



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

MARCH 2017 ISSUE

EDITOR: LYNN VINES (310) 530-3214

e-mail: Lynntcf@aol.com

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

OUR NEXT MEETING
will be **March 1st, the first Wednesday**
of the month at **7:00 P.M.**

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

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

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

The Compassionate Friends
Mission Statement...

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

The March meeting will start with "How Men & Women Grieve Differently and its effect on marriage."

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, March 21st. (Call Lori for more info. at (760) 521-0096)

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

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

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

The March 1st meeting will start off with “How men and women grieve differently and its effects on marriage.”

There is no “right” way to grieve. Keep in mind that everyone grieves differently. It may seem your spouse (whom you thought would understand what you are going through) is unable to help you with the pain caused by the loss of your child. Most people find that you will not necessarily deal with your loss in the same way or in the same time frame as your spouse. This is normal and happens to most parents.

This month we will be offering insights into the different ways men and women face their grief. (Keep in mind that personality traits also come into play. We are talking generalities here. You will probably see aspects of your way of grieving in both the way men, and in the way women, grieve differently.) We invite you to join us as we share different insights and pitfalls often encountered when individual grieving styles, and the stress it brings, are added to your loss.



A Father's Grief

How does a father grieve? Is the process different from that of a mother? I believe we fathers feel the same emotions, but it is how we experience these emotions and how we deal with them that can differ greatly from a mother's grief experience. Men may be articulate, even garrulous but women are expressive. Many men prefer talking about ideas. Women feel comfortable discussing feelings and how to work through them; it is not about ideas. To complicate matters further, a lot of the working through of grief involves communication. Most men, however, don't know how - or are reluctant - to talk about their feelings. Men are conditioned not to show feelings but to stifle them. We build shells, layer after layer, as a defense against the bumps and bruises of boyhood, the hurt limbs and the hurt feelings. For many of us, this is the perspective from which we must confront our grief.

Men are conditioned to ignore pain, to tough it out, to be “good troopers”. These values have become character-traits. Thus when a father is confronted with the death of his child, his first instinctive reaction is that he must not show pain or cry. And when asked, as fathers frequently are, about how his wife is doing, he is amazed that no one realizes he is barely holding himself together.

What do men do with the pain they cannot shrug off? We keep up appearances long enough to quietly slip away to nurse our wounds in solitary silence. It's so hard to go against custom and habit. Men of my generation may try to ignore the pain, but the death of a child results in a level of pain that is impossible to ignore. So we acknowledge it, and then we try to carry on. Even in the business world, men are not granted leave to recover from a loss. We're expected to observe the rituals of mourning and then throw ourselves back into our work, put up a good front, and continue to function at a high level of concentration and dedication.

Grief is a label attached to such a myriad of emotions that it is impossible to identify all of them adequately, or to describe their intensity. For me, anger was probably the most intense emotion I experienced. As a parent, I expected to protect my family; as a man, I expected always to be in control. The sense of helplessness I experienced and the lack of control over events overwhelmed me. For months I carried a white-hot anger. Why couldn't they save him? Why wasn't I there? While I experienced the most intense emotions of my life, it was difficult to recognize that I needed to reach out for help.

Anger was not the only intense emotion I experienced. Guilt consumed me. Why wasn't I a better father when Bryan was alive? Why didn't I spend more time with him? How could I have allowed my career to infringe on time with my children? I always seemed to be looking forward towards the future, rather than experiencing the present. Perhaps this issue is particularly significant for fathers who invest so much of their time and energy focused on the future, preparing a child's way, too often deferring activities with the family.

Mothers, it seems to me, spend more time with the children, experiencing the here and now— the present. In other words, the death of a child for a mother is the loss of the present; for a father, it is the loss of the future - compounded by a loss of direction.

