



# *The Compassionate Friends*

## *South Bay/LA Chapter*

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

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

AUGUST 2017 ISSUE

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

**OUR NEXT MEETING**  
will be August 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 August 2<sup>nd</sup> meeting will start with "The Ask-It-Basket"

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. at 7PM, Tue, August 15th. Call Lori for more info. at (760) 521-0096

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**The August 2<sup>nd</sup> meeting will be "The Ask-It-Basket."** Everyone grieves differently, but often we face many of the same hurdles and questions in our grief. Some questions we might have but fail to bring up at meetings, can be addressed anonymously. To start, we all pick up a blank index card and write a question down that we would like answered, and then drop them in the basket. Then the leaders will assemble the questions and as a group, we will try and come up with answers. Almost always, some other parent will have experienced something similar and will be able to help you.

This is an opportunity to anonymously ask something you are uncomfortable bringing up in person, but would like help with. We do this once a year and although the questions vary, the answers are extremely helpful. The anonymity of the Ask-It-Basket makes any question okay.



## Don't Touch Me

A soundless scream erupted in my mind. "That's how our daughter's life began--don't start that pain all over again." That was my immediate reaction when my husband tried to show his love, affection, and concern for me after our darling daughter died. I did not want to make love ever again. At the time I could not see that he needed our physical closeness. All I could feel was, "She is dead, I am dead too". My husband needed me to love, to touch, to reassure himself and me that even though our daughter had died, our love for one another had not.

I came to see and understand this feeling, but it took time. Thank God he was so patient. To talk of death and sex together seems an impossibility, but both are part of life. Sex can be the beautiful beginning of a life. And that life is so precious and nurtured that when it ends in death, the reassurance of lovemaking can be an all important part to the consummation of the parent's living. Feeling wanted, loved, cherished, and worthwhile were all the things I desperately needed to feel when our daughter died. With his tender touch, my husband helped me to begin to feel this way again.

We both hurt so dreadfully that it was impossible to ask one another to carry the great grief each of us was feeling, but by our physical kindness to one another, we were able to gain comfort from knowing just how good it is to be held.  
--Rose Clark Perth, Australia

## The Older Child

For so long I've wanted to write about being the bereaved parent of an older child. How my heart is broken just as if he had been still-born, died in infancy, as a youth, teenager or young adult. Leland was 42 and one of the above, but he was my child.

At the holidays I think so much of him. He loved Christmas and would have bought and wrapped all his gifts early. The decorations would be ready and he'd be eager to start putting them up right after Thanksgiving. In this way he was like a kid again.

Too often when we hear of bereaved parents we think of a young person or infant. We forget that we are parents of children no matter the age. I read the obituaries now, looking for adult children, and seeing the parents as survivors. And my heart aches for them as I know what they are going through. Their hearts are as broken as mine is, and it will never heal. Sure, time makes the pain less intense, and the tears come less often. But the hole in my heart is still there and always will be.

Too many parents of older children who have died are reluctant to join groups such as Bereaved Parents or Compassionate Friends. We often feel that we can tough it out alone or with family. And the small numbers of older parents at these meetings make it even harder to attend. I wish it were different and the word was out to any bereaved parent that all are welcome no matter the age of the child. He or she was their child. Whenever I talk to the bereaved parent of an older child, I feel such a closeness, and I can empathize with them because I know that our pain is just as great as any bereaved parent. We just seem to be sitting in the shadows more. God bless us all.  
--Linda Bishop, Excelsior Springs, MO

## The Story of the Grieving Mother

There is an old story from China of a woman whose son had died. She went to the Buddhist temple and begged the monk to bring her son back, for her pain was just too unbearable and she could not go on with it. Rather than scoff or scold her for her request, the monk told her to go out and find one family who had not experienced a loss, and then he could stop her hurting.

So she set out to look for that family. The first place she decided to stop was at a very large

castle on a hill. "Here," she thought, "these people are so rich and wealthy, surely no loss or pain has ever come to them." So she climbed to the castle and told her story to the servant who brought his mistress and master to talk to her. They told her such a sad story, and were in so much pain, that the woman thought, "I can help them! I've already been through this part of the pain." So she stayed for awhile and helped this family. Soon, though, she resumed her search.

The next house, and then the next, and all those that followed, told her of such sad stories that at each one she stayed awhile to help them with their grief. Then one day she looked at herself, and she found that through helping so many others, her grief was not now so overwhelming and so painful. She still missed her son terribly, and still cried for him in the night, but she no longer was consumed in her own grief.

