feelings.

The second year I think I made up for all the crying I did not do that first Valentine's Day as I bought only one set of those cute little Valentine's Day cards for my only living daughter, Carie, to give to her little schoolmates. I knew I was not going crazy. I knew I had been as good a mother as I could have been. I knew I had loved them both very much. I knew I STILL loved BOTH of them.

The tenth year I found TCF. I found a name for all the feelings I had been going through in these past years. I found out that I was a BEREAVED PARENT. I discovered that I was not alone on this the roller coaster ride of emotions ... I was not alone anymore. I learned to smile with warm memories as I watched other small children buy their packs of Valentine Day cards.

This is my seventeenth year as a Bereaved Parent. I don't cry much anymore ... just once in awhile ... and not for Cathie; I cry for me and the loneliness for her. Instead, I smile a lot with all the happy memories I have of the Valentine Days I

was able to have with her.

Now, when I cry on Valentine's Day, it is for the newly bereaved parents who must suffer this day, this month without their children. Yet I also find comfort in knowing that they NEED NOT WALK ALONE either, for TCF and I are here for them. In fact, I think I will go out and buy a pack of those small Valentine Day cards and send them to all my Compassionate Friends. Cathie would like that...yes she would.

--Cherie Gordon TCF, North Dade/South Broward, FL



## About Hearts

Each of us has two hearts: The one that beats in our chest and sustains life. We know about that one. And the one that is described by philosophers as the residence of our spirit and our consciousness. Most of us probably didn't get to know that one until our loss. Remember the fists that sat in the middle of your chest for the first several months? And you went to the doctor, he did an EKG, and then said, "Your heart is just fine. No-o-o problem!"

The heart that was laid open by the event can't be seen on an x-ray or measured by an EKG. And once opened, it can't be sewn up. We're stuck with it. And better off with it! The COMPASSION lesson is learned when you can control your tears for your own child, but can't control your tears for another's child.

And through this terrible experience, we have all learned that compassion and love, both seated in heart # 2, are the only important things in life. The price has been terrible, but we have learned what REALLY matters, and just as importantly, what DOESN'T!

--Bill Glover TCF Atlanta, GA

## The Season of the Heart

This is the Season of the Heart! Yet many of us will be asking how to live during this season with a heart that is broken. Just what is it that our hearts are knowing during these days? What are the feelings that pulsate and ebb and flow?

Is it – The Heart that catches its breath on a memory and is overwhelmed? The Heart where hope seems absent? The Heart that feels it absolutely cannot hold one more ounce of pain? The Heart that knows the fleeting smile of a loved one? The Heart that catches a fragment of joy

and is warmed? The Heart that knows pain, and keeps on loving? The Heart that is tempted to lie still and lonely? The Heart that searches for the acceptance of a friend? The Heart that is one day, suddenly surprisingly single?

Questions arise! Why is a heart red, and why does it have two lobes? A response might be — A Heart is so vulnerable; so easily bloodied. A Heart consists of opposites; changed by sorrow and by joy. A Heart, when whole, includes all emotions. A Heart: can lie cold and sad and broken... A Heart can grow and heal and love ...

We each have our choices to make!

--Marie Andrews, TCF Southern Maryland Chapter, MD

## My Name is Mom!

Hello, my name is Mom, Mother, Mommy or Mama, which ever you prefer (just pick one, I love them all). My name did not change when my child died. I will always remain the mom to this wonderful child even though you cannot see her. I cannot change this nor would I ever want to. I am so proud of my title, it is something I have and will continue to cherish. Sure, I am known by other names, my name given to me by my parents and my married name, but I adore the name of Mom.

Yes, my child died. A parent's worst nightmare, a fear that hovers over a care giver every day from the first thought of bringing forth new life. Whether your child is lost before it's first breath or after years of living in this world, the pain of this loss is more than anyone can imagine. I am lucky enough to have had each of these titles spoken to me in love throughout seventeen and a half years by my daughter.

When Kim was little, I was Mommy. In her early years, I became Mama. The teenage years changed the name to Mom. Whenever cards or notes came home from school, or when compositions were written, the name was a more formal, Mother. When introduced to another parent, it is "Kim's Mom" or "Paul's Mom" or even "Jason and Jamie's Step-mom." Whatever the form my appellation, I never tired of hearing it or seeing it in print. My daughter's voice may be silent now but I can still hear her in my memory.