We are left floundering, unfocused and feeling guilty. These regrets flooded over me until my brother said, “Bob, you are tormenting yourself with guilt, but you were a good father to Bryan. You did the best you could.” These intense, unfamiliar feelings and unanswered questions created a tangled web of feelings and emotions that gradually changed the fabric of my life. Soon I was grappling

with the "if only's" and playing the "might have been's" over and over in my mind in a vain attempt to change the outcome of events over which I had no control. Feelings of failure and hopelessness left me with an incredible emptiness. Depression swept over me. As T.S. Eliot said, "We are the hollow men." I was immobilized. My feelings and emotions were raw and close to the surface. So where do men go for succor in their pain? Where can we turn for support? As youngsters, we tend to have many group experiences. We join clubs, sports teams, the army, and fraternities. Men enjoy the experience of "esprit de corps", but there are limits to what is acceptable. It's okay to talk about some of the common problems, like a damp basement, an increase in the variable mortgage and even, superficial concerns about children. But in this kind of custom-limited camaraderie, there are built-in rules that conversation be kept light. No heavy stuff allowed. You can talk about your daughter dating an SOB, but not about our son dying in an emergency room. The first allows a response, the second is a show-stopper.

Most men don't know how to offer each other support. We can be struck dumb in the face of deep, raw emotion. Friends and family members may try to avoid us, but how can we run from the death of a child? Some of my friends did; so did members of my church and my pastor. I remember one friend, however, who met me where I was emotionally and encouraged me to talk while he simply listened. That was all he did, just listened, but it was such a comfort. I also found support at Compassionate Friends meetings. My wife and I attended our first meeting about three months after Bryan's death, but it was almost my last. There were no other fathers attending that evening! It was several meetings later, however, with several fathers in attendance, that I first came to understand how much comfort bereaved fathers could offer each other.

Before my son's death, there were times when I felt I had to have all of the answers. Now I'm not sure I even know the questions. For too many years, like other men, I stifled my deepest feelings, repressed my emotions, and perhaps, as a result, postponed my grief work.

So, how does a bereaved father begin healing? There is an old saying that has some truth: "The only way out is through." Thus the first step is to acknowledge the grief and to recognize that the road is tough and long. Perhaps communication is the key. Talking about what has happened and

what we are feeling is the way to get started. Acknowledging grief and beginning to share is a first step. Then, a man must choose his path. We cannot lock in our guilt, our regrets, and our anger. We have to try to find some meaning in life beyond our grief.

In the five years since Bryan's death, grief has been like learning to climb a mountain. The slope is steep and often slippery, and the air is thinner the higher I venture. But as I work my way up, my muscles grow stronger. Periodically, I turn to look down at the life I led and become aware of how that old life diminishes with distance and time. My perspective has changed. What drove me before, what seemed so God-awful important to me, has shifted in focus to my family, my work with TCF and my work with children. How did I know when I was finally beginning to heal? It was simply this: when I first thought of the joy of Bryan's life, rather than the pain of his death. Maybe in a year or so I'll know what the other side of the mountain is like. --Bob Rosenberger, Excerpts from TCF National Newsletter 6/92



A Mother's Grief

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

Mother's grief, just like mother's love and care, is highly physical. Although all bereaved persons express feeling physical pain, the pain of grieving mothers seems to be more intense and long-lasting Motherhood is experienced through an intense physical and psychic rite of passage - pregnancy, childbirth, and/or adoption - and through nurturing and taking responsibility for the young child. A bereaved mother has an instinctive resistance to being separated and a powerful need to nurture and protect. That doesn't stop when she learns that her child is dead. A mother is unable suddenly to abandon her mothering, regardless of the child's age at death; she cannot simply stop

caring for her child. As one mother said, "I have a need to continue taking care of him. In fact, cutting the grass around his grave feels to me like I'm manicuring his nails, just as I used to do when he was a little boy."

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

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

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

One of the distinctive features in the grieving mother's experience is that at the same time as she continues to miss the physical presence of

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

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

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

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

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

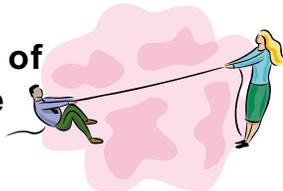
Mothers focusing on their process of grief rather than denying it, observing and following its patterns, capture the potential for growth that is inherent in the grieving process. Through focusing on and following this process, the devastating effect of losing a child can be transformed into an experience of great meaning for a mother. Mothers do survive the death of their children, whether through hard work or a commitment to grow or just through the passage of time. And through that



survival comes a deeper sense of compassion for others. As one mother said, "I have a bigger room for people's sorrow than I did before. I now know that this awful thing is so much worse than anything else." And for myself, I have found that the intensity and character of my grief continues to change over time, but the depth of love for my son remains forever constant.

