



# *The Compassionate Friends*

## *South Bay/LA Chapter*

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

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

MARCH 2016 ISSUE

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

**OUR NEXT MEETING**  
will be **March 2nd**, 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 March 2nd meeting will start with **“Siblings: The forgotten Mourners.”**

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 March 2nd meeting will start with....

**Siblings: "The forgotten mourners."** Often called "The Forgotten Mourners", siblings may sometimes become overlooked when parents are dealing with the death of a child. This month we will start the meeting by talking about some of the issues that siblings have to deal with after the death of a sister or brother. This edition of the newsletter will share articles written by siblings in the hopes that parents can better understand sibling's feelings that are often censored in the belief that sharing will worsen our pain.

After the devastating loss of a child, parents are so consumed with their own grief that they may not fully understand what their surviving children are going through. Depending on the age of the surviving children, a variety of issues will have to be met.

Bereaved siblings often focus on the needs of their parents and fail to focus on their own needs. This meeting will examine some of those needs and provide practical guidelines for parents to help their children through the grief process. We will also examine the special needs of parents with no surviving children.

No matter what age your surviving children are, their reactions and support they are able to give and to receive are often magnified by the way we, as bereaved parents, respond. Join us as we share ways to help each other through this difficult time.

### Letter to Parents of The Compassionate Friends

Dear Parents:

I am writing to let you know how I feel and maybe how some of the other siblings feel. There have been times when my parents start really getting extra down about my brother. I usually leave the room. I feel that no matter how hard I try, I will say or do something that will hurt them more, or that they won't understand what I'm really trying to say. They already feel enough pain. I really love them and I understand enough about how they hurt, but I'm just not good at saying what I feel. It seems like it never sounds right.

I also hold my emotions back from them. I always hear it is best to let it out, and I do, but not in front of my parents. I'm afraid they might try to hold their emotions back in front of me, so I won't get upset. I've had rough times for the past couple

of years. And I'm still having hard times, so I'm always afraid they will hold it back. I love to talk about good times my brother and I have, but I'd just rather be alone when I cry for him. Just once in a while my sister and I can talk about him, but that's the only person I can really talk to.

I hope and pray with all my heart that my parents will understand, but I just can't talk to them. I miss my brother a lot, more than I think they really realize. I love and care for them, too much to go and upset them even more. Maybe I'm wrong, but please parents, understand how I feel. May we always be close.

Love, A Sibling

--Greater Lafayette Chapter, IN newsletter



### For Siblings -- What about Me?

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.

--By: Traci Morlock St. Louis, MO



## Teen Sharing

A rush of pure, intense pain and sorrow invaded my body shattering my heart. I no longer felt my body and had no reason to keep on living. Through swollen eyes, I saw nothing and the only thing I could screech was, “I want my sister.” But, she had died. I loved my sister so much that words aren’t nearly enough, but I will try to share with you the pain my family experienced through her death, some memories, and how I feel today.

It happened on October 9, 1993, early one morning when my sister, Jennifer, was on her way to school. On the road going to and from my house there is an awful uphill curve where she struck another vehicle head on. She was the only one injured. A sheriff awoke my mother and me to inform us of the wreck. He suggested we rush to the hospital but gave us no details. At that moment I did not know what profound effect this event would have on my life because I thought she was alright. I prayed to God she was alright.

However, her funeral was October 12, what would have been her 19th birthday. By now, I was a complete and total waste, nothing but a zombie. Swarms of people surrounded my family for a week and I felt as if they were all strangers to me. People kept saying, “I’m sorry,” because they felt so awkward, but I was the one who felt awkward! Some told me to quit holding back and to just cry.

You know how people say, “I’m so happy I could cry,” well, sometimes you are so sad you can’t. I was in a state of mental shock. I had to be strong for my mom and dad; it hit them so hard I literally watched them age.

It doesn’t seem fair, today I have lived over a year longer than Jennifer, and she was originally three years older than me. I wonder where we would be now. If we would both still live at home, or decided to move out and into an apartment together, or perhaps she would have married and started a family.