During my grief process, I have tried to remember the first time my baby girl said, "Mama." I will never forget the warm glowing feeling of hearing her say, "I love you, Mommy," as she

would go off to school. I hold in my heart a special memory of my beautiful daughter, going off to her special dance at school, calling back to me, "See you later, Love ya, Mom."

As far back as I can remember, I wanted more than anything else in the world, to be a Mom. The most difficult and demanding job that exists, but I wanted the job. I planned to be a parent even before I had dolls to pretend with. As time consuming and involved as this job is, I loved it and worked hard at the task of raising my children without the benefit of an instruction book. I may never know which of us learned, cared, cried, laughed or prayed more than the other, the vote is still out on that.

Yes, my name is Mom. I will not stop being Kim's Mom, there is just no way that can ever change. My remaining child, my son, still calls me Mom, which is always music to my ears—I am his Mom too. I hold my title as proudly as any member of a royal family may hold onto theirs. Along with all of my memories, I hold my position as Mother in top priority and very close to my heart.

If I close my eyes, from the quiet portion of my soul and out of the stillness can come an echo of a voice calling, "I love you, Mom." "I love you too!," is my response, the same as it always has been, but now I don't have to say it out loud every time. I feel Kim can hear me even if it is just my heart sending her the message.

--Bonnie Harris-Tibbs TCF, Richmond, VA

## To Parents Who Have Lost A Child To Suicide

Parents of siblings of a young person who has completed suicide face an almost overwhelming burden of emotions. It is one of the cruelest tragedies that can happen to a family. To pull oneself out of the emotional wreckage is a mighty struggle. Each parent can be utterly devastated and unable to be supportive to their mate or to surviving children. Other family members are, shocked and unable to cope with the event. They do not know how to console or help us. Our friends wonder "how could such a thing happen?" They, too, do not know how to help us. We struggle with the "whys"... the unanswered questions and painful memories.

We who count ourselves as survivors... we've made it a year, two years, and some of us are in

the third year... would like to share a few thoughts: First, you are not alone. We understand whatever you may be feeling for we have been there. Suicide can intensify the feelings of shock, denial, guilt, anger, depression... all a part of the grief process.

The course of recovery is up and down. Give yourself plenty of time. You need a great deal of support, at least through the first years. The suicide of one's child raises painful questions, doubts, and fears. We can find ourselves in a spiritual crisis. We question our beliefs and may feel cut off from God. Through sharing with others and listening to others who have walked the same path, you may gain some understanding of your reactions, and learn some ways to cope.

-- JoAnn Dodson

TCF, Louisville, KY

## Whose Child Is This?

Whose child is this?  
That I've come to receive  
A child to miss  
That parent's will grieve  
Whose baby is here  
That died today  
Sent off with tears  
To heaven to play  
Whose angel was taken  
From their mother's arms  
To a safer haven  
With no more harm



The hurt will seem long  
In time it will heal  
Meanwhile be strong  
It seems so surreal  
The time that it takes  
To see them again  
Your baby will wait  
Till you have been sent  
To God and his children  
Happy and loved  
Straight into heaven  
And the stars above  
-- Sierra Valencia, San Antonio, TX

When you reach the top of the elevator in your grief, remember to go back down to help others"  
-- Ron Greer

## Newly Bereaved ...

### But The Pain Is Getting Worse

When your child dies suddenly or unexpectedly (and even though you had been told that your child was terminally ill, it was still unexpected, wasn't it?) something called shock takes over. I believe shock is nature's way of protecting you from the full impact of the pain of all that you've lost. I don't think a body could physically stand all of that at once, so nature does a kind thing and wraps you in a protective cocoon - it keeps out much of the pain. This allows us to continue functioning and do the necessary things involved with the solemn task of making plans for the final rites of someone you love. You may have found yourself able to be the "host or hostess" and taking care of others during this time. People may have commented on how well you were doing and admiring your great strength openly, never understanding that it was your cocoon doing its job.

Some parents' protective coating lasts longer than others, but sooner or later this shield starts disintegrating, and it is when the pain starts creeping in that the griever will try to provide his or her own cocoon. They will deny the death by pretending in some way that it didn't really happen, i.e. .. "He's not dead, he's visiting with Grandmother," or "She's playing with her friends," or "He's at school," or "He's at work," or "She's in her bed asleep." They're somewhere, but they're not dead. That's called denial, and it's a normal thing for some people. It's an effort to extend the effect of nature's cocoon.