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

Marriage At Risk: The loss of a child can also lead to the loss of a marriage



Early in my work with grieving people, I learned about the distinct individuality of bereavement. It was then I coined the phrase, "Grief is a journey the heart makes alone." Each time I see two parents trying to come to terms with the loss of their child, that particular phrase rings a resounding truth for me again.

When a couple must face the death of a child and the aftermath of reality and readjustment, one might think the tragedy would naturally draw them closer. After all, they have lost a precious life. They both have suffered shock, mental anguish, despair, anger, guilt, helplessness, and loss of future dreams and plans.

Both parents are faced with a grieving process from which there is no escape. Both their lives have been drastically and irrevocably changed forever. And yet with all the sameness we can list, no two individuals will respond to this major life-changing event in quite the same way. Each parent brings to this event his or her own life experiences, emotional stability levels, ways of communication and expression, and very individual ways of coping with the prolonged stress that grief produces.

Each parent's emotional investment is weighted differently. Each parent saw the child differently, their dependency needs and the position they assumed within the family structure had different values. Their love and their ambivalence toward their child comes from very separate places because no matter how close parents are as a couple, they do not think alike nor do they approach the healing process of bereavement with a matched set of burdens.

While grieving, two parents may find themselves in opposite behavior styles. One may

make wrongful assumptions about the other because they don't recognize that there are different ways to grieve. Not better nor worse; not right nor wrong; simply different.

Grief can be a powerful force with which to reckon. When individual patterns are resisted, misunderstanding can result in an irreparable rift between husband and wife. Research has indicated that about 83% of all couples have serious marital problems after the loss of a child. There seems to be great difficulty in helping each other.

If a couple's communication process was less than ideal to begin with, the problems are now exacerbated. Often sexual expression which might have once drawn the couple closer is affected by the distancing; that occurs because of their different grieving styles.

Part of the problem stems from our acculturation process. Fathers are supposed to be the protectors of the family. They are considered controlling, strong and self-sufficient. Because we stereotype men in these ways, they reach adulthood thinking that the open expression of intense feelings is a sign of weakness. Loss of control is something that many men fear and they feel diminished by it.

The death of a child represents a sense of personal failure for a father and leaves him feeling helpless, angry, guilty and emotionally impotent. A high percentage of men try to remain stoic during bereavement, showing as little outward emotion as possible. They have a tendency to delete the deceased child's name from conversation at home. Many fail to respond to their wife's need to talk about the child by remaining aloof, quiet and unavailable.

Men often throw themselves into a frenzy of work or other activity which serves as a buffer for their emotions, as well as a physical release for the effects of sustained stress. It is not uncommon for a father to hold his wife responsible for the death of their child. Even if he never verbalizes this thought, it can be evident in his manner of speaking and behaving.

To find fault or to blame another is one way we deal with the painful feelings of failure. If lines of communication have been in good working order, they can usually be kept open during bereavement (if the parents are committed and willing to work together).

If communication has been strained or difficult, it will be unlikely to improve. Without good

communication, grief can drive a wedge between partners and can eventually break them apart.

The grief of mothers manifests in a very different way. The role of women in our society dictates that the mother is a nurturing, care-giving and central figure in the family. One of her roles is that of communication. She communicates with each family member, and helps them to communicate with each other. Generally speaking she, carries the emotional burden of the family and she, more than the others, endeavors to create family unity.

When a child dies, the mother grieves not only for the loss of her, child but also for the loss of family balance. Each child has a separate, and very important role in the family structure. At a time when she feels powerless and vulnerable, her needs for nurturing may be greater than ever before. She may turn to her husband only to find him distant, repressed and incapable of offering consolation. These are two very separate and vastly different ways of coping with the same loss. And therein lies the problem.