Sometimes I feel like I’m forgetting, but then her favorite song will play or a friend, to both Jennifer and I, will tell a story of a time we spent together. The memories are still alive and my family still lives in the same house – a house that I have grown to appreciate because I can look down the hallway and see the two of us racing cars or sit on our back porch and picture all the fun we had making mud pies. She never escapes my mind. The simplicity of a cloud in the sky can bring her presence upon me. Friends and family have told us they have home movies of us but I still can’t watch them. If I actually heard her voice, I would lose it. But, with time, it does get easier.

Nothing is comparable to losing a sibling who once lived in your house right in the next room. Today, my family is still hanging in there. We realize how precious her time with us was and try to make our time here last. We are together and hold Jennifer’s memory strong. I know it was God’s plan even though it seems so unfair. I realize that nothing could have changed it and that she is happier now watching over us giving us strength. She inspired me to be my unique individual self and I am proud of who I am today.

The sorrow my family felt can never be described, though the memories we hold and the bonds that connect us, I believe that we will always return to our roots. I know through God this isn’t the end; we will meet again.

By Jennifer Logsdon, Reprinted from For Those Who Give and Grieve, Vol. 9, No. 4

## ***From This Healing Journey, An Anthology for Bereaved Siblings***

A bereaved Sibling wrote...

Siblings have to remember that their parents are so consumed by grief that they may not be able to worry about you. Don’t feel that they don’t

love you, they do, but their grief is so strong that it is controlling them. Sometimes you feel you are lost in the shuffle. You are hurting and everyone is telling you to be strong and you keep saying to yourself, "What about me?"

The demand for TCF programs continues to grow as grief-related problems are recognized. The death of a sibling, however, is one of the most traumatic and least understood life crises. Adolescence is a particularly vulnerable period in which to experience such a loss. Bereaved teenagers and young adults must cope with normal developmental tasks at a time when the entire family is in crisis.

The attention and concern of family members and friends often centers on the bereaved parents. Surviving children are frequently referred to as the "forgotten mourners." They are encouraged by others to be strong for their parents and are often told they are young and therefore will get over the loss. As a result, children are offered a multitude of so-called comforting clichés rather than the necessary information they need to mourn effectively and eventually to reach a satisfactory resolution of their grief.

By Judy Kaplan, Editor, Reprinted from *This Healing Journey, An Anthology for Bereaved Siblings*



## Letter To Our Living Children

Yes, to all you beautiful, living children - we are so fortunate to have you. We love you very much.

When fate takes one of you from us, we are so hurt. We have lost a part of us, and you have lost a part of you, too. We haven't forgotten you while we are grieving. It's only natural for us to remember and want to talk about the one who died. We haven't forgotten all the good things you do - no, we haven't forgotten you, but now in our sorrow, we try to hang on to what we have lost.

Please don't shut us out because you're afraid by mentioning the death, we'll cry, and you don't want to add to our hurt and sorrow. We all need each other now. Unless we talk to each other and tell each other how we hurt, we will all suffer needlessly. We know you have lost a playmate - someone you told secrets to and grew to love very much, too. Let's tell each other our thoughts, talk them over together, and cry

and grieve together.

God never intended that people would be driven apart by death. Let's laugh, cry, play, and pray together. Let's get all our thoughts and fears out in the open. That's what families are supposed to do - lighten each other's burdens. Let us bury our dead together, and keep our memories of them and express them often, but we must get on with our lives now.

Parents, we must live for our living children - show our love for them, lest they feel unwanted and lose heart.

--Margaret Korolewshi, TCF, Fairmont, MN

## Understanding Children and Grief

The following article was printed in the newsletter for the Greater L.A. Area SIDS Alliance, which they adapted from a series in Bereavement Magazine. It seeks to dispel

### 10 COMMON MYTHS ABOUT CHILDREN AND GRIEF.

**Myth 1 - Grief and mourning are the same experience.** Grief is the internal meaning given to the experience of bereavement. Children, like adults, experience this emotion. Mourning is taking the internal experience of grief and displaying it outwardly. Hence, like an adult a child can be experiencing grief but not showing it outwardly.

**Myth 2 - A child's mourning and grief are short in duration.** Grief and mourning are a process, not an event. A child cannot "get over" it like he can a broken toy or a minor injury. Actually, it is healthy to see some more visible signs of outward mourning six months or more after the child experiences death.