It works for a while for some, but eventually that protective coating also dissolves and slowly but surely you find yourself dealing with depths of pain you've never known before, and it's frightening. You know you have about all the pain you can handle, and you don't know what you'll do if it gets any worse. You have then reached what could be described as dealing with the real reality of your loss in all its complexity. It doesn't get any worse than that. It won't be better for a time, but you've touched bottom for now.

It's very easy to understand why the newly bereaved see reaching this point as a negative thing. This is when the TCF telephone friends get the most calls (and the time varies from person to person, from a few weeks to some months), and

the parent says, "I think I am losing my mind." And why not? Here they are, getting further away from the actual death, but the pain IS getting worse. That surely seems like a negative, but those of us who have had the necessary time from our own experience, or who have had time to observe the experience of others, see this as a positive thing. When people tell me this has now happened to them, it tells me that they've come a long way. They've come through the shock and denial and are now dealing head-on with what must be dealt with before their grief will soften.

You can't start healing until you've allowed yourself to feel the hurt of the loss of someone you loved better than yourself. So, if you've reached this place in your grief, see it as a positive, for it means you have forsaken unproductive things and have made a giant step toward your journey to a place where the pain eases and you learn to live with your loss. We, who are further down the road of grief, encourage you to reach for the plateau where we are. It's easier here. We can tell you honestly that the pain is now better, not worse.

--Mary Cleckley TCF Atlanta, GA



## For Friends and Family ...

### A Poem for My Friends

I asked you not to grieve with me  
 For my loss you cannot know.  
 And please don't tell me how you understand  
 But this is just how some things go.  
 I ask you not to know my pain  
 Or tell me it was God's will.  
 And please don't tell me how another child  
 Will my ache and my need fulfill.  
 There are times when words are void of meaning  
 There is nothing that anyone can say.  
 Just hold my hand and sit with me  
 Till I can cope in a better way.  
 Pray for me and the child we lost  
 Help me believe in a better day.  
 Help me to hope and to somehow know  
 I'll survive this all some way.  
 And when I mention Lindsay's name  
 Please try not to look ashamed.  
 For I loved her more than life itself  
 And I will always speak her name.  
 Do not tell me it should be over now  
 And we cannot change the past.

You cannot understand, my friend,  
This grief does not leave when asked!  
Just bear with me, in my grief  
And the turmoil of my mind.  
And pray that on some future day  
I'll not comfort you in kind.

--Corry Roach TCF, Edmonton, Alberta, Canada

## Welcome...



## Groundhog Day

According to folklore, every year on February 2nd, a groundhog named Punxsutawney Phil, in a little town by the same name in Pennsylvania, wakes from his winter slumber, rises from his cozy little burrow and gazes about at his surroundings. Legend has it that if he doesn't see his shadow, he shakes himself off and ventures out to welcome an early spring. If he sees his shadow, he becomes frightened and quickly retreats down his hole to safety where he goes back to sleep and the winter weather continues. This year Punxsutawney Phil saw his shadow, thus predicting another six more weeks of winter.

When we lose a child, we seem to linger in a perpetual winter. For a very long time we see our world as a barren winter landscape. The warmth and love that our children brought to our hearts has been ripped away by their death and we're left with a cold aching void. We are a little like Punxsutawney Phil. We might be afraid to come to our first Compassionate Friends meeting. We may want to hide from the world and stay in our burrows. But if we are very brave and come to a meeting, we will meet others who have survived the long cold winter of their hearts. We gather to share our stories, support each other, love each other and very slowly we begin to and rejoin life as best we can. Remember, we need not walk alone.  
--Janet G. Reyes, TCF Alamo Area Chapter, San Antonio, TX

## Helpful Hint ...



Grieving allows us to heal, to remember with love rather than pain. It is a sorting process. One by one you let go of the things that are gone and you mourn for them. One by one you take hold of the things that have become a part of who you are and build again." -- Rachel Naomi Remea

## Book in Review ...



*Helping Children Cope with the Death of a Brother or Sister*, by Kathy LaTour. This book is designed to aid parents in understanding how children react to the death of a sibling. This book is also helpful to the children who are grieving. Kathy's straightforward insights and suggestions are based on the loss of her own brother. With chapters of special problems relating to a specific type of death, Kathy has many first hand accounts from the many siblings she has interviewed. This book is available in our chapter library.

## With our love...

We created you, With our love...  
We cared for you, With our love...  
We nurtured you, With our love...

We honored you, With our love...  
We buried you, With our love...  
We remember you, With our love...  
--Alice & Otto Weening TCF, Cincinnati, Ohio

## To Honor You

*To honor you*, I get up every day and take a breath. And start another day without you in it.