She found that by helping others, she had helped her own healing from this most painful loss.

This is the idea of The Compassionate Friends and other support groups – to give support to those who are newly bereaved and lost in the fog, then as they grow, to reach out to help others who are hurting.

Together, we can make it through this journey down life's most painful and darkest road.

Together, helping one another, we will survive.

--Lovingly lifted from the newsletter of the Orange Coast CA Chapter of TCF

## The Magic Clock

How many times have you been told, "Time heals"? It is such a well-meaning statement - but it is so untrue. Time is just a clock; it has no magical power in itself.

To disprove the "Time heals" theory, imagine treating a broken leg with just a calendar. Don't protect or immobilize the leg with a cast; you can skip the pillows, pain medication, and physical therapy. Of course you can walk on that leg; it doesn't really hurt. But .... Can you imagine what kind of healing would take place?

A broken leg cannot even be compared to the heart that is broken by the death of a child.

The tasks associated with grief take lots of time. Little by little, we come to accept the reality of our loss. Our beloved child is really not here any more. We hate having to say the words, but they

are true. Our child has died.

The pain we feel cannot even be explained. To those who say they can't imagine what we are going through: they can't; it's beyond comprehension. Somehow, miraculously, we do survive. It's not because we are special people, somehow singled out as stronger. We just don't have a choice.

As we reach a place in this new world without our child, it is sort of like existing on a new planet. We move, however slowly, through life. Our child is now the memories we bring with us. We work at adjusting to a new environment where our child doesn't live any more. We try to find a new normal.

Grief is work. The hands of the clock may move effortlessly. Bereaved parents do not: not caring about the task at hand; sitting; staring; thinking; remembering; crying. Wondering if you might be missing something important, but not really caring.

Have you had a day when you had to remind yourself to breathe? Talk about slow motion - you feel like you are going backwards, not making the progress others expect of you.

Time does not heal. It's what you do with the time that matters. But healing does take a very long time. Grieve and mourn, weep for the child you have lost. When you have moments of sunshine in the shadows, be glad.

Some day these moments will become hours, even days. It may be hard to believe, but some day the joy of your child's life can outshine his or her passing.

--Donna Corrigan BPUSA, Hinsdale, IL



## The Lesson of a Child's Suicide

The burial service had just ended. I crossed the carpet of artificial grass that surrounded the plain coffin about to be lowered soundlessly into the ground and shook hands with the parents of the dead young man, looking into their numb eyes and murmuring, "I'm sorry, I'm so sorry."

Everything was golden: the sunlight, the mound of white, yellow and orange flowers (a florist's expression of masculinity), the beautiful blonde hair of the mother. The parents, brothers, aunts, uncles and cousins watched as the coffin slid into the hole in the earth that had been prepared for it, watched as all that remained to them of a boy they had loved disappeared into a dark and silent new home.

Finally, we all turned and began the walk back to the waiting limousines, shepherded with solemn correctness by the funeral director in his dark suit. This was not the first suicide I had consigned to eternity with the authority and blessing of the church. There have been too many, really, for the short time I have been a priest.

It was the beauty of the day, and the beauty and elegance of the grief-stricken-mother and father, that fixed this one in my mind and keeps it there still. It was jarring—to me and to them—that one among this prosperous and generous family had found life to be beyond bearing any longer. A year of pain was beginning for the mother and father, a year of questions that haunted their dreams at night and wouldn't leave them alone during the day: How could this have happened? What caused it? What did I do to cause it? There must have been one pivotal moment of failure, my failure. When was it? What was it that I could have done and didn't, what was it that he needed that I withheld from him?

As the weeks and months went by, special occasions came and went, each with its own special pain. At Easter, there were images of a little blond boy in short pants searching diligently for colored eggs in the green grass of the backyard.

His birthday. Halloween (a 10 year-old in a skeleton suit disappearing into the night with his father and a flashlight, and returning laden with chocolate bars and candy corn). Thanksgiving (the family around the table, but the places rearranged so there would be no empty spot where he should have been, instead of his sitting with his brothers and eating as only a young man can).

The family had been close. It had not been a family that ignored its children. It had been like a charmed circle, a safe camp in a hostile world. The mother had always felt it was a warm, glowing place, their home. Had she been wrong all those years? Can't I try again? And the answer of time, sternly: "No, you can't have a second try."

As the rate of suicide among young adults in the United States rises amid growing alarm among mental health professionals, some parents face with brutal suddenness the impossible task of coming to grips with the deaths of their children by their own hands.

