



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

OCTOBER 2016 ISSUE

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

OUR NEXT MEETING
will be **Oct. 5th, the first Wednesday**
of the month at **7:00 P.M.**

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

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

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

The Compassionate Friends
Mission Statement...

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

The Oct. 5th meeting will start with "Rebuilding From Your Shattered Life."

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.

Mini-Meeting at the Catalina Coffee Co. on Sept. 20th & Oct. 18th (Call Lori for more info.) (760) 521-0096

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October 5th ... our starting topic will be "Rebuilding From Your Shattered Life." With the crushing news of your child's death, you are forced to rebuild your life. In the beginning, as parents, many focus on the funeral and remaining family members. But, once things begin to settle down, we must begin to focus on ourselves. Grieving the loss of a child is the most difficult thing you will ever have to do. As we begin to understand that part of grief is bad days and bad nights, intense pain, and terrible sadness, we begin to build a new life. Our lives will never be the same. What begins as "going through the motions" leads to our "New Normal" as we rebuild our lives as bereaved parents. Join us as we share ways we found helpful in dealing with our pain, longing, anger, exhaustion, insomnia, forgetfulness and the many other aspects of grief.

The Club Nobody Wants To Belong To

I am a member of a club I don't want to belong to. I didn't voluntarily sign up for it, yet I'm forced to be in it for the rest of my life. The cost of admission to this club was at an impossible price, but it was taken from me anyway. The price was my child's life. My membership card is my child's death certificate.

I am the parent of a dead child.

I have found that this club tends to keep to itself because its very existence makes most non-members too uncomfortable. Members of this club are the unwelcome reminders that a family's worst fear can come true. The death of a child has often been described as "unnatural", and yet it happens every day, all over the world. And still, these parents and their families often grieve in silence long after the funeral ends. There is no "getting over it"; they grieve as long as they are a member of this club.

It doesn't matter the age of your child when they died; membership in this club changes you forever. It changes your understanding of life itself. It changes your demeanor. It changes your reactions to everything around you. And these changes can have some nasty side-effects. It can cause long-standing marriages or relationships with family or friends to abruptly come to an end for a variety of reasons. It can challenge your faith and rock your belief system to its core. It can cause health issues, or even lead you into deep depression and further isolate yourself from the

world.

Membership in this club also brings a torrent of everyday challenges that non-members just don't understand. For example, once simple questions like, "How are you?" or "How many children do you have?", become sources of great pain and internal debate. Should you answer honestly and risk exacerbating your pain and feelings of isolation due to the expected horrified look or obvious discomfort of the person asking when they hear your answer? Or do you lie and give the expected answer based on whether you think you'll ever see the person again, but then feel further isolated or even guilty for seemingly betraying your dead child? This is just one of many examples of dilemmas you never thought you'd have to face.

Even though the pain will last forever, over time, being a member of this club can offer some unexpected benefits. It can give you a greater appreciation of how precious this life of ours is, and make you no longer take certain things for granted. It can teach you a deeper sense of compassion, empathy, and gratitude. It can improve your relationships with yourself and others. It can even lead you towards a life with a greater sense of purpose and meaning. I have experienced all of these benefits, and am truly grateful for these gifts. But given the choice, I'd give up my membership in a heartbeat.

I'll always hate being the parent of a dead child.

--Maria Kubitz TCF Contra Costa County
(originally posted on aliveinmemory.org)

Helping Yourself Heal When Your Child Dies



Allow Yourself to Mourn

Your child has died. You are now faced with the difficult, but important, need to mourn. Mourning is the open expression of your thoughts and feelings regarding the death of your child. It is an essential part of healing.

With the death of your child, your hopes, dreams and plans for the future are turned upside down. You are beginning a journey that is often frightening, painful, and overwhelming. The death of a child results in the most profound bereavement. In fact, sometimes your feelings of grief may be so intense that you do not understand what is happening. This article provides practical suggestions to help you move toward healing in

your personal grief experience.

Realize Your Grief is Unique

Your grief is unique. The unique child you loved and cared for so deeply has died. No one, including your spouse, will grieve in exactly the same way you do. Your grief journey will be influenced not only by the relationship you had with your child, but also by the circumstances surrounding the death, your emotional support system and your cultural and religious background.

As a result, you will grieve in your own unique way. Don't try to compare your experience with that of others or adopt assumptions about just how long your grief should last. Consider taking a "one-day-at-a-time" approach that allows you to grieve at your own pace.