**Myth 3 - A child's experience of grief is predictable and orderly.** Adults tend to take reading about stages of grief too literally and expect children to grieve in a certain progression. A variety of unique thoughts, feelings, and behaviors will be experienced as part of the healing process. Adults should not expect children to follow a regimen in their grief, but should, instead, allow children to teach them where they are in the process.

**Myth 4 - Infants and toddlers are too young to grieve or mourn.** A child old enough to love is old enough to grieve and mourn. Children, particularly when they are very young, may not understand loss. It is not uncommon to see sleep disturbances and explosive emotions in infants



and toddlers after the death of a loved one. Unless an adult supports and nurtures very young children, they can potentially develop a lack of trust. Holding, hugging, and playing with them are the primary ways to help.

**Myth 5 - A grieving adult does not have any impact on children.** Adults may attempt to conceal their grief and mourning around a child. Modeling is a primary way by which children learn. If adults hide the grieving process, they teach children to do the same.

**Myth 6 – Experiencing bereavement during childhood will always lead to a maladjusted adulthood.** Old theories about a relationship between childhood bereavement and "mental illness" are no longer in vogue. Instead, the quality of support and care given to bereaved children as they grieve is a major influence on the healing.

**Myth 7 - Children shouldn't go to funerals.** Forbidding a child's attendance at the funeral of a loved one denies him the opportunity to confront the reality of death with the support of loving adults. Since a funeral is a significant event, children should always be encouraged to attend, but never forced. A funeral may provide a chance for children to express their unique relationship with their brother or sister by including their own rituals in the service.

**Myth 8 – Allowing children to cry will make them weak; it is harmful in the long run.** Children will repress tears if adults demand it, or they see adults around them doing the same. Adults who counsel children not to cry, or to "be strong", often cannot deal with the helplessness of seeing children cry. This defeats the natural purpose of crying: to release internal tension in the body and communicate a need to be comforted.

**Myth 9 – Adults should explain death to children in simplified terms.** Telling children that a loved one has "gone to live in heaven" will not appease them. Instead, an adult should attempt to clarify abstract ideas about death by patiently answering the child's questions honestly and gently. A child often will become confused about the ceremonies and the perceived realities of death.

**Myth 10 - Adults should help children "get over" grief and mourning.** This sort of attitude often reflects an adult's loss of patience or discomfort with a child's mourning. As is true with adults, children never "get over" the loss of a loved

one; rather, it is hoped they become reconciled to it.

-- Bereavement Magazine



## An Only Child

Parents and the only child learn to adapt in the multi-child culture. Family members, friends, school and the community at large assume that an only child is not normal therefore, something must be wrong or at least could be improved.

The years of Kari's life taught us to do the best we could each day. All of her life, we encouraged her to do her best, because it is important to have a deep self-satisfaction of a job well done.

After the sudden auto accident that claimed her life and in our deepest grief we received some strength from the values we had seen in her life. I did not feel that I was alone in the world without my only child. I felt as if I did not want to live without my child, not that she was my only child. Perhaps the fact that parents of other children who have also died and had other surviving children felt they were not able to live without their precious children either, helped us to understand no child can be replaced.

Again, the community came assuming that you could not survive the death of an only child, just as you could not have normalcy with an only child in life. Many freely gave suggestions ranging from you should move, to adoption (had we been younger, I am sure the advice would have been to have another baby) and other well meaning, misguided advice.

We remembered our numerous encouragements that we had given Kari, we do not live alone in the world: our pain is no greater, we are no different from any parent whose child has died.

There are actually some blessings to not having other children in the household. What little energy you have can be spent on your own grief work and not worrying about what you need to do to help surviving children. Parents with surviving children have a blessing. They also have the awesome task of helping surviving siblings understand issues of life and death. Not a topic most parents plan on teaching. Without this distraction parents grieving the death of an only child can spend uninterrupted time toward healing.

The death of an only child does tend to exclude the parents from most family events. They

will never experience grandparenting, weddings, holidays and all the other family oriented gatherings. This leaves a very "left out" feeling in conversations, knowing they will never get to experience these special times.

Each parent that experiences the death of a child, no matter the age or cause, has not had a choice in the event. It does not matter if we have multiple children or only the one child, we love each one and could not make a choice. We each have a difficult time in learning to live again after the death of our child.