Fathers usually feel more comfortable and more able to be in control of their emotions by employing a non-verbal approach to grief. Mothers more often feel the need to talk, sometimes incessantly, about their child and about all the circumstances leading to the death. They may wish to fully express their emotions and have been told by society that it is perfectly acceptable to cry.

The alienation caused by each parent's inability to share and to understand the other's way of grieving promotes isolation that often grows into an all consuming resentment. At the most difficult time of their lives, they find the one person they counted on for help has failed them. Their needs for comfort and caring concern go unmet and thus the distance between them grows at an alarming rate.

Now, that we are aware of what is likely to happen in a marriage after the death of a child, what can be done to prevent this unwanted result? I have a formula that, if followed closely by two committed parents, will be effective: *Get educated about grief and get help early.*

I have found that the couples who seek information learn to understand each other. They learn to communicate well. They accept different forms of expression and they find ways to help each other so that each person's needs are met. They learn how to combat isolation and distancing and in doing these things they avoid the loss of

their marriage. Not all couples need counseling after the loss of their child but every couple can use some education and some guidelines if they are to safely navigate some of the most troubled waters they will ever cross.

It is hard to be objective during a major life change and therefore many couples don't realize they need help until it is too late. Many parents feel that their grief is so unique that no one could possibly understand their pain. And while it is true that every grief process is an individual one, there are many common components. When these are shared with other parents, the emotional support that results can be highly therapeutic.

Try attending a few support group sessions. Attending only one session doesn't give you a chance to gather information, express yourself or feel comfortable. Commit to going at least three times consecutively before deciding if that is the group for you. Asking for help in a time of crisis is a sign of strength, not weakness, and it may make the difference between success or failure in a marriage where two parents strive to find ways of coping with their monumental loss.

The following organizations are invaluable resources for recovery for grieving parents. *The Compassionate Friends*, (877) 969-0010
HAND (Helping After Neonatal Death), (408) 732-3228
Candlelighters Childhood Cancer Foundation (800) 366-2223
Pregnancy & Infant Loss Center (310) 867-4989
The National SIDS Foundation (800) 221-SIDS.
MADD (Mothers Against Drunk Driving) (800) 438-6233
Survivors of Suicide (513) 297-4777 or (513) 297-9096 (Group Information)
Parents of Murdered Children (513) 721-5683
--Margie Kennedy-Reeves, Ph.D.



I'll Be First

I paused in the driveway that first warm day of spring. My chin lifted off my chest for perhaps the first time since my son died back when last year's leaves were still on the trees. My gaze traveled off to the top of a young tree, one that I thought of as being no taller than myself, but had grown to twenty feet or so. I remembered the day, four summers ago when my son was mowing the lawn and noticed the tree, only inches high. He covered it with a bucket each time he mowed the lawn that summer.

Today I said to my daughter, who was waiting impatiently in the car, "I wish I could have protected him as well as he protected that tree." She

reprimanded me by saying, "It wasn't your fault. He wasn't being careful. The accident would have happened no matter what you did." I realized that as a surviving child, she was probably the only person who could relieve the guilt of a bereaved mother.

I responded to keep the conversation alive because she rarely discussed her brother's death with me. I said, "I know. Sometimes I wish I could scold him for being so careless." She said, "You'll probably get to do that someday." Surprised by that, I tested further her willingness to share in my darkest thoughts. "I think about that a lot," I told her. "It's a terrible choice. I can be alive with you or dead with him."

"Well, then we'll just have to do as you taught us," she said. "We'll have to take turns. I'll be first."

-- TCF, Columbia, MO newsletter

Ask Dr. Paulson...

Q. My brother took his life a few months ago. He was very special to my daughter. I am trying to be there for my parents, but it is exhausting when I'm stuck between mourning and trying to handle everyday life. Any suggestions?