Allow Yourself to Feel Numb

Feeling dazed or numb when your child dies may well be a part of your early grief experience. You may feel as if the world has suddenly come to a halt. This numbness serves a valuable purpose: it gives your emotions time to catch up with what your mind has told you.

You may feel you are in a dream-like state and that you will wake up and none of this will be true. These feelings of numbness and disbelief help insulate you from the reality of the death until you are more able to tolerate what you don't want to believe.

This Death is "Out of Order"

Because the more natural order is for parents to precede their children in death, you must readapt to a new and seemingly illogical reality. This shocking reality says that even though you are older and have been the protector and provider, you have survived while your child has not. This can be so difficult to comprehend. Not only has the death of your child violated nature's way, where the young grow up and replace the old, but your personal identity was tied to your child. You may feel impotent and wonder why you couldn't have protected your child from death.

Expect to Feel a Multitude of Emotions

The death of your child can result in a variety of emotions. Confusion, disorganization, fear, guilt, anger and relief are just a few of the emotions you may feel. Sometimes these emotions will follow each other within a short period of time. Or they may occur simultaneously.

As strange as some of these emotions may seem, they are normal and healthy. Allow yourself to learn from these feelings. And don't be

surprised if out of nowhere you suddenly experience surges of grief, even at the most unexpected times. These grief attacks can be frightening and leave you feeling overwhelmed. They are, however, a natural response to the death of your child. Find someone who understands your feelings and will allow you to talk about them.

Be Tolerant of Your Physical and Emotional Limits

Your feelings of loss and sadness will probably leave you fatigued. Your ability to think clearly and make decisions may be impaired. And your low energy level may naturally slow you down. Don't expect yourself to be as available to your spouse, surviving children, and friends as you might otherwise be.

Respect what your body and mind are telling you. Nurture yourself. Get daily rest. Eat balanced meals. Lighten your schedule as much as possible. Caring for yourself doesn't mean you are feeling sorry for yourself. It means you are using survival skills.

Talk About Your Grief

Express your grief openly. When you share your grief outside yourself, healing occurs. Ignoring your grief won't make it go away; talking about it often makes you feel better. Allow yourself to speak from your heart, not just your head. Doing so doesn't mean you are losing control or going "crazy." It is a normal part of your grief journey.

Watch Out for Cliches

Cliches— trite comments some people make in attempts to diminish your loss— can be extremely painful for you to hear. Comments like, "You are holding up so well," "Time heals all wounds," "Think of what you have to be thankful for" or "You have to be strong for others" are not constructive. While these comments may be well-intended, you do not have to accept them. You have every right to express your grief. No one has the right to take it away.

Develop a Support System

Reaching out to others and accepting support is often difficult, particularly when you hurt so much. But the most compassionate self-action you can do at this difficult time is to find a support system of caring friends and relatives who will provide the understanding you need. Seek out those people who encourage you to be yourself and acknowledge your feelings — both happy and sad.



A support group may be one of the best ways to help yourself. In a group, you can connect with other parents who have experienced the death of a child. You will be allowed and gently encouraged to talk about your child as much, and as often, as you like.

Sharing the pain won't make it disappear, but it can ease any thoughts that what you are experiencing is crazy, or somehow bad. Support comes in different forms for different people – support groups, counseling, friends, faith – find out what combinations works best for you and try to make use of them.

Embrace Your Treasure of Memories

Memories are one of the best legacies that exist after the death of a child. You will always remember. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories can be tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's all right to cry. Memories that were made in love – no one can take them away from you.

Gather Important Keepsakes

You may want to collect some important keepsakes that help you treasure your memories. You may want to create a memory book, which is a collection of photos that represent your child's life. Some people create memory boxes to keep special keepsakes in. Then, whenever you want, you can open your memory box and embrace those special memories. The reality that your child has died does not diminish your need to have these objects. They are a tangible, lasting part of the special relationship you had with your child.

Embrace Your Spirituality

If faith is part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you are angry at God because of the death of your child, realize this feeling as a normal part of your grief work. Find someone to talk with who won't be critical of whatever thoughts and feelings you need to explore.

You may hear someone say, "With faith, you don't need to grieve." Don't believe it. Having your personal faith does not insulate you from needing to talk out and explore your thoughts and feelings. To deny your grief is to invite problems to build up inside you. Express your faith, but express your grief as well.