There is no drive stronger in parents than the drive to protect their children, no matter what the cost. Most people, faced with the choice between their own lives and those of their children, would

not hesitate for a moment in making that choice. American parents, especially, have found themselves able to protect and enhance the lives of their children far beyond the capabilities of parents in many other parts of the world. We are free from hunger, free from childhood diseases, free from dangerous political unrest.

Parenting in the United States is a competent round of pediatrician visits, good nursery schools, good grammar schools, private lessons, organized sports. We are more able than any other people on earth to give our children the raw materials of a happy life. But into this orderly progression of possibilities comes the news, sometimes, that a young person with everything to live for—as we tell each other in shocked disbelief—has found himself unable to live any longer. We look at our own moody teenagers with apprehension. How do we know that this might not happen to them? And if it did, how on earth could we ever bear the pain of it?

The bitter truth, all of our love and good intentions and capability aside, is that there are arenas of our children's lives we cannot control. However much we seek to make our homes a charmed circle, our children must one day step out of them and walk in the world alone. However hard we try, we will make mistakes. And however few mistakes we make, the world will still be a hard place for them, as it was for us. Hard in different ways, maybe, but hard just the same. The same rich sense of possibility that we are able to impart to our children—the very notion that the sky's the limit—can be the oppression they cannot shake.

To be young is to be unsure of one's capabilities. To be surrounded by competence and saturated with the message that they can, and should, do great things can be a source of despair at ever measuring up to the hopes and dreams of others for them.

Perhaps the greatest gift we can give our children is the sense that we are delighted with what they are, not that we are anxiously pinning our hopes on what they will be. Perhaps our quiet empathy in times of failure is more important than our loud cheers at their successes. Children and young adults need to know that failure is the primary way human beings have of learning, a difficult message to hear in a culture that worships success and its trappings, as ours does. And a more difficult message to send from a parent who wants the best for her child and has worked hard to provide it to a child who wonders, in his heart of



hearts, if he can ever return the best for the best.

Picking up the pieces of her broken life, the mother wondered. She wondered about the last moments of her son's life. What had he been feeling? He had been all alone in his apartment. Had he tried to call her? Had she been out? Her heart twisted inside her at the thought of him tormented by a pain she could not soothe, and she wished herself back with him on that day, calling out to him: "Hang on—try! Call again. Call me, call somebody. Anybody. Don't go. Don't." But the outcome of this daily fantasy was always the same: alone and probably crying (and at that her heart twisted again), he went. In her mind, he was frozen forever in that moment of anguish; it was as if his pain in that moment was eternal, as if his spirit still wandered, crying out its silent pain to a world that could not hear.

She joined a group of parents whose children also had taken their own lives. In some of their stories, she saw herself, in some, she did not. But in all of them, she recognized her own pain, and the simple fact of being with people who had known the same unnatural pain was a surprising source of comfort and strength.

As the days went by, she began to feel a change within herself. Although she fought it, the sharp edge of her grief softened a little. The memories that flooded her dreams changed from being pure agony into moments of a sorrow that felt almost holy. She had been obsessed with the moment of her son's death; now, it seemed, she had regained his life, and she could fish around in her memory and even smile at what she saw there. She could talk to people again without hating them for having what she no longer had and then being ashamed of that hate. It was as if she had handed her son over to the care of the universe, larger than herself, and there was in her a peace she had thought she could never feel again.

Nothing is as awe inspiring, for those of us who are privileged to witness it, as the power of the human being to recover from tragedy. However beautiful this woman was, however capable and competent, nothing she had ever done was as beautiful and powerful as her healing from a wound that she thought would kill her.

She said that the strength she discovered in herself during this healing process was the final gift of her beautiful son. AND SHE WAS RIGHT.  
--From The New York Times Sunday, May 1985,  
by Barbara C. Crafton



## This Little Light of Mine

You were a tiny little bundle,  
The day you came to be.  
The needle on the scale,  
Could barely get to three.  
First minutes turned to hours,

And things were touch-n-go,  
But yet, somehow, you held on;  
Just how, we'll never know.  
As time went by more obstacles  
Were sent to block the way.  
You're tough determination  
Taught lessons day by day.  
Dad was scared when first he held you,  
Your first smile filled Mom with joy.  
It didn't matter that you were sick;  
You were their little baby.  
Your "family" in the nursery  
All did their very best.  
But it became apparent  
The time had come to rest.  
You slipped away so peacefully,  
You're hard fought battle done;  
And all who knew and loved you  
Are those who really won.  
Although you're gone, your memory  
Will stand throughout all time.  
And you'll live on within our hearts  
"This little light of mine."