A. You have a very big job right now! Your daughter needs you to be able to continue with the everyday chores of being a mother and help her through the loss of her uncle. Your parents need you to support them through their loss, and the loss of the family unit that you grew up in. AND, you need to be able to mourn the loss of your brother and all that this entails! You have a lot going on at once! It is going to be very important that you think about what nurtures you. What relaxes you. What helps you be able to pick up and go on to the next task. Those are the things you should be doing – REGULARLY! This may mean that you figure out how to include more downtime, more sleep, and more time off the clock – time where you don't have any commitments and you are unavailable to others. Think of it as preparing for a marathon. It requires training, good running shoes, and the right nutrition the night before the run! What you have to realize is that you don't have to have an excuse right now to give yourself a little extra TLC – you've already got at least three that you mentioned in your question! Filling your tanks will make sure that you are able to meet the demands of what is

now a very exhausting everyday life.

Pregnancy And Infant Loss

In our society we avoid talking about death. The death of a baby is even more hidden because it so violates our expectations. A difficult challenge for many of us is society's refusal to acknowledge that the loss of an unborn or newly born child is the loss of a unique individual. The fact that our babies were in the womb or in our arms for such a little while adds to the pain and isolation of losing a child.

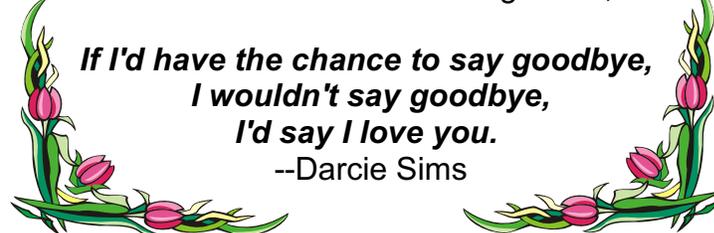
However or whenever it occurs, a baby's death is a profound loss, and one of the most painful and traumatic experiences a parent will confront in a lifetime. Our attachment can begin before conception. When we lose a child, our hopes and dreams for the child have already become a part of our life. The loss of a child, regardless of gestational age, is a loss of part of our future.

Memories, so important for the bereaved, allow us to experience a more gradual good-bye. When a child dies before or shortly after birth, we have precious few memories. Our child is gone and we have very little evidence that he or she ever really existed. This abrupt hello – good-bye relationship makes grieving very complex and painful.

Unfortunately, many friends and relatives do not recognize the depth of the loss of an unborn or newly born child. Acquaintances may never have seen the baby and find it difficult to imagine our grief over a child we have never seen or perhaps held only briefly. Because so few people actually knew our child, our grief may be even more isolating.

Although nothing can take away the pain, it may be helpful to know what others have experienced or found comforting as they struggled to deal with the intense grief that followed the death of their child. As we travel this path, it may be helpful to seek out those who are supportive in helping us cope with the loss of our babies. May we reach out and comfort one another on this journey.

-- from the TCF newsletter of Vedugo Hills, CA



***If I'd have the chance to say goodbye,
I wouldn't say goodbye,
I'd say I love you.***

--Darcie Sims

Seasoned Griefers...

After Fourteen Years

I remember at about Year One when a loving friend or relative said, "It's time to move on . You have a wonderful spouse and other children who need you the way you were before." No matter how well in-tended the sentiment was, to those who have lost a child, it was so insensitive and hard not to respond in disbelief, emotional sadness, or outrage.

In retrospect, you can learn from many sources like books, educators, professionals, doctors, actors, Compassionate Friends, etc., but the best way to learn is from experience. We know this so clearly from our children as we try to guide them through the teen years. You can tell them not to try something until you are blue in the face, but it is not until they experience that "something"...good or bad... before they understand. If you have not lost a child, you cannot relate to that experience and, thus, are at a loss for what to say or do. And for some of us who have lost more than one child, we may have more experience, but we don't get better at living with the losses.

After Fourteen Years, I stopped thinking about what my son would look like, what career he would have chosen, what kind of person he would have married, what children he would have had, what his everyday life would be like, or what his long term plans would be. He won't experience any of it nor will I see it, so I cannot picture what any of that would be. For me, I think about things I can control. Things that I cannot control, I move to a place in my brain where they are remembered, but inactive and I spend less and less time each year thinking about "what-ifs". I have defined "moving on" as remembering the 24 years of his life that I have experienced.