Move Toward Your Grief and Heal

To restore your capacity to love you must

grieve when your child dies. You can't heal unless you openly express your grief. Denying your grief will only make it become more confusing and overwhelming. Embrace your grief and heal.

Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself. Never forget that the death of your child changes your life forever. It's not that you won't be happy again, it's simply that you will never be exactly the same as you were before the child died.

-- Alan D. Wolfelt, Ph.D.



Mourning Is My Mode

Today I realized that I have become a shell of the person I once was. What would my child think of this? I am alone, my only child is gone, yet I know he would not be pleased with the way I have isolated myself, wrapped in invisible crepe, sheltered by a mental wall. This is not the mom he knew. I am someone different now. What am I to do with this? I feel like a lonely, mourning swan, swimming endlessly from shore to shore. I have no direction, I want no direction, I just keep moving with no purpose. I must get a grip on myself.

I know my motions must take on some meaning. I look to others for help. Yet I realize that if I do not reach out and help myself, I will crash on the rocks with the raging tide.

I decide I will add one new thing, one new event, one new person or one new writing to each day. I will reach out to others. I will force myself to move slowly back into life. I will spend some time with my family. I will enjoy their children. I will mentor a child. I will start putting my thoughts into a written form.

I begin to do these things. I feel better. I attend another meeting of the parents who have lost their children. I feel as if I do belong here. It has been four months since my son died. I am overwhelmed.

--Annette Mennen

Halloween and Beyond

I was preparing to go out to purchase candy for the "great pumpkin day," when I thought of other upcoming holidays: Thanksgiving, Christmas, Chanukah, and New Year's Day. These days can threaten us bereaved families so much. This year marks the fifth holiday

season since my son Douglas' death and I still have a fleeting desire to run and hide. Although last season was not as terrible as the one before, I know I'll shed tears again this year during some lonely and sad moments. These are very private moments of grief for me now.

For those of you who do not attend support meetings, our group's newsletter may be the only link you have to other bereaved parents. Please take time for yourself during these holidays. Take time to cry and to be alone. Refrain from taking on assignments from others who cannot know your exhaustion. Ask for what you need. I know it is tough to tell someone else that you hurt and need something from him or her. But you need not pretend to be okay when, in fact, you are not. An honest request will usually be met with at least some sort of understanding and helpfulness.

Healing is a slow process requiring much work. You know those who say that time will heal all wounds have never experienced great loss. What they do not know ... and cannot know ... is that grief work is not just the passage of time, but the pain, the suffering and the struggle to reclaim a full life which occurs over time.

Time is not the healer; it is your own effort, your own strength, and your own determination that makes healing possible. Take all the time you need to heal your spirit and your will to live again; Be good to yourself. Remember the healing is possible through your effort and determination, not simply the passage of time.
--Shirley Corrigan, BPUSA of North Texas

October

The month of October brings with it a smorgasbord for the senses. We can hear the crunching and crackling of the leaves under our feet. We can see the brilliant reds; oranges and yellows splash the earth. We can feel the magical approach of winter in the air.

October is also the month for Halloween, a date synonymous with masks. As bereaved parents we have, at various times, worn many and varied masks. We have masked our feelings of despair, sorrow and anguish for the sake of our loved ones, friends and co-workers. We have masked our feelings of anger and bitterness for the traditional belief that a kind God would not do this to innocence. Most importantly, we have

masked the person we are becoming, the person living through the death of our child.

Let us celebrate the month of October by beginning to take off some of our masks. A very positive and helpful way to begin this process is to attend the next Compassionate Friends meeting. Share your sorrow, your fears, your bitterness and disappointment. Above all, share your progress and triumphs through the journey of grief. When you enter a room full of caring and supportive people who have shared your grief, there is no reason to wear your mask.

--Tyler, Texas TCF newsletter

Shards of Grief Linger After Murder



On a dreary night in December, a knock came at our door with news that would forever alter our lives. The news was that Anne, our only daughter, had been kidnapped and brutally murdered by persons or a person unknown. The shock, disbelief, anguish and anxieties over the next several months, a small piece of the grieving process, were extraordinary, and I have often wondered how we survived?