*To honor you*, I laugh and love with those who knew your smile and the way your eyes twinkled with mischief and secret knowledge.

*To honor you*, I take the time to appreciate everyone I love, I know now there is no guarantee of days or hours spent in their presence.

*To honor you*, I listen to music you would have liked, and sing at the top of my lungs  
With the windows rolled down.

*To honor you*, I take chances, say what I feel, hold nothing back, risk making a fool of myself, dance every dance.

You were my light, my heart, my gift of love, from the very highest source. So every day,  
I vow to make a difference, share a smile, live, laugh, and love. Now I live for us both, so all I do,  
*I do to honor you.*

--Connie F. Kiefer Boyd TCF Atlanta, GA



Ron Ackermjan  
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: 1/91 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

Jeremiah Bell  
Born: 1/88 Died: 6/15  
Mother: Angela Albarez

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

Austin Broussard  
Born: 3/95 Died: 9/12  
Parents: Travis & Marty Broussard

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

Ophelia 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

Layla Crandall  
Born: 4/15 Died: 5/15  
Parents: Mary Shahroodi & Shawn Crandall

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

Adam Crow  
Born: 5/70 Died: 7/15  
Mother: Flora Crow

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

Christopher deLapp  
Born: 3/93 Died: 11/13  
Mother: Viviana Baca-Curac

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 Di Maggio

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



# Our Children Remembered



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

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 Fraze  
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: Beke & 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

Jeffrey Hebert  
Born: 1/72 Died: 4/15  
Mother: Dora Tarn

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 Cramer

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

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 Jimenez

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

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

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

Max McCardy  
Born: 4/05/15 Died: 8/15  
Parents: Derk & Ami McCardy

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: Remea 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

Jacki Montoya  
Born: 10/89 Died: 7/15  
Mother: Theresa Montoya

Joshua Montoya  
Born: 4/15 Died: 7/15  
Grandmother: Theresa Montoya

Ginger Romero  
Born: 1/47 Died: 5/15  
Sister: Genie Moreno

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

Danielle Murillo  
Born: 5/96 Died: 4/15  
Parents: Cheryl Puttaw & Manuel Murillo

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 Nakamaru  
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

Isabella Ofsanko  
Born: 6/97 Died: 10/15  
Mother: Desiree Palmer

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

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



# Our Children Remembered



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

Elliott Shawn Oliver  
Born: 8/75 Died: 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: 11/68 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

Brooke Randle  
Born: 3/04 Died: 11/15  
Parents: Sandi & Brenn Randle

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

Sarah Lynne Redding  
Born: 12/80 Died: 12/05  
Parents: Linda & Alex Redding

Megan Patricia Rexroad  
Born: 12/91 Died: 10/15  
Mother: Mary-Ann Rexroad

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

Mallory Richards  
Born: 8/92 Died: 1/11  
Mother: Lisa Richards

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 Rodriguez  
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

Danny Ryan  
Born: 07/79 Died: 10/15  
Parents: Mike & Andrea Ryan

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

Andrew Sankus  
Born: 4/71 Died: 8/15  
Mother: Mary Sankus

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

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

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

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

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

Mia Amour Steen  
Born: 7/05 Died: 9/10  
Parents: Janine & Dona Steen

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

Jonathan David Streisand  
Born: 1/87 Died: 2/13  
Parents: 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

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

**Our Children Remembered**

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

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

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

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

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

Kellen Morgan Williams  
Born: 11/88 Died: 11/11  
Mother: LaFonda Williams

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

Aaron Young  
Born: 9/74 Died: 6/15  
Mother: Sheila Young

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.

Sorry, no tributes were submitted this month

**For Siblings...****Brother-Sister Bond Showed Itself on Valentine's Day**

A couple of years after my son Michael died, I was sorting through some things which I had saved from our children's school years. I came across a Valentine card which depicts a little girl surrounded by heart symbols. "Stuck on you Valentine!" the card reads. On the back of the card is seven-year-old Michael's handwritten signature. The card was to his big sister Kelly.

The emotional bond between Kelly and Michael was formed very early. Almost three years older, Kelly was excited about the prospect of welcoming her new brother into the world. When I was pregnant with Michael, we didn't know the baby's gender in advance. "It's not a girl," Kelly had insisted. "He's my brother, and his name is Michael!"

The relationship between our two children was not unlike that of many other healthy siblings. Kelly and Michael were daily companions and playmates during the early years. They had their bouts of sibling rivalry, too, which on some days would drive me insane! Their love for each other was solid, however. On one particular evening, after a day of almost non-stop arguing between the two of them, while they were lying in their beds I heard, "Night Mike, I love you!" "Night Kelly, I love you!"