We do heal. We do learn to live again. We are not the same person as we were before but in time each will find a new normal. Patience to let time and grief work to help us heal is the path to knowing we will survive.

--Gerry Hall - TCF, S. Central Missouri

## What Time Is It?

The dreary days of January and February are past us, the end-of-the-year holidays are fading in memory, and we prepare to sit down and take a "breather." Here in the south, signs of spring come early, and by February's end we are seeing daffodils, jonquils, forsythia, crocus, and hyacinths. Soon after, the Japanese magnolias bloom, then the flowering fruit trees. Before long, we see the tight white blooms on the Bradfords. By the time we become aware of the change, March is here, with its winds.

And here come some more holidays. St. Patrick's Day with its parades and tomfoolery contrasts starkly with the restraint of Lent. The spring equinox reminds us that the world has officially declared "spring is here." Soon after follows Passover, then Easter, and we are reminded once again of our spiritual roots. And by the time Easter has passed, we are feeling again the sense of loss of our beloved child or sibling.

Spring and its holidays are reminders of renewal, of rebirth, of continuation. For some of us, though, such feelings are out of reach - especially continuation. After all, that's exactly what we've lost - continuation. And instead of feelings of rebirth and hope, we may be feeling extremely mortal and vulnerable.

As difficult as these feelings can be for us, our faith training may help us to reach up and out of the despondency. Old habits of celebration of spring's renewals may help us pass the critical

moments until we can breathe again without so much pain.

For some, though, and I confess I am one of them, the worst time in these early spring months is not the holidays, but rather the return to daylight saving time. Now why would something like that cause pain for a bereaved parent or sibling? Well, for me, it's because it represents the time when my son would begin to pursue his outdoor activities - rock climbing, water sports, camping. These were his happiest times, the hours spent in pursuit of his enjoyment with his friends around to share it. Not that he didn't have fun in winter! He loved the winter. But he felt more alive in the spring and summer - he had more time (in his mind, anyway) each day to do the things he wanted.

So, now when I hear the dreaded phrase, "Spring forward; Fall back," I'm reminded all over again of my loss. The only "springing forward" for me is into memories.

--The Editors, TCF Atlanta

## Enjoy...While They Are Here

I will not be at work tomorrow. Although I am one-fourth Irish, I will not be celebrating St. Patrick's Day in the "usual" way. Waves of memories and emotions will pound us a bit more fiercely as my wife and I, and family and friends remember:

A beautiful baby girl

A social toddler on her brother's Big Wheel

A strong-willed middle child, always checking to see if the rules had changed

An ice skater and a cheerleader

A faithful sister and friend

A college graduate

A radiant bride

A 24-year-old young woman eagerly looking forward to her first full-time job that would start the next day...

On Sunday afternoon, March 17, our daughter left her part-time job as hostess at a diner in Brooklyn Center and headed south on Highway 100 for a dinner with her husband and in-laws to celebrate the new job. At a busy intersection, under construction at that time, she was involved in a tragic car accident. She died in the ambulance en route to the hospital. Tomorrow is the eighth anniversary of Melissa Ann (Dahlmeier) Roeser's death. It seems like forever, but it is just an eye-



blink in eternity... So enjoy them while they're here. These chocolate and mint-frosted brownies were one of her favorites. They remind me of life...bitter mixed with sweet and sometimes a little nuts.

-- Steve Dahlmeier, TCF Minneapolis, MN, in Memory of his daughter, Melissa Ann (Steve placed the above note by a plate of mint brownies in his office break room on March 16th, the day before the eighth anniversary of his daughter's death.)

## The Aftermath of Suicide

I had never experienced the death of a close loved one before my brother died. When David died, my world came crashing down around me, shattering me into a million pieces. My brother and I were close, but I had no suspicion that he was contemplating suicide and had been for a long time. The night my sister called to tell me he was dead is etched in my memory forever. If I shut my eyes, I can go back to that time and place almost three years ago and still hear her voice. It is a very painful memory, and one that I don't call up, but it is there nonetheless.

The overwhelming feelings of shock, disbelief, numbness, despair, and sadness are very vivid. At the same time, I was outraged at what he had done to us, and to me. How dare he do this! I couldn't even begin to guess how many times I said, "I can't believe this is happening."