There was the extreme rage at the person who was responsible for taking Anne's life for no reason except for the pure pleasure of destroying good. But we survived. There was the awful anger against the legal system for being so callous and insensitive to the needs of the family and friends. The wounds from Anne's death were already deep and unhealing, but listening to and reading about the insinuations and innuendoes by the lawyers made the wounds grow deeper and deeper. The impression was given that the family must endure punishment for allowing our daughter to be in the wrong place. This caused a feeling of guilt. But we survived.

There was the fear that Anne would become just another statistic, and the person responsible would go unpunished. Now the fear exists that the person will be released from prison to repeat his acts of violence. I am afraid that fears are addictive and one replaces another. Perhaps the worst fear is, when your faith in God is at its lowest ebb, that you will never be able to respond to normal stimuli again and regain all that faith. All the fears are real; but so far we have survived.

These, I suppose, are normal reactions as the result of a violent act. I believe these anxieties

delay a normal (so-called) grieving period until after the culprit has been found, tried and sentenced. After these three things happened, I do know a terrible burden was lifted from our shoulders, and we could restart living our lives. Somehow we survived.

How did we survive? After much reflecting, I firmly believe we survived by recalling the positive aspects of Anne's life and character. Each individual is endowed with certain instruments, and we hear the music of their lives long after they are gone. Anne's instrument of love of life was a blessing, and we still can hear the melodies of her song in the night. These melodies cannot be taken away, and they are more valuable than diamonds to us.

Anne's instrument of hope for a future in which to achieve her goals and have some effect on society was the backbone of her dream. The songs of hope in work, in life, and the goodness of heart cannot be destroyed by evil or circumstances. Today is gone, but we still hear the songs of hope for tomorrow. These songs of hope, heard in the night, sustain us.

Anne's instrument of faith that she would lead a productive life and achieve both her spiritual and material goals was music in her heart. The faith she had in herself, her family and her friends transmits to us, urging us to proceed with our lives. The music of her faith is still a beacon in the night.

We will not believe Anne's dreams have ended, but we believe they will find their place in the world to come. The music that was set in motion by her love, hope and faith will move, everlasting, in sweet memories forever. The wounds from the loss of a loved one cannot be healed by words or deeds. These terrible burdens are borne by each of us in our own way and, hopefully, we survive.

--Bill Boggs, TCF Atlanta, GA

You Cannot Live For Them

If you have lost a loved one to suicide, you probably feel guilty because you did not prevent the death. The guilt is misplaced, even when the victim is known to be suicidal. Persons bent on suicide, whether it be long held intention or a spur of the moment decision, will find a way to destroy themselves. You can prevent the selfdestruction only if you are there, watching and guarding, every minute of the day and night.

That is simply not a practical possibility.

You cannot live for the victim, because to do so, to try to do so, is to deny your own life. Your loved one has made the decision, you did not. You would not have... remember that. Do not let this guilt be one more part of the heavy burden you must bear.

--Bob Lierman TCF, Rockford, IL

Lessons from My Son

After you were born
my life became a challenge
Seeing your poised big sister
who did everything right
you escaped out of your crib
knocked the houseplants over
decorated a closet wall
with a bright blue marker.
You didn't hesitate to scare me
at eight months pregnant
waddling like a beached whale
with a trip to get stitches
when you fell in the bathtub
telling jokes and laughing
as the doctor sewed your chin
naming the stitches 'my itches'.
I can still see those bright eyes
the excitement over a frog,
picking green tomatoes,
covered in birthday cake,
drinking pool water,
climbing a pecan tree,
kissing a neighbor's puppy
and running naked down the cul-de-sac.
From you I learned the art of patience,
the joy of mothering a son,
that there are never enough
hours for cuddling and reading.
You taught me well
although you were so young.
And within my heart,
I will always hold my gratitude for you.

--Alice J. Wisler - TCF, Wake County NC
In memory of Daniel Wisler



*I know now that
we never get over great losses;
we absorb them and they carve us into different,
often kinder, creatures."*

--Gail Caldwell

Newly Bereaved...

YOU SAID

You said, "I can never live without him"
 I said, "You will find a way."
 You said, "This pain will break me."
 I said, "Allow it, it will lessen. "
 You said, "No one knows how I feel."
 I said, "You are very right."
 You said, "I will never heal."
 I said, "You will."
 You said, "Tell me how."
 I said, " I don't know your way but I will come with you."
 You said, "Tell me when."
 I said, "I don't know but I'll be there."
 You said, "Why did this happen?"
 I said, "Some questions have no answers."
 You said, "I want to die."
 I said, "I understand."
 You said, "I have to live."
 I said, "I know."
 --Reprinted from Bereavement Magazine

Welcome...