In Loving Memory ~ the NICU staff

## Newly Bereaved...

### It Will Be Better

It will be better. Strange sounding words to be saying to newly bereaved parents, aren't they? "Surely she lies. Either that or she didn't love her child as much as I loved mine," you think. Even so, you are probably hoping I'm a truthful person and that you can believe those strange sounding words? Because you need to believe.

Well, I'm not lying. I am a truthful person and you can believe those words. You will note I did not say you were going to "get over" your grief. I said, "It will be better." It takes a lot of time to learn to live with your loss more comfortably, but you will, for the pain does soften after you've allowed it in and have dealt with it in an emotionally healthy way. Given the proper time and support we do get scar tissue over those raw and bleeding wounds.

Granted, the scar tissue gets knocked off every now and then, but it doesn't bleed as much or as long as time goes by.

Those of us who are surviving and who loved our children as much as you loved yours, are able to enjoy the happiness that is left in this new life we've created. It's missing someone we loved better than ourselves, and we don't like it as well as the old one, but it's sure better than the pain of fresh grief.

You are going to survive and go on to better days. IT WILL BE BETTER. Take it as a promise and believe it!

--Mary Cleckley TCF Atlanta, GA

## Seasoned Griever...

### I Am THAT Mom



I am many things, some flattering, and some pejorative. I am; a wife, mom, sister, daughter, writer, photographer, smartass, know-it-all, the former extrovert who is now reclusively introverted, a bitch, an aunt, a friend...so many things, yet sometimes nothing at all. I can change some of those things. Some, like being a wife, mom, friend, writer, and OK - a smartass, I wouldn't want to change.

There is one thing, one deep, scarring, tormenting aspect of my being that I will never be able to change...I am that mom, the one who has laid one of her own in the ground, to slumber forever. I am that mom, the one who will forever wear this loss like some sort of morbid tattoo on her soul, on her being, and etched into her heart.

I am that mom, the one who will always have that piece of her soul, floating above her in the ether like so much ozone, there but yet not there.

I am that mom, who lost the child who first blessed her with the title of mommy, mom, mother, momma...

I am the mom who no other woman ever wants to be. I am that mom; the one other moms look at with pity and something else... something harder to articulate. Other women, upon learning of my loss, hold their children close and thank God they've never experienced this pain, this horrible slow demise of the soul that is the death of a child. They are intact. I am not. They look at me with pity; I look at them with jealousy.

I look at those unbroken women with an immeasurable envy. They have not spent hours

curled deep within themselves, in agony, missing the flesh of their flesh, trying to remember the laugh that no longer echoes through the halls, the smile that used to reach out to whomever it happened upon and grabbed them and made their heart melt, and the scent of him, dear God that wonderful mixture of little boy, bubble bath, dirt, sunscreen, and pure sunshine that so overtook my senses every time I'd nuzzle into the back of his neck.

I'm the mom who is now obsessively overprotective of her remaining children, who can't bear to see them cross the street without looking both ways at least ten times lest a car hit and kill them the same way it did Joshua.

I'm that mom, the one who angered easily when standing at Joshua's graveside and someone would tell me that wasn't him in there, he was "somewhere else." In my mind and my heart, that boy, that precious baby who stole my heart and who was now buried in a hard box underneath cold earth was still my boy...that body, was the only way I knew him. I can't count how many times I wanted to lay down on the ground to be near him. I have been that mom since August 10<sup>th</sup>, 1990. 1:14AM this morning marks eighteen long years since I became that mom. I can scarcely believe sometimes that eighteen years have passed since that beautiful little boy with the golden curls and the laugh that overtook his entire body has been gone. Eighteen years since I first experienced the inexplicable pain of body and soul that ripped me apart and left me incomplete.

As I look back on the last eighteen years, I can finally see the difference between the child burying her child, and the woman, sitting here today, who has done what she thought, at one time, impossible... survive the loss of a child, subsequent failure of that marriage and another, and made a name for herself in the radio and voice over industries.

Some days I still have no clue what I'm doing, I fly by the seat of my pants and hope that I don't screw my kids up too badly. There are no manuals out there for dealing with life after the loss of a child. There are myriad books available on grief and loss, but nothing that really ever captured the essence of my loss. Most of the books I read were of other's journey's through their own personal hell after the death of a child. Their pain is as unique to them as mine is to me. The words on the pages seemed cold and unfeeling. They were flat and did nothing to soothe a tortured soul. How I wish the

blogosphere had been around back then. It wasn't until I found other mothers who have traveled a seemingly unbearable road, that I realized I am not alone in this. I have a voice and perhaps through my own voice, not only will I soothe my scarred and battered soul, but maybe be able to offer some support, encouragement and hope to someone else who has gone through this and is reaching out, grasping for something to hang onto.