The first six months were a confusing and emotionally draining period for me. I was obsessed with wanting to have answers, especially from him. I read many books on suicide and finally, after reading Iris Bolton's book, *MY SON... MY SON*, I came to realize what she said was true: "You can ask 'why' a million times but you finally have to let it go because the person you need the answers from is not here to give them to you. If only for the sake of your own sanity, you have to stop asking 'why!' "

Our family drew closer together from this tragedy, and it made me more aware of how much I value and love them. I also had the support of a good friend who was willing to spend hours talking and crying with me. I still get very angry at my brother for changing our lives so irrevocably. That anger inevitably turns into sadness. I cannot see his smiling face, or

hear his laughter, or watch him grow into adulthood. Yes, I had dreams for him, too. He was an intelligent, warm, sensitive, and caring young man, and I was eager to see what direction his life would take. I can't help but wonder what he would be like today. I miss him very much.

I will never agree with his solution, but it was his choice to make. I have to learn to live with it. I am absolutely certain beyond a shadow of a doubt that I will see him again. Only then will I get answers to my questions. I have no choice but to wait until that time.

--by Nicki Wright, Mo-Kan, Kansas



## Our Family Portrait

Having our family portrait taken now is a bittersweet experience.

We are proud of our family, especially of our new baby son.

But you see only three of us in the picture, and we are a family of four.

Our first baby son, you never see, but he is there with us in our hearts.

The camera is limited and cruel, it only takes a picture of what it sees.

I cannot see our absent son, or all the love we have for him, or our memories, our pain, our longing.

I wish the camera could take a portrait of the heart,

then other people would see Jonathan Andrew there.

You only see one precious son, we always see two.

--Lou Ann Tenant, SHARE Newsletter

## Newly Bereaved...

### Letting Go Of Guilt

Quite often, the first feelings that overtake a mother or father following the death of a child are feelings of extreme guilt. Thoughts of "if only" seem to relentlessly keep returning. "If only" I had taken her to the doctor sooner. "If only" I had not given him the car keys when I knew the roads were icy. "If only" I had not turned my back to

answer the phone. "If only" I had not left him playing alone in the bathtub. Guilt is such a heavy burden of grief to carry around!

How does a parent move beyond the guilt of losing a child? How can a parent shed the painful feelings of inadequacy? How does a parent ever find a way to let go of the guilt?

The most difficult step in releasing the tight clutch that guilt holds on a parent's heart is dealing with the reality of the loss. "My child died" are often the most difficult three words that will ever come from the mouth of a parent. Those words are hard words, yet they are words that are necessary to say and to understand, before being able to rid oneself of guilt.

When we live in an "if only" emotional environment, we have not yet come to the full realization that child loss has actually occurred. We are still working through the mental "if only" reasoning which continues to wreak havoc on a parent's heart. When a parent lives in an "if only" state, the reality of the child's death can never be completely accepted. As painful as it is, a parent must, at some point-make the hard choice to accept the reality that the child has died.

Because a parent's primary role is to nurture and care for the child, a parent often has a feeling of deserving punishment when a child dies. That is simply another way of expressing the heaviness of guilt. A parent often wrestles with the thought that "because my child died, I do not deserve to ever smile again". Guilt continues to prevent many parents from moving forward in this difficult journey we call grief.

It takes a lot of concentrated effort, hard work, and support from others to be able to forgive oneself and finally let go of the gnawing feeling of guilt following the death of a child. Until a parent makes the decision to leave the heavy weight of guilt behind, joy can never return to a heart that has been so deeply wounded by the loss of a child.

Letting go of guilt is a decision that must be made. There is no timetable for making that decision, and others cannot force that decision on any parent. Eventually, a parent will come to the realization that the child's death is real, and there is a hard choice to be made- to continue to live in the guilt of the loss, or to let go of that heaviness of guilt and begin to experience a bit of peace and joy once again.

Letting go of guilt requires a real effort to put an end to the "if only" questions. Letting go of guilt

means that a parent no longer blames himself for the death of the child. Letting go of guilt means forgiving oneself and accepting oneself. Letting go of guilt means being gentle with oneself and allowing time for healing to take place.

Letting go of guilt is one of the most difficult parts of grief work. It takes a lot of energy, understanding, and patience. But, when guilt is finally set free, a parent's heart can begin to walk the journey of healing through child loss.