Some Whys

Why is a person given six weeks to recover from major surgery—but only until after the funeral to recover from the death of a child? Why do people assume you can turn off your feelings for your child? That you can “put it behind you” now?

Why do people say, “It could have been worse” or “I understand; my dog died” and other such hurtful things?

Why do people act worried, and tell you you’re not handling this very well? (Or maybe worse, that you are.)

Why do people tell you this will make you stronger, make your family closer, or “God doesn’t give you more than you can handle”?

Why do people now avoid you altogether or are surprised and shocked when you mention your child, then change the subject?

Why are you so exhausted, so lacking in energy, so easily confused, and so unable to make even simple decisions?

Why do you feel worse now that you did in the beginning?

Why do we expect people to read our minds?

Hard as it is, we must help them understand what we need—and what we don’t.

Why is it so hard for us to admit that this pain is entirely too big, too awful to handle alone? That we need someone who cares—someone who won’t say any of those stupid and hurtful things?

If you need understanding and caring friends, come to several TCF meetings. Without this group, I would not have survived. Try it. What can you lose?

--Karen Story, Montgomery AL TCF

Editor’s note: We welcome you to join us and see for yourself how beneficial Compassionate Friends meetings can be. Feel free to bring a friend to lean on if you wish.

Friends and Family ...



Please Be Gentle, An After Loss Creed

Please be gentle with me for I am grieving. The sea I swim is a lonely one, and the shore seems miles away. Waves of despair numb my soul as I struggle through each day. My heart is heavy with sorrow. I want to shout and scream and repeatedly ask, "Why?" At times, my grief overwhelms me, and I weep bitterly, so great is my loss.

Please don't turn away or tell me to move on with my life. I must embrace my pain before I can begin to heal. Companion me through my tears and sit with me in loving silence. Honor where I am in my journey, not where you think I should be. Listen patiently to my story I may need to tell it over and over again. It's how I begin to grasp the enormity of my loss. Nurture me through the weeks and months ahead.

Forgive me when I seem distant and inconsolable. A small flame still burns within my heart, and shared memories may trigger both laughter and tears. I need your support and understanding. There is no right or wrong way to grieve. I must find my own path. Please, will you walk beside me?

--Jill Englar, Westminster, CA

It has been said time heals all wounds. I do not agree. The wounds remain. In time the mind, protecting its sanity, covers them with scar tissue and the pain lessens, but it is never gone.

--Rose Kennedy

Helpful Hint...



Roses and Memories

Roses have thorns, but we learn to be wary of them. As we hold a rose, sometimes unexpectedly a thorn pierces our flesh and tiny drops of blood appear and we are wounded. But we learn to handle this flower gently, carefully, so as to avoid the sting of the thorns. Warily, we clasp the rose stem as we bring the beautiful and fragrant blossom closer in order to scrutinize in detail this lovely creation and to inhale its fragrance deeply.

So, too, it is with our memories. There are sad ones that we skirt gingerly, as we handle anew. But as we learn to deal with these, just as we become used to handling our rose, we can bring memories of good times and days and years of past happiness more fully into our hearts. Thus, the most cherished moments of the past become like the beauty of the rose--something to fill us with a sense of wonder and a feeling of thankfulness that God has given us some very precious days in our lives, just as He graced the stem of thorns with the radiant crown we call the rose.

--Nancy Bellinger TCF, Milwaukee, WI

Book In Review...



Helping Children Heal From Loss: A Keepsake Book of Special Memories is a workbook that leads children (ages 4 -12) step-by-step through the grieving process. It's subtle illustrations and open-ended sentences gently encourage children to express themselves through drawing, writing, or talking. While working through the self-care maze they learn how to take care of themselves and that all their feelings are o.k. They will explore anger, dreams, feeling afraid and lonely, different body sensations, and have many opportunities to express sadness and other feelings. "A Keepsake Book of Special Memories provides a loving and safe way of encouraging children to mourn-to express their thoughts and feelings outside of themselves."

--Alan D. Wolfelt, Ph.D. Clinical Thanatologist,
Director, Center for Loss and Life Transition
Phone orders (1-800) 547-4840

Extra Meeting...