--Author unknown, [www.iambarkingmad.com](http://www.iambarkingmad.com)

## Friends and Family...



## The Outsiders

So how are you the question's asked  
 As if I had no sorrowful past  
 The careless question the doleful glance  
 They notice nothing as if nothings askance  
 Too bad she's gone they seem to say  
 Did you see what's on sale today?  
 Oh, is that a tear I see  
 Your mask is slipping, fix it please  
 I don't want a reminder of your terrible loss  
 You should be more thoughtful at any cost  
 It's been a month, a year or ten  
 So what is your problem, it's been over since then  
 My kids are great, they all have jobs and kids of  
 their own, and great big houses and a dog or a cat  
 What? You still haven't gotten over that?  
 Being your friend is so tiresome  
 You still seem think you have a child  
 Oh, is that a tear I see  
 Your mask is slipping, fix it please  
 I don't want a reminder of your terrible loss  
 You should be more thoughtful at any cost  
 --Katherine Bloom

## Welcome...



## The Compassionate Friends– What We Can Do

We can't give you, the new members, much... not in comparison to what you have lost. We can't give you the answer to your "WHY" questions. We can't give you a simple philosophical statement that will give you instant peace.

BUT...We can shake our head "yes" when you say how it hurts, because we have felt it. We can warn you of the stumbling blocks along the way,

because we have fallen. We can come back and walk the grief path with you, because many of us have walked the whole path, and we made it!

--Oklahoma City, TCF

Editor's Note: We invite you to come to a meeting and see for yourself how informative and helpful they can be.

## Helpful Hint...



## Triggers

Triggers can also come in the form of internal questions we find ourselves asking, such as, "Could I have done more?" "What if I had done something differently?" or, "What if we had spotted this sooner?" Being bereaved comes with a lot of questions, and hindsight is a helpful but sometimes torturous thing. You can always look back and feel like things were missed and what if this or that was done sooner, what if I had realized? The trouble with the "What if?" question is that we may never have the answers and can therefore find ourselves going around in loops.

--TheLossFoundation.org

## Book In Review...



*Letters to Sara: The Agony of Adult Sibling Loss* by Anne McCurry. As reviewed on Amazon.com – Anne McCurry has accomplished something really unique in her creative tribute to her beloved older sister. Using the style of letter-writing to portray her deep, agonizing loss, she effectively draws a picture of not only the important, much too young life that was lost, but also conveys such a strong sense of her own personal loss. I lost my own kid sister last Thanksgiving; unlike Sara, my sister's death was sudden, unexpected and shocking. I found limited resources available in the weeks and months that followed to help me navigate through this enormous crisis.

Now, nearly a year later, I've found some good resources that are helping me to gain perspective. So many of Anne's observations are universally applicable to any grief situation, but with the loss of a beloved sibling, particularly an only sister who was close in age, I could really relate to her analysis that the word "sister" is now a painful one. Anne's experiences with her friends, who want her to "get over it", truly resonate. As if we will ever get over it! Anne's reflections helped me to see that

what I'm feeling is not unusual.

Anne's message of continued devotion and loyalty, long after death has separated the sisters and her pledge to keep Sara's memory alive are beautiful, sincere thoughts. I will hold this delightful book close to my heart as I continue to navigate this very tear-stained and slippery slope. I know now that many others have walked in this lonely territory before me; while that gives me no comfort, it provides me with the belief that I too will survive this. Thank you, Anne, for this gift to all of us who have lost a sibling.

Grief related books are available from the Centering Corp. Call (402) 533-1200 for a current catalog. Remember to tell them you are a member of TCF for free shipping.



## Extra Meeting...

Are you seeking more connections on your grief journey? A small TCF coffee group is available to build friendships and support each other in our grief. Lori Galloway is leading an informal sharing group to give members a place to meet between regular meetings. These small meetings are informal. Just parents looking to share their stories about their loss, and to talk about how they are dealing with their grief with other bereaved parents who can understand their pain. 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 July 18th. 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.