At age 19, Michael died in an automobile accident while Kelly was away at college. Kelly has had to learn how to

be an only child. She has had to define for herself a new identity, a difficult task as a young adult. I am confident that the bond which was formed between them will remain forever.

Kelly is married and shares her new home with her husband and an adorable Pug named Otto. They occasionally spend a weekend at our house and sleep in Kelly's old bedroom, where Michael's "Stuck on you Valentine!" card can still be found on the night stand as a symbol of a bond that will never die.

By Anne Dionne – TCF Online Community Services

## Catching Up

When they told me, I understood.  
I knew you would never return.  
I never wondered where you went.  
I still remember.

The trees swayed in the blowing breeze.  
It was a chilly and gray,  
just what you'd picture for such a day.  
I gazed around the small gathering,  
at faces streaked with tears.  
I was silent as so many cries surrounded me.  
I felt empty.  
It was as if I looked in from the outside, seeing  
the pain,  
hurt and suffering I was helpless to heal.  
I knew more than they thought.  
You weren't gone.  
You had only run ahead and are now  
waiting for us...  
To catch up.

--By Melissa Mae Friebe TCF, Minneapolis, MN

## For Grandparents...



### Dream

I am drawn quietly to his grave to check on him  
just as I'd have been drawn quietly to his crib;  
I trim the grass around his marker and dream of  
trimming his soft brown hair.  
I place some flowers by his name and dream of  
him smelling them in my yard.  
I hold his memory in my heart as I dream of  
holding him in my arms.  
I go quietly to visit Elijah's grave, as I used to go  
quietly to check on him napping.  
I tenderly wipe the dirt and grass off his marker,  
as I tenderly would wipe his face, after he'd

eaten.

I linger there at the cemetery to be near him, as I  
would linger rocking him, long after he'd fallen  
asleep.

I buy things to take to him where he now rests, as  
I bought him things to give to him, his smile was  
my reward.

I drive away slowly with tears in my eyes, as I cry  
for him in silence, as each day passes by.

I hold him now warmly in my broken heart, till the  
day comes that he can run into my open arms.

--By "Elijah's Gram



## From Our Members...

### One Man's View of Grief

Someone's reply online to a plea, "My friend just  
died. I don't know what to do."

A lot of people responded. Then there's one  
old guy's incredible comment that stood out from  
the rest that might just change the way we  
approach life and death: "Alright, here goes. I'm  
old. What that means is that I've survived (so far)  
and a lot of people I've known and loved did not.  
I've lost friends, best friends, acquaintances,  
coworkers, grandparents, mom, relatives,  
teachers, mentors, students, neighbors and a  
host of other folks. I have no children and I can't  
imagine the pain it must be to lose a child. But  
here's my two cents.

I wish I could say you get used to people  
dying. I never did. I don't want to. It tears a hole  
through me whenever somebody I love dies, no  
matter the circumstances. But I don't want  
it to "not matter." I don't want it to be something  
that just passes. My scars are a testament  
to the love and the relationship that I had for and  
with that person. And if the scar is deep, so was  
the love. So be it. Scars are a testament to life.  
Scars are a testament that I can love deeply and  
live deeply and be cut, or even gouged, and that I  
can heal and continue to live and continue to  
love. And the scar tissue is stronger than the  
original flesh ever was. Scars are a testament to  
life. Scars are only ugly to people who can't see.

As for grief, you'll find it comes in waves.  
When the ship is first wrecked, you're drowning,  
with wreckage all around you. Everything floating  
around you reminds you of the beauty and the  
magnificence of the ship that was, and is no  
more. And all you can do is float. You find some

piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall, or 50 feet tall. And while they still come, they come further apart. You can see them coming, an anniversary, a birthday, or Christmas, or landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

Take it from an old guy. The waves never stop coming, and somehow you don't really want them to, but you learn that you'll survive them. And other waves will come, and you'll survive them too. If you're lucky, you'll have lots of scars from lots of loves, and lots of shipwrecks."

– From a Facebook posting. No author was listed but I thought it was such a beautiful and profound way to look at grief that it was worth saving and sharing.  
--Linda Zelik

## Endowment

Hope gives us vision for regaining the tenderness of memories.  
Hope carries us through to survival and healing.  
Hope offers us courage for acceptance and overcoming.  
Hope gives us new spirit and new laughter.  
Hope is among the greatest gifts to be found in time of sorrow.  
But hope cannot restore what is lost to death.