Lori Galloway has volunteered to lead an informal sharing group to give members a place to meet between regular meetings. They are at 7:00 PM on the third Tuesday of every month at Catalina Coffee Co. Located at 126 N. Catalina, Redondo Beach, CA. The next meeting is Sept. 20th, then Oct. 18th. You can order early in the day before they run out of your favorites by calling (310) 318-2499. All TCF members are invited to drop in and help support each other in our grief. For more information call Lori at (760) 521-0096.

"So what do we do? Give ourselves TIME—to hurt, to grieve, to cry. TIME to choke, to scream. TIME to be "crazy" and TIME to remember. Be nice to yourself! Don't measure your progress through grief against anyone else's. Be your own timekeeper."
--Darcie D. Sims

Fall

Leaves so bright and golden in the sun,
Glistening in early morning with dew.
Another season has begun,
Another fall to see, without you.
Pumpkins so ripe and beautifully bright,
In the still of a frosty night.
An array of colors for us to enjoy
Their beauty only dulled by the thought
Of our emptiness without our little boy.
The wind and the cold and the awesome dark
skies,
Somehow disappear in the memory
Of your beautiful brown eyes.
We see the beauty of fall colors so clear,
Oh, how I wish you were here!
The harvest moon shining,
Through the barren trees,
As we prepare for the first hint of snow,
Reminds us of a child who only meant to please,
And all those memories, only you will know.
Life goes on, as the seasons do.
But there's one thing that stays the same,
And that is OUR LOVE FOR YOU!
-- Jean Staicar, TCF Central Iowa

Observations

A little boy skipping down the grocery store aisle,
carrying a big box of Boo-Berry cereal, thinking
only of how to convince his mom that it's really
good for you ...

and there stands a mother
with tears in her eyes.

A little girl with long brown hair, held back by pretty
barrettes, squirming impatiently on the church pew,
smiling shyly at the people in back of her ...

and there sits a mother
with tears in her eyes.

Three little children riding the brightly painted
horses that go round and round for 25 cents
outside the discount store, pretending they're
cowboys or circus stars ...

and there stands a grandmother
with tears in her eyes.

The little blond haired boy picking out a Care Bear
lunch box, excitedly telling his mom that soon he
would get to ride the big yellow school bus with his
friends ...

and there watches a mother
with tears in her eyes.

It's so hard to observe these simple childhood acts
after you have lost a little one!

--Betty George, Bereaved grandmother of Timothy
St. Louis, MO TCF



Goodbye Butterfly

In my dreams you laugh and play,
In dreams I never have to question why,
I had to let you fly away,
Goodbye butterfly,

Your memory is as clear today,
Your beauty none can deny,
Yet we had to let you fly away,
Goodbye butterfly,

Here for just the briefest time,
We're left with tears in our eyes,
Because we had to let you fly away,
Goodbye butterfly,

Our love just couldn't hold you,
Believe me we did try,
We had to let you fly away,
Goodbye butterfly,

Fly high my darling Angel child,
Among the clouds, up in the sky,
You had to go, to fly away,
Goodbye butterfly.
--Christine Bevington

Ten years ago, on July 29th, 1998, my life was
changed forever.

That was the day my beloved Amanda, my
eighteen-year-old daughter, was killed in a car
crash.

How has her death affected and altered my life?
I have learned that there are no guarantees in life.
I have learned to appreciate and live each day as
though it was my last.

I have learned that I can't make any bargains with
a higher power.

I have learned to recognize and separate what is
really important from the trivial and unimportant.

I have learned that to assign blame or place guilt
cannot change events, nor can it help in the
healing.

I have learned that having a sense of humor does
not keep me from feeling the pain of Amanda 's
death.

I have learned that dealing with the death of a
loved one is healthier than not confronting the
pain.

I have learned that as a result of this tragedy and
the pain I have felt, a new "me" has emerged.

I have learned to live with the new "me."

I have learned to live with a broken heart.

Mel Gininger-TCF

The Space Between Thoughts

You are no longer in my thoughts constantly.

You are now dwelling in the space between
thoughts,

a part of my every moment whether joyful or sad
or in between, or both simultaneously.

I walk, talk, work, play, and you surround me.

You are in the sparkle of my smile

the wisdom in my thinking

the rainbow circles in my life.

As long as I live, you will live.

As I learn, you are teaching, not only me
but all those who are in my life today.

You are a blessing, dear child, for all you were
and all you are and all you forever will be.