## Any Less a Man?

If I cry myself to sleep, missing the little things we'd share

If I refuse to open my eyes, not wanting to see what's not there

If I paste on a smiling face, to hide the pain I feel within

If I simply look up to the clouds, and feel it start all over again

If I only go on doing the menial tasks, the little things I can

If this is what my life has become, am I any less a man?

If I feel weak when I hear your name, even in a crowded room

If I am laughing on the outside, when inside I'm

feeling gloom

If I beg my heart to simply stop, when it's my love that they all need

If I lay in bed in the middle of the day, am I expressing my inner greed

If I can't go on with my dreams of life, because of a flaw in the plan

If I can't decide on what I want to do, am I any less a man?

If seeing an infant in its mother's arms, reduces me to tears

If children playing in the park bring out my darkest fears

If looking into a crowd of friends, no faces do I see

If all this is my reality, what do they see of me?

If I'm not afraid to let them see, the pain since this all began

With the death of my child, my love and my life, am I any less a man?

--Rick McCauley

## Bereaved Birthdays

Birthdays are a time for celebration

Not a time for tears

But what happens when the birthdays

No longer mark the year

A birthday marks the moment

A spirit enters earthly life

To share its special love and joy

And learn from earthly strife

Before a spirit comes to us,

It knows when and how it must depart

It chooses its path carefully,

We are honored from the start

The sadness we now feel on such a joyous day

Is longing for our loved one's touch

It's natural to feel this way

For even though the birthdays

No longer marked a spirit's stay

Love continues on forever

To touch us everyday I hug my precious memories

Close to my heart

And honor my beloved spirit child

Who chose me from the start.

--Author unknown

*We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty. -- Maya Angelou*



## Our Children Remembered



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

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

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

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

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

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

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

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

Troy Akasaka  
Born: 1/91 Died: 2/15  
Parents: Jay & Sharon Akasaka

Noah Bernstein  
Born: 6/87 Died: 2/17  
Mother: Beth Bernstein

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

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

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

Cheiann Jayda Berry  
Born: 12/2001 Died: 7/16  
Mother: Kristina Berry

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

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

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

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

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

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

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

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

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

Aaron Christopher Cochran  
Born: 11/90 Deid: 9/12  
Mother: Julia Carr

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

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

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

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

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

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

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

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

Brandon Armstrong  
Miscarried: July 1995  
Mother: Cheryl Stephens

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

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

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

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

Alex James Bonstein  
Born: 11/91 Died: 7/16  
Mother: Cynthia Sanchez

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Daniel Elijah Day  
Born: 4/93 Died: 5/16  
Mother: Kristen Day

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

Ramsay Downie, II  
Born: 2/64 Died: 10/99  
Parents: 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 Frazee  
Born: 5/79 Died: 7/07  
Mother: Kathy Cammarano

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

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

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

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

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

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

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

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

Natalie Danielle Glinskas  
Born: 12/95 Died: 3/13  
Father: Andrew Glinskas

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

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



# Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Joseph Licciardone  
Born: 4/94 Died: 3/16  
Parents: Connie & Leo Licciardone

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

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

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

Liliana "Lily" Lindlahr  
Born: 12/11 Died: 7/14  
Parents: Greg & Shannon Lindlahr

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Travis Frederick Marton  
Born: 10/91 Died: 1/15  
Mother: Ricki Marton

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

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

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

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

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

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

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

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

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: 4/14  
Parents: Cheryl Outlaw &  
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

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

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

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

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

Elliott Shawn Oliver  
Born: 8/75 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

Jessica Perez  
Born: 5/89 Died: 10/03  
Sister: Monica Perez

Andrew Periaswamy  
Born: 5/97 Died: 10/16  
Parents: Megala & Xavier  
Periaswamy

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

Shannon Quigly  
Born: 11/268 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 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

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 Sahu

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

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

Daniela Mora Saldana  
Born: 3/17 Died: 3/17  
Mother: Rosa Saldana

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

Kenneth Tahan  
Born: 2/66 Died: 7/16  
Parents: Shirley & Joseph Tahan

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

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

Catarina Sol Torres  
Born: 12/16 Died: 12/16  
Mother: Marcus & Vanessa Torres

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

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: 8/84  
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...



### " That Night "

I stepped into the room, where you lay still.  
My heart dropped,  
I finally realized you were so ill.  
Your skin was so pale,  
no sign of that usual grin.  
Your hair was gone, and you were so thin.  
I held your hand, and let out two long sighs.  
What would I do, if my big brother dies?  
As I stared at the single tear that shed from your closed eyes,  
I thought of when we were little kids,  
and how you were always so wise.  
You were so cold, your lips had no color,  
my hands were shaking,  
as I stared at my dying brother.  
I told you I loved you,  
and how I would miss you so.  
I can't bear the thought of letting you go.  
I said a prayer, then stepped outside the room.  
Somehow I knew the Lord  
would take you too soon.  
I kept asking myself why,  
why on that dreadful night,  
was I forced to say good-bye?  
I love you, Mike. RIP.