Even those memories fade some with time, get mixed together with other details, or enhanced or softened to sharpen the memory. The joys of those experienced memories are what I focus on. I know them well and they bring pleasure to me. After Fourteen Years, I still think about my son... every day. His nickname is on my license plate, his ashes in a necklace glass vial hanging on the rear-view mirror, his pictures hang prominently, his belongings still packed away safely and his life to age 24 still a constant memory. I started using his backpack that contained the clothes he had with

him when he died...but not until Year Fourteen.
--Jimmy Kamada TCF Eastside, WA

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

For Friends and Family...



Listen

If I am pained and come to you,
Before you speak, consider twice.
"Shoulds" and platitudes won't do.
I want your ear, not your advice.
Just listen, friend, and try to hear
Beyond my words ... (the stuff I hide).
The outward rage is Oh! so mere
Compared to all the hurt inside.
If you would only say to me,

"That must have been so hard for you."
 Instead of tossing off a line like,
 "Here's the thing that I would do ..."
 Tune in to how I feel, my friend,
 And hear beyond the words I say.
 At times my words may not describe
 Emotions deep, held down at bay.
 These deeper feelings kept within
 Are journeys words can't take you to.
 But travel past the things you hear,
 Don't say, "Don't let it bother you."
 Please try to listen with your heart
 Don't seize this chance to criticize,
 Or preach to me, or even start
 With trite cliches that sermonize.
 If you've not walked my lonely road (I hope you
 never will, my friend),
 Don't try to be my therapist
 Or say it's time my grief should end.
 Listen! Listen! Be a friend!
 Command compassion to your ears
 To sift the weight of words I say
 And hear unspoken tears and fears.
 Most times your silence suits me fine,
 Or weep with me, that's soothing, too.
 To heal this broken heart of mine,
 Just LISTEN when I talk to you
 --Fran Morgan Deer Park, NY

Welcome ...



To all our sage grievors and especially to those newly bereaved who have joined us for the first time. We are sorry we had to meet under such circumstances, but we are glad you found us. We would like to do all we can to help you through these times. We cannot hurry you through it, or take away the pain, but we can help you understand more about what you are going through. Sometimes just knowing what you are feeling is normal can be helpful.

We are other parents who have experienced the death of a child and offer understanding and support through our monthly meetings, a lending library, support materials and a listening ear. We have learned the key to survival for bereaved families is communication. We know that if you have been to your first meeting, it was probably very difficult. We ask that you give us more than one meeting to decide if the Compassionate Friends is for you.

It takes courage to attend your first meeting,

but those who do come find an atmosphere of understanding from other parents who are having or have experienced the feelings of grief that you are now feeling. There are no registration fees; to share or not to share is your choice, you do not have to speak a word if you do not care to. If you are more comfortable bringing a friend or relative along with you, please be certain they will be most welcome. The TCF Credo really says it all, "... We Need Not Walk Alone, We are The Compassionate Friends.

Helpful Hint...



There is a huge difference between living in the past and remembering the past.

--Angie Cartwright, Grief The Unspoken Website

Book Review ...



Into the Valley and out Again, by Rich Edler

This is an honest, direct, and deeply moving narrative of a father's journey from the depth of grief to a reaffirmation of life, following the loss of his 18-year-old son, Mark. It is a story of sorrow, acceptance, faith, and renewal; helpful to the bereaved and also to those seeking to understand the grief journey. This book includes a separate chapter written by Richard's surviving son, Rick, providing a sibling perspective. It is available in our chapter library.



Extra Meeting...

Lori Galloway is leading 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 March 21st. 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.

I cried in my car, and was ignored.

I cried in church, and was pitied.

I cried at work, and was shunned.

I cried at home, and was hushed.

I cried at The Compassionate Friends,
 And others shared their tissues and tears.