-- Genesse Bourdeau Gentry From *Catching the
Light*



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

Jonathan Adams
Born: 1/81 Died: 2/08
Parents: 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 Alvarez

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

Scott Berkovitz
Born: 5/88 Died: 1/16
Parents: Carl Berkovitz & Maria
Moore

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

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

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

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

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

Christina Califano
Born: 10/90 Died: 11/06
Father: John Califano

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

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

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

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

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

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

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

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

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

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

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

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

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

Matthew Clifford
Born: 1/80 Died: 3/15
Parents: Bob & Melissa Clifford

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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 Crager

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

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

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

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

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

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

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

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

Michael Hynes
Born: 3/58 Died: 3/03
Parents: Joey & Geraldine Hynes

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 Jimenz

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Scott Koller
Born: 10/83 Died: 3/15
Mother: Betty Benson

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

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

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 Bowens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

Kirk Mc Nulty
Born: 7/84 Died: 2/14
Mother: Elaine Mc Nulty
Sister: Remece Mc Nulty

Danielle Murillo
Born: 5/96 Died: 4/14
Parents: Cheryl Outlaw & Manuel Murillo

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

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

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

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

Steven Scott Nussbaum
Born: 5/61 Died: 11/15
Parents: Will & Gloria Nussbaum

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shannon Quigly
Born: 112/68 Died: 1/09
Mother: Kathleen Shortridge

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

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

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

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

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

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

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

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

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

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

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

Julius Ramirez JR.
Born: 8/09 Died: 8/10
Parents: Bridie & Jules Ramirez

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Maddison Grace Partida
Born: Died:
Mother: Gabriela Partida

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

Dale Lee Soto
Born: 7/94 Died: 5/11
Mother: Monique Soto

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

Carlos Valdez
Born: 1/61 Died: 1/12
Parents: Antonia & Refugio Valdez

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Birthday Tributes...

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

A Birthday Tribute to: Vance C. Valdez October 1990 - March 2012



My Forever 21 Birthday Son - This year you would have turned 26 years old and I can't help but feel very sad and anxious that I no longer can hold you in my arms and celebrate with you. However, I have to try to keep calm and rejoice as I imagine how you'll be celebrating all birthdays from now on: I imagine you wearing a bright white suit, shirt and tie; Dad matching your outfit and standing right next to you waiting anxiously to surprise you with his gifts; Auntie Gaby baking a cake and preparing your favorite meal and telling you "Happy Birthday Corazon!" and God our Creator greeting you with open arms as you arrive at the party. As I'm imagining all this, I begin to pray, asking God to please kiss and give you a loving hug from us and to remind you how much we all miss and love you. I then open my eyes to realize again that birthday celebrations have changed since 2012. We started a tradition to gather at your favorite spot; *Royal Palms*, it is bitter sweet, but I'm grateful for the family and friends that remember you and gather to celebrate and keep your memory alive. I thank God for blessing us with you for 21 years. My beloved son, I pray that you know that we will always remember and talk about you and all the good times everyone had with you; that we often listen to your music and favorite songs; that we remember and miss your beautiful smile, your sweet and kind spirit, your clever and smart personality, your contagious laugh, your great sense of humor, your loving attitude towards life, your bear hugs and just EVERYTHING ABOUT YOU!! I pray that you feel our love every moment of each day. I want to keep

writing in hope that you'd get this letter and just come back home, *I wish R.I.P. meant "Return If Possible"*. Happy Birthday in Heaven my sweet and handsome boy!!

We Love You More Than Words Can Say,
Mom (Maria) and Sister (Sarah)



For Siblings ...

The Grief Thief

You're such a cold, insensitive thief.
How could you try to steal my grief.
You say to forget and look ahead.
I can't forget my brother's death.
How can you act like nothing's changed?
When my heart has been so rearranged.
Even if you can't understand,
Couldn't you just extend a hand?
"Friend" is what I called you before,
But that was before you closed your door.
You don't want to see my tears or frown,
You can't be bothered or brought down.
You're so selfish and appear so cool,
Like nothing will harm you-what a fool!
You say, "if I die instead of "when."
The way you think, it's such a sin.
You think your loved ones will live forever.
What a trick! You're really clever!
You assume they'll always be so near,
And that you've nothing ever to fear.
You won't imagine what I'm going through,
Because it hasn't happened to you.
Your eyes are vacant as you look at me.
My heart is broken, can't you see?
You think that death is just a story,
And that you have no reason to worry.
You really haven't got a clue,
Until, ex-friend, it happens to you.
--Becky Schultz Aptos, CA

For Grandparents...