--Allison Modras TCF, Livonia, MI  
In loving memory of Michael Modras

## Open Letter to Our Siblings

Dear Sibling,

How can I possibly tell you how much I miss you? But of course you probably know - since you knew me better than anyone. No matter how

much time passes, I still wish you were here to share our lives and the future I expected us to have together.

Even though we fought and at times neglected each other, I just assumed that you would always be there. That we'd grow old together and remember stories of growing up and laugh at each other as we looked and acted more like our parents. That we'd share our joys and setbacks, and adore each other's children.

Your death has rocked me harder than I could imagined I'd survive. Ultimately, there are no answers to my questions. There is no replacing you and there is no solace for my grief. There is only the simple choice I make every day to live on in the honor of your memory and the love we shared. To strive to carry on the best of who you were. To cherish the brief time we have with others. To celebrate the opportunity to be alive. To have compassion for the pain of others as well as my own. To have the courage to love fully as I have loved you and to remember that you would want me to go on and find joy again.

You gave me so many gifts while you were alive and I continue to discover the gifts in this loss. I am so thankful you were born my sibling. I would not have traded our time together for anything. You are always with me because you are a part of me.

--Mary Lamourex TCF Marin County, CA

## For Grandparents...



### A Message to Bereaved Grandparents

I sat with a young bereaved mother who was pouring out her pain and utter desolation to me. She was angry and hurt that those around her couldn't understand what was wrong with her. After all, it had been eight months since her two-year-old son had died — she should be better by now. To her, they implied she was wallowing in her grief and not trying to "get over it." Between sobs she said, "Even my mother and father now seem to avoid me. They don't even mention his name, and they change the subject when I talk about Tommy. That hurts so much."

As I listened, I remembered how much I had wanted my parents' help when my son died, but they lived 600 miles from me. I also thought, "How would I be able to help my own grieving daughter today if I hadn't experienced my own child's death almost 13 years ago, and didn't

KNOW what she was going through?" I could see how desperately this young mother needed her parents. I could also see how frustrated and helpless they must feel, how painful it must be for them. If only they knew how important they could be in helping their daughter how they, of all people, were needed by her, and how they had the opportunity to add a lasting element to their relationship with their child.

I wanted to tell them how very much she simply needed them to listen to her talk about her child and her pain. I wanted them to listen to her pour out her agony, without one word from them of how she should or should not feel. The subject of death and grief is uncomfortable for all of us. We will accept anyone's discussion of happy things, but we shy away from talk of grief and death. One of the reasons for this is that, in some way, it makes us aware of our own death and mortality. For those of us who are older it is even more true. We need to recognize how this unconscious fear might be one of the reasons we avoid discussing our own grandchild's death.

Grandparents who have not lost a child cannot know the depth of the grief their child is experiencing. We may have lost parents or spouses, but the intensity of parental grief is so much greater. We talk of how we felt when our parents or spouses died and say we know how it feels. We do NOT know how it feels if we ourselves have not lost a child. We are most helpful if we admit this to our child.

To be a helpful parent to a grieving parent, we should learn about what our child is experiencing. We can learn of that by reading the books on grief, especially *The Bereaved Parent* by Harriet Schiff. When the children were growing up we read *Baby and Child Care* by Benjamin Spock or Haim Ginott's *Between Parent and Child*. Why not now read Harriet Schiff's book or Earl Grollman's *Living When A Loved One Has Died?* We need to know what the symptoms of parental grief are so that we, ourselves, are reassured that our child is not emotionally disturbed.

We need to know there is no timetable for grief. We should be careful of our expectations of how our child "should be doing" at this time. In the early months of grief our bereaved children may appear to be doing well. Then, at four to six months they seem to "fall apart." It is reassuring to know that this is normal. In the early months our children do fairly well because they have not

yet accepted the full reality of their child's death. It isn't until one faces that reality that real grief begins.

This is the most painful and the longest part of the grief process. This is the time we are expecting them to "get better," and when they get worse we can't understand it, and we fear for their sanity. At this time others turn away from them because they can't understand. This is the time our children need us the most. How desolate they must feel if the two people they could always rely on now turn away from them.