--Clara Hinton, TCF, Orange Coast Chapter, CA



## For Friends and Family...

### When Good Friends Walk Beside Us

When good friends walk beside us  
On the trails that we must keep  
Our burdens seem less heavy  
And the hills are not so steep.  
The weary miles pass swiftly  
Taken in a joyous stride  
And all the world seems brighter  
When friends walk by our side  
-- Author Unknown

Editor's note: We need to remember that both reaching out, and accepting help, are necessary, if we are to recover from the loss of a child. Sometimes a simple thank-you for helping and understanding my loss encourages friends and family to continue to reach out.

## Welcome...



### The Path

My world lay shattered around me. Gone were the flowers and the sun. The path ahead looked dark and threatening. I heard a voice saying, "You have to travel this path alone." "I don't want to go down that path. I can't." I protested. "I liked the old path."

"The choice is yours," said the voice, "but you may never go back to the old path. You may stay at the crossroads where anger and pain will keep you company and wither your spirit. Or you may run off into the surrounding woods and pretend you are going somewhere, but you will become disoriented and lost. The only peace to be found is at the end of the path ahead."

"If you have the courage to set forth upon the new path and keep struggling through the storms,



you will discover depths within yourself that you never knew existed. If you reach out you will find those who have already traveled this difficult way and are there to support and guide you. Though it seems impossible now, your path will become beautiful again, as will your spirit. You will emerge from desolation a stronger, wiser, and more compassionate person. Then you, too, can turn and extend your hand to those who are still on the way."

I made my choice. I picked up the remains of my life ... my aching heart and wounded spirit, my broken dreams and disbeliefs, and wrapped them carefully in my blanket of grief. Holding them closely to me, I wailed steadfastly ahead into the storm with faith in the promise of the peace on the other side.

--Sharon Cordaro, TCF, Riverside, CA

Editor's Note: We, too, have faced the pain and uncertainty that grief entails. We welcome you to join us at our meetings, where you will find we support each other in our grief. Grieving is easier when you have The Compassionate Friends to share the pain and the joy when recalling memories of your child. No matter how old your child was, how your child died, or how long ago your child died, we are here to support you as you face this difficult time.

## Helpful Hint...



Many people are convinced that being strong and brave means trying to think and talk about "something else."

But we know that being strong and brave means thinking and talking about your dead loved one, until your grief begins to be bearable.

That is strength. That is courage.

And only thus can "being strong and brave" help you to heal.

-- Sascha Wagner

## Sibling Book In Review...



*Visions of Gerard*, by Jack Kerouac. Kerouac's older brother, Gerard, died from a congenital heart defect when he was nine. The author was four at the time, "...for the first four years of my life, while I lived....I was Gerard, the world was his face...."

This book speaks to the experience of those who were very young when they lost an older sibling and have fragmented memories, as well as to those whose lost sibling became a sainted ghost in

the family.

## Thinking

It's 4:00 in the morning  
And once again I can't sleep  
I miss you so much ... my feelings  
Oh, they go so deep  
I wonder and wonder  
Time after time,

What it was I could have done

To have kept you mine.

Instead the messengers of death came

And they took you away, I'll never forget

That fateful day.

My heart was numbed

My mind ceased to think ...

if you had stayed talking with me longer

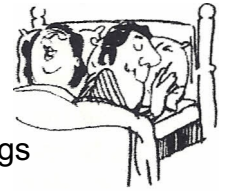
Could I have kept you from death's brink?

It's a useless question I ask myself time after time,

For God allowed, only, twenty-three years

For you to be mine.

--Andrea Martelli, TCF Greater Cumberland, NJ



## Poem from the Heart

Let no man say they are gone, although physically absent, they remain with us forever.

They live on in us and are as much a part of our lives as any living child.

They became a part of us the moment we knew a child was to be born.

And every day thereafter, they have been an influence on our lives.

Their suffering has been our suffering, and their joys have been our joys.

The smiles they wore are still undimmed, and their goodness bright as gold, not dulled by time or distance but forever filling our hearts and minds.

We are so much richer for having been blessed with their lives for whatever time we had together.

We are strengthened through their having endured the hardships accompanying their illness with such valor.

They are with their Lord now and yet are not gone from us.