I Am a Grandmother Aren't I?

I hugged your mother and screamed with joy,
When she said she was pregnant with a little boy.
A grandmother I am going to be?
I can't wait to hear your laughter and cries of glee.
Who will you look like, will it be me?
Will you have my smile as I bounce you
On my knee?
Will your eyes be like your Daddy's as

Blue as the sky?

I just know you are going to be a cutie pie
I watched as your Mommy's tummy grew
And grew.

A Grandson soon I will hold, I can't wait
To meet you.

I felt you kick, move and even hiccup?
I can't wait for the day when a grandson
I will pick up.

Your Mommy and Daddy told me the
News and we cried.

The life we held so precious for eight
and a half months had died.

I was there as Mommy delivered you
As tears filled our eyes.

I knew better as I prayed, "Please God let
Me hear your cries."

I held an angel, a perfect little boy,
Only to know,

He was a grandson I would never see grow.
I am a grandmother aren't I?

I held you my grandson and said good-bye.

I know my heart will ache less someday
Goodbye dear grandson, you are in my
Prayers each and every day.

--From Handprints "Helping after Neonatal Death"

From Our Members...



Can pictures speak? They do to me. They tell a story, a story of happiness, of love, of fun, of heartbreak. I look at the pictures of you Emma, and you speak to me through your smiles. I can hear you saying I am ok, I am here with you, I have not left. I stare at your pictures and look into your big blue eyes and I see your soul as alive as ever. Pictures can speak, if you LISTEN
-Nancy Fisher in memory of her daughter,
Emma Nicole Fisher 11/20/99 - 7/09/06
TCF South Bay/L.A. CA

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

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

Facebook page will have information about upcoming events.

Our Website... 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. 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 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.

2017 National Conference... Save the date...

July 28-30, 2017. The 40th National Conference will be held in Orlando, FL. More info will be coming soon.

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: Oct.1st for Nov. 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
- Kristy Mueller (sibling).....(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

Camp Comfort Zone - Bereavement Camp for Children www.comfortzonecamp.org

Other Grief Support Websites...

agast.org (for grandparents)

goodgriefresources.com

beyondindogp.com

angelmoms.com

healingafterloss.org

survivorsofsuicide.com

taps.org (military death)

bereavedparentsusa.org

pomc.com (families of murder victims)

grasphelp.org (substance abuse deaths)

groww.com

childloss.com

griefwatch.dom

babysteps.com

webhealing.com

opentohope.com

alivealone.org

save.org

LOCAL TCF CHAPTERS

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

Newport Beach (917) 703-3414 3rd Wed.

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

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

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

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

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

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

LIBRARIAN: Position needs to be filled.

STEERING COMMITTEE MEMBERS:

Kristy Mueller

Lori & Dudley Gray

Cheryl & Bill Matasso

Nancy & Elliott Fisher

Kitty Edler

Linda & Joe Zelik

Cheryl Stephens

Lynn Vines

Ken Konopasek

Susan Kass



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

The Compassionate Friends is a totally self-supporting organization. Our chapter is run entirely by volunteers, but we do have operating costs. Your donations are what keeps our chapter going. Please consider giving a donation in your loved one's name.

In loving memory of Vance C. Valdez, October 1999 - March 2012.
All Our Love, Mom

In loving memory of Edward W. Myriciks II, April 1972 - October 2011. Dear Eddie, Our beloved son, Oct. 7th 2016 makes five years of not having you in our lives and we miss you more than ever. You're always in our hearts and thoughts. Years ago we used to use the Citizens Band (CB) radio and one of the many 10 codes was 10-7 (your anniversary date) which meant going off the air and shutting down the radio. We just want you to know we'll be standing by forever. Till we meet again...
We love and miss you always, Mom and Dad

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

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

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

In loving memory of _____

Birth date _____ Death date _____ Sent From _____

Tribute _____

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

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

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Masks

***At times of sorrow
everyone deals with feelings
in unique ways.***

***Try not to be hurt if those closest
to your heart seem to grieve less or behave strangely.
We cannot always see on the outside
how someone mourns on the inside.*** --Sasha Wagner

–Return Service Requested–



October 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.