Grandfathers are needed at this time more than ever. Fathers have always been the ones who could solve every problem for their children. They are the strength in the family, and the bereaved child needs to tap that strength now. Fathers used to provide the biggest, warmest lap for comforting. Now their arms can provide the safe harbour that most grieving children crave at times. Grieving is not done on a consistently upward path. We may talk to our children on a good day and rejoice that they were finally improving, only to find they have taken several steps backward when we next see them. We need to realize that the normal process of grief is a constant ebb and flow of terrible and not so terrible days. Even though our bereaved children seem to revert to more painful grief at times, they are not going back to where they started. They do, however, need extra support and understanding on the bad days. We must allow our children to grieve in their own way, according to their own personality. Some of our children are more verbal in expressing their emotions. Others may keep it all inside of themselves until something causes it to come out in a torrent. We accepted their personality differences from the time they were little children. We must accept them now.

Some of us, for whatever reason, are not able to be of help to our children. Maybe we simply cannot face our children in their misery. It may be more pain than we, ourselves, can take. Some of us cannot accept the fact that to grieve openly and with others is the "right" way to do it. For some of us, our own personalities will not allow us to express our emotions or tolerate such expression in others. As hard as it may be to admit, we can at least be helpful to our children by being open and honest and telling them that we cannot help. As cruel as this may seem, letting them know of our inability to help saves them from the repeated



disappointment of our backing away from them when they come to us.

Our grieving children need us. When our children hurt, we hurt. It has been said that a grief shared is a grief halved. No! We cannot take half of our child's suffering, as much as we would like to do so. But I can say from personal needs that were not met when my own child died, it can sure make it a lot easier. Over the years of rearing our children, we suffered many times for them or because of them. Now we are being asked to do it again. It was not easy then, and it will not be easy now. But because we love our children, we can do it.

--Margaret H. Gerner. M S. W. TCF St. Louis. MO  
Margaret Gerner is a bereaved parent whose son Arthur died at the age of 6. She became a bereaved grandparent when her 3-year-old granddaughter Emily died in 1982 .

## From Our Members...

### A Letter to my Mom!

As I sit in heaven  
And watch you everyday  
I try to let you know with signs  
I never went away  
I hear you when you're laughing  
And watch you as you sleep  
I even place my arms around you  
To calm you as you weep  
I see you wish the days away  
Begging to have me home  
So I try to send you signs  
So you know you are not alone  
Don't feel guilty that you have  
Life that was denied to me  
Heaven is truly beautiful  
Just you wait and see  
So live your life, laugh again  
Enjoy yourself, be free  
Then I know with every breath you take  
You'll be taking one for me  
--Author unknown Submitted by Linda Curtis

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



**Get Your Photo Buttons...** Photo buttons are a perfect way to share your child, grandchild or sibling with others at monthly meetings.

If you would like to have some made, simply bring a photo for each button you would like (color photo copies work great) to any of our chapter meetings and Ken can make them for you. There is no cost. Keep in mind that the button is about 2 1/4 inches in diameter, so the picture needs to fit inside that area and the actual photo is used, so make sure it's one we can cut into a small circle.

**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. 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).



**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, it is only your donations that keep us functioning, and we appreciate your help. Just a Hint: If you plan to leave \$\$ at the TCF meeting, you might want to make it by check so you can

receive an IRS deduction. No amount is too small and they are needed to keep our chapter going.

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

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



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

- Linda Zelik (chapter leader).....(310) 370-1645
- 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)

**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](http://www.comfortzonecamp.org) (310) 483-8313.

**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.

**Newport Beach (917)** 703-3414 3<sup>rd</sup> 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 3<sup>rd</sup> 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:**

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NEWSLETTER EDITOR: Lynn Vines  
PROOFREADER: Sandra Myricks  
TREASURER: Ken Konopasek  
WEBSITE: Joe Zelik

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Lori & Dudley Gray	Cheryl Stephens
Cheryl & Bill Matasso	Lynn Vines
Nancy Lerner	Ken Konopasek
Kitty Edler	Susan Kass
Marilyn Neemeth	Mary Sankos



# 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 Jonathan "Jamie" Paul Schubert, July 1965 - December 2006. Dear Child, I'll keep the spirit of you within me all the remaining days of my life. Rest in peace.  
Love, Mom & 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 \_\_\_\_\_

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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  
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One day we will remember  
how lucky we were to have  
known their love, with  
wonder, not grief.

[www.griefandsympathy.com](http://www.griefandsympathy.com)

August 2017

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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.*