Hope can only go forward and make us new.

--By Sascha from "Wintersun"

This poem brought me comfort when I had lost hope after the death of my son. --Linda Curtis

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](http://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...** 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. (Some of them are being returned to me as not a valid address. If you have not been getting a reminder e-mail, please let me know) To update our files, please call Lynn at (310) 530-3214 to update by phone. You can also log onto our website at [www.tcfbla.org](http://www.tcfbla.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. There is also a closed group chat room for specific topics that you need to register for.

**Closed Group Chat...** TCF National has several closed Facebook groups you may find helpful on your grief journey. Click the blue link above to be connected and request to join.  
**TCF - Loss to Substance Related Causes**  
*Moderators: Barbara Allen and Mary Lemley*  
**TCF - Loss to Suicide** *Moderators: Cathy*

*Seehuetter and Donna Adams*

**TCF - Loss to Homicide** Moderators: *Debbie Floyd and Kathleen Willoughby*

**TCF - Infant and Toddler Loss** Moderators: *Susan Peavler and Tiffany Barraso*

**TCF - Sibling Loss to Substance Related Causes** Moderators: *Andrea Keller and Barbara Allen*

**The Compassionate Friends Sounds of the Siblings** (for bereaved siblings) Moderators: *Tracy Milne and Keith Singer*

**TCF – Loss of a Grandchild** Moderators: *Betty Farrel and Jennifer Sue Hale*

**TCF – Loss to Miscarriage or Stillbirth** Moderators: *Kelly Kittel and Kenzie Janzen*

**TCF – Loss of an Only Child/All Your Children** Moderators: *Lisa Ridge and Vicki Woods-Ozias*

**TCF – Loss to a Drunk/Impaired Driver** Moderators: *Robin Landry and Rebecca Perkins*

**TCF – Loss to Cancer** Moderators: *Lee Meyerson, Michelle Setzer,, Marguerite Caraway Ward*

**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](http://www.health.voiceamerica.com).

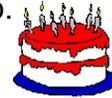
**2016 National Conference...** The Compassionate Friends is pleased to announce that Scottsdale, Arizona, will be the site of the 39th TCF National Conference on July 8-10, 2016. "Hope Rises on the Wings of Love" is the theme of next year's event, which promises more of this year's great national Conference experience. The 2016 Conference will be held at The Fairmont Scottsdale Princess. Plan to come and be a part of this heartwarming experience.

**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: Jan. 1<sup>st</sup> for Feb. 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.

Linda Zelik (chapter leader).....(310) 370-1645  
Cheryl Stephens.....(323) 855-2630  
Kitty Edler.....(310) 541-8221  
Richard Leach (grandchild).....(310) 833-5213

#### **SIBLING PHONE FRIENDS**

Kristy Mueller.....(310) 373-9977  
**REGIONAL COORDINATOR**  
Olivia Garcia.....(818) 736-7380

**Memory Book...** Our chapter has an ongoing Memory Book that is on display at each meeting. 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



#### **STEERING COMMITTEE MEMBERS:**

Kristy Mueller

Lori & Dudley Gray

Cheryl & Bill Matasso

Nancy & Elliott Fisher

Kitty Edler

Susan Kass

Linda & Joe 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 our grandchildren, Frank Castania, August 1994 - July 2005 and Vanessa Castania, February 1997 - July 2005. Always in our Hearts. You are always with us!  
Love Grandpa and Grandma Leach

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

---

NON PROFIT ORG  
US POSTAGE PAID  
PERMIT 3223  
TORRANCE CA 90503

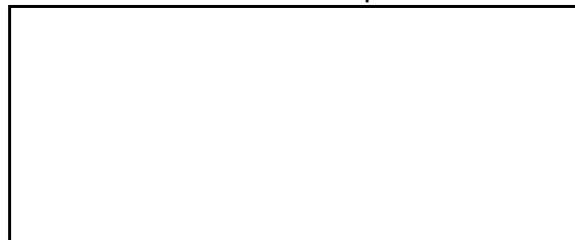
---



## February

Let this cool and gentle month  
Of the heart remind you  
Not only of lost treasure,  
But also of riches (past and present)  
In your life. --Sascha

–Return Service Requested–



## February 2016

### 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.  
©2016 THE COMPASSIONATE FRIENDS -- SOUTH BAY/L.A., CA CHAPTER

*If you no longer wish to receive this mailing or have a new address, please contact us.*