Their lives are our lives, and while we live they shall continue to live, safe and secure within our hearts.

Urging us on when we falter, and laughing with us when the world shines round about.

No, they are not gone. They live within.

--Alice Longwell, TCF Greenville, SC



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: 9/74 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

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

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

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 Bryan  
Born: 10/84 Died: 6/96  
Mother: Karen Merickel & Robert Bryan

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: Remeec 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: 112/68 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...**

Ask Dr. Paulson Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, We Need Not Walk Alone.

**Q.** I am 35 years old and my only brother passed away this past May at age 27. It was a sudden death—he wasn't physically sick—he was found by my mom in his room on the floor. I haven't had any bereavement counseling for the loss of my brother, but I have been reading lots of books. I have lost others close to me — grandparents, friends—but the loss of my brother has just crushed my whole world. I have good days when I can talk about him without breaking down, but on other days I think of him and can't control my tears. The loss of my brother was very devastating to all of us, my parents as well as me. Since I'm the oldest and now the only child, I feel it is my duty to take care of my parents, and if I don't, then I'm a bad daughter. However, I've been scolded by my best friend that I need to take care of myself as well. How do I continue to do that without feeling selfish and disloyal to my parents or my brother?

**A.** Once tragedy strikes, the family unit begins to function differently. Although you have always been the oldest child, your

world has now made a big shift to being an only child. Your tears demonstrate the depth of relationship you shared with your brother, and that relationship doesn't end. As time passes, you'll notice you have more "good days," when you think of the good times and smile at your memories. You can't share the day-to-day experiences with him, but he will always be your brother. You will always be the person who grew up as his older sister—the person you became by knowing him, caring for him, playing with him, and loving him; That doesn't ever stop or end. You are not being disloyal to him for having good days. I believe he would still want you to have as much comfort, joy, and laughter in your life as possible—even though he cannot be the source now. Part of caring for yourself is allowing yourself to experience the good days as well as those days when you realize how much you miss him. At the same time, it sounds like you have a desire to share time with your parents too. This doesn't mean you need to become responsible for their moods or emotional well-being. Instead, take the opportunity to share yourself, your love, and your family connections with your parents. Establish a new, stronger, more supportive, and loving relationship with the family that has loved you and grown with you through all the ups and downs thus far in your life.

## When a Brother or Sister Dies

Johnny was seven at the time his older brother, Charlie, died. Johnny couldn't understand all the sadness that was swirling around him. He tried to put it into words; "My parents don't seem to care about me. All they talk about is Charlie. They look so sad all the time. I wonder how they really feel about me. My dad used to take us fishing with him. A few days ago, I tried to get him to take me, but he wouldn't. I guess he really only cared about going with Charlie all along."

If we adults do not understand death, how much more difficult is it for a child? Irrational thoughts and fears abound for adults and children alike, but especially for children. They are flooded with frightening thoughts. Was it my fault? Will it happen to me? Will my mother leave me too? My father? How often are our children surrounded by guilt or shame – they have survived and their brother or sister has not.

Although parents may be guilty of ignoring their surviving children, more frequently, they become overprotective. The fear of another loss

is so strong they want to control everything the child does in order to assure his safety. This leads to a double resentment. The overprotected child feels that his freedom has been taken away, and in turn, represents the brother or sister who "caused" this to happen. Of course, this resentment leads to more guilt, more self-recrimination.

Is it surprising that a surviving brother or sister will try to please the parent by trying to take the place of the one the parents loved so deeply? These survivors want their parents' sadness to stop. One way is to symbolically become the deceased child so that the parents will not miss him so much. Mark had always worn a baseball cap. His brother, T. J., never did. But in the days after Mark died, T.J. went to the closet and took out Mark's old baseball cap and started to wear it. Not only was T.J. grieving the brother that he missed so much, but he was also telling his parents that he could take his brother's place. --Excerpted from *Facing The Ultimate Loss* by Robert J. Marx and Susan Wengerhoff Davidson South Suburban Chapter [www.tcfchicago.org](http://www.tcfchicago.org)

## For Grandparents...



### Grandparents-grief

From the moment you became a parent yourself, you have sought to protect your child from the pain and sorrows of life. Mostly, you have been successful. You've had the ability to solve problems and the power to lessen hurts. Suddenly your adult child is facing a pain far deeper than any other pain in life. It may be deeper than anything that you have ever experienced, or perhaps you can understand this sorrow because you, too, have lost a child. Either way, you are now experiencing a variety of emotions: helplessness, frustration, grief, guilt and anger.