--Nora, TCF, Greenville, SC



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 Barcnas
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

Cheianne Jayda Berry
Born: 12/2001 Died: 7/09
Mother: Kristina Berry

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

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

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

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

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

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

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

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



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

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

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

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

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

Michael A. DiMaggio
Born: 10/54 Died: 7/01
Parents: Neno & Helen 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 Fraze
Born: 5/79 Died: 7/07
Mother: Kathy Cammarano

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Maddison Grace Herrera
Born: 5/14 Died: 5/14
Parents: Gabriela Partida & Jesse
Herrera

Kent Hisamune
Born: 6/00 Died: 6/00
Parents: Toshi & Hideko
Hisamune

Jesse Hoffman
Born: 1/86 Died: 8/10
Mother: Gina Hoffman

Hope Ann Honeycutt
Born: 12/62 Died: 6/00
Mother: Donna Honeycutt

Adria Horning
Born: 12/91 Died: 3/07
Parents: Gary Horning & Linda
Cipriani

Jeremy Michael Howard
Born: 7/83 Died: 6/94
Mother: Donna Howard-Scruggs
Grandmother: Charlotte 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 Lauhere
Born: 9/74 Died: 3/96
Parents: Larry & Chris Lauhere

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Elliott Shawn Oliver
Born: 8/75 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

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

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

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

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

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

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

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

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

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

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

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

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

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

Aaron Rico
Born: 12/89 Died: 12/10
Parents: Cameron & Annette Rico

Keith Patrick Riley
Born: 3/69 Died: 10/99
Parents: Kevin & Debby Riley

Christopher Rivera
Born: 10/67 Died: 1/06
Mother: Katherine Wagner

Ryanne Robles
Born: 10/12 Died: 10/12
Mother: Glenda Osborne

Edwin 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 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

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: 8/09
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

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

Catarina Sol Torres
Born: 12/16 Died: 12/16
Mother: Sheri 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: 2/84
Mother: Erin Adams

Jennifer Winkelspecht
Born: 7/75 Died: 8/95
Parents: Brian & Lisa Winkelspecht

Jordan Michael Witte
Born: 1/87 Died: 11/08
Parents: Licha & Mike Witte

Bob Woodyard
Born: 7/55 Died: 10/08
Bill & Barb Woodyard

Amy Woolington
Born: 10/85 Died: 1/07
Parents: Pam Weiss & John Woolington

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

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

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

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

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

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

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

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

Birthday Tributes...



In honor of your child's birthday, we welcome you to submit a birthday tribute. Though your child is no longer here to buy a present for, think of this as a birthday present about your child. This tribute is an opportunity to share your child with us all. (We thank you for any birthday donations that help offset chapter expenses.)

* Please remember we are always working a month in advance and need your tributes by the first of the month preceding the actual birthday.

A Birthday Tribute to:

Alex J. Mantyla

Mar. 1989 - Aug. 2008



Happy Birthday, Alex!

It's very hard to believe you would be turning 28. We can still picture you riding your "Big Wheels" up and down the sidewalk or running in the sand to catch a wave with your dad. We still smile at your excitement of going to your first school dance. Then suddenly you were in college. How did that happen so quickly?

Sometimes it's very hard to think that all we have left of you are memories. Most of the time, though, we are just so grateful to have so many happy memories of you and the times we spent together. Yes, we struggle with our grief, sometimes more than others. We are comforted, though, when we think about the great life you had and the joy you gave to so many. You were everything and more that we could have ever wanted in a son. We feel your presence always. Thanks for watching over us.

Love, Mom and Dad

For Siblings...



Death of a Sibling:

Issues for the Grieving Child

When a sibling dies, the surviving child reacts both to the loss of his or her sibling and to the change in behavior and grief process of his or her parents. A sibling's grief response may be longer or shorter than the parents', and the sibling may have a different understanding of the death. Siblings often are asked numerous questions about their brother or sister's death by their peers and other adults. This can feel overwhelming to a child.

An ill child often receives more attention from parents than a well sibling. The surviving child

often believes he or she will get more attention from the parents after the death of the sibling, and then he or she is disappointed when those expectations are not met. The surviving child also may grapple with identity and role issues after the loss. "Am I still a little brother?" "Who's going to take out the garbage now?"