Double Grief: You are grieving for your grandchild. All your hopes and dreams have been shattered and your promise of immortality has been broken. You had wondered if he or she would favor your side of the family, wondered what he would become and had perhaps even bought gifts for later on (like a first tricycle or special doll.)

While your grief may not be recognized by your own child, you are, most definitely, entitled to it. Grandparents are often referred to as the



forgotten griever. You were looking forward to a special relationship with your grandchild, one of unconditional love unhampered by parental responsibility.

All the little ways that you had to coax a smile from your child are useless. Now all the magic words that used to solve the problems are empty. You can only sit by, offer support and watch your adult child learn to live with this loss.

Grandparents often feel that they should cope better, have all the answers, control the situation and be an example. When all that you have offered (advice, financial aid, babysitting or experience) is not accepted, asked for, or is even rejected, grandparents feel guilt, frustration and anger.

A sudden death of a baby, whether during pregnancy or after birth, is uniquely difficult because of its very nature. Its suddenness and the lack of answers to important questions intensify the grief reactions. As grandparents, understanding what is known about your grandchild's cause of death is vitally important.

Support : Talking with other bereaved grandparents may help. First Candle can help put you in touch with other grandparents who have experienced a similar death by calling 1-800-221-7437. You can also contact AGAST (Alliance of Grandparents, A Support in Tragedy).

## From Our Members...

While researching Comfort Zone Camps that one of our members thought was so helpful to their family, I came across two videos that would have been extremely valuable to me in my early stages of grief. Here are the links. Check it out.

<https://www.youtube.com/watch?v=mq00lqO7Lvs>

<https://www.youtube.com/watch?v=TXHDAtk8cAI>

– Lynn Vines, editor

## My Sunshine

Elephants were my daughter Andrea's favorite. Wherever we traveled, we brought back a little elephant souvenir. She arranged them all in her room. One day they were joined by a big picture of a sunflower. "I just love this picture," Andrea said as she hung it over her bed. "It reminds me of the sun even when I'm indoors." I didn't need a flower to remind me. Andrea was my sunshine.

When she died at 19 in a boating accident, I

felt like she took all the warmth in my life with her. On the five- year anniversary, I visited the river where she died. "Lord, let me feel that warmth again," I prayed as I looked out over the water. I wandered into the near- by town. Walking past a shop window, my eyes fell upon a little elephant. Andrea would love this, I thought. But what was that in its trunk? A sunflower! A plaque at the base of the statue read:

"You Are My Sunshine."

For the first time since Andrea's death, I felt warm. "Thank you, Lord," I whispered. The statue now sits on my bedside table. It reminds me that the sunshine-like Andrea-will always be with me.

--Elsa Goodman, Torrance, CA,  
*Angels on Earth*. Sep-Oct 2010

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.tcfsbla.org](http://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. 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:

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NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS: Crystal Henning

WEBSITE: Joe Zelik

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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 my son, William J. Britton III, 3/62 - 7/85.  
R.I.P. Love, Mom

In loving memory of Matilda Kass, 6/95 - 3/06. With all of our love to Emily Matilda. It doesn't seem possible that it's been 10 years. Always in our hearts. Always in our thoughts. Always missed. Always loved.

Always, Mom & Jessica

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 \_\_\_\_\_

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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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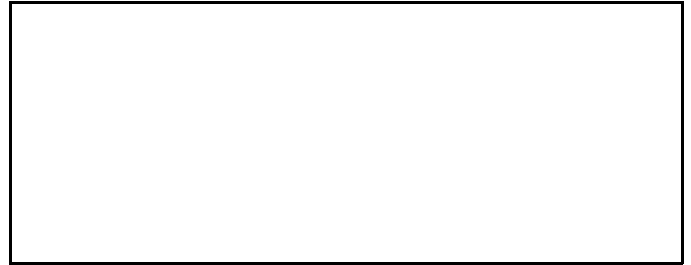
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**MARCH 2016**

**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.**

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