Grieving parents sometimes are overprotective of the remaining siblings, concerned that they may die or become ill as well. Other parents place expectations or unreasonable demands on the remaining siblings to take on the responsibilities and roles or to have the attributes of the deceased sibling. It is important that parents avoid being either overprotective or over permissive with a grieving sibling—despite the temptation. Care should be taken not to make comparisons between the deceased child and the siblings, as it may lead to the surviving children feeling inadequate. Care also should be taken not to assign inappropriate responsibilities to a child that the deceased sibling used to have—especially responsibilities that are not developmentally appropriate.

For all these reasons, grieving siblings need a lot of reassurance from their parents that they are loved for who they are and that they will be cared for and supported. They need to be reminded that they did not cause their brother's or sister's death. They also should be encouraged to share memories and hold keepsakes of their deceased sibling and to participate in family rituals related to the deceased child.

--By Robin Fiorelli

" 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



For Grandparents...

Grandparents Are a Special Gift

Grandparents are a special gift that God gives to each child. Their love outshines the brightest star... Their love can never be defiled. Oh, but when a child becomes an angel, Grandparents feel the pain and sorrow. Beyond any pain they've known in life... or will ever come to know.

For a grandparent holds a special love for the child their child has had. And, to lose what they hold dear... Leaves them heartbroken and sad. Their legacy is their grandchildren... So how can they learn to survive? Will the dreams of their tomorrows somehow be kept alive? Yes, a grandparent is a survivor... And life has taught them how to be. For their wisdom, courage and love is carried from them... to you and me.

-- Kaye Des' Ormeaux

From Our Members...



I Don't Like The Pain

I don't like the pain, the pain deep in my heart,
 In the pit of my stomach, I avoid the pain.
 I glance at your pictures, not spending too much time,
 Staring at your beautiful eyes, your lips, your smile, so perfect.
 I go into your room, kiss your picture and your pillow goodnight.
 Touch your blanket, turn the light off and quickly go down the hall to my room.
 I don't like the pain.
 I don't like the pain, but I don't like the distance either.
 Tonight I went into your room and I did not glance at your picture as before.

Tonight I stared at it and I thought and I remembered and I cried.
 I felt the pain as the tears flowed from my eyes.
 The pain is worth it.

I need more than a glance right now.
 I have made the choice to let the pain in.
 In exchange I get to remember.
 Even though it is hard, I realize I need more.
 This time I put my head on your pillow and close my eyes.

I can see you laying there like an angel, so peaceful and beautiful.
 I open your dresser drawers and touch your clothes to my face.

Before I leave your room tonight, I sit on your bed with your picture in my hand
 And I look at your face.

I study you with appreciation, with love, with tenderness a mother has for her daughter.

I don't like the pain.

But the pain is my reality, and I accept it because I want to remember.

--Nancy Fisher in memory of Emma

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... The Compassionate Friends is pleased to announce that Orlando, Florida, will be the site of the 40th TCF National Conference on July 28-30, 2017. "Rays of Sunshine, Oceans of Hope" is the theme of this year's event, which promises more of last year's great National Conference experience. The 2017 Conference will be held at the Hilton Orlando Bonnet Creek. We'll keep you updated with details here, on the national website as well as on our TCF/USA Facebook Page and elsewhere as they become available. Plan to come and be a part of this heartwarming experience. Conference Registration and Hotel Reservations opens on February 15, 2017

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: March 1st for April 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) 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)	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 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 LEADER: Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

WEBSITE: Joe Zelik

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.

Please accept this donation for your organization and monthly newsletter.
D.J. Goodman

In loving memory of our son, Mark Edler, November 1973 - January 1992 and my husband, Rich Edler, November 1943 - February 2002.
Kitty Edler

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
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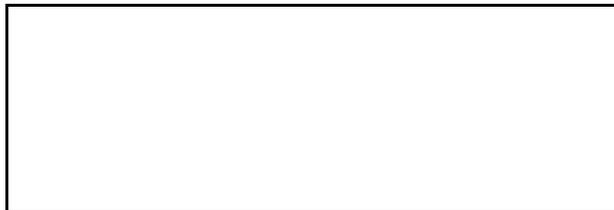
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"Know that people
are like stained glass windows
They sparkle and shine
when the sun is out
But when the dark times set in
The light can only come from within. "
--Elizabeth Kubler-Ross

--Return Service Requested--

March 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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