



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

APRIL 2010 ISSUE

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OUR REGULAR MEETING
will be April 7th, the first Wednesday
of the month at 7:00 P.M.

LOCATION:

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

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

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 East church parking lot and not on the street.--

WHO ARE WE...

The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.

We gather to listen, to share, and to support each other in the resolution of our grief. You need not walk alone, we are The Compassionate Friends.

COMING IN APRIL...

This month our topic will be **Dealing With Different Types of Death.**

Upcoming Events... June 2nd, Balloon Liftoff.
November, 3rd, Remembrance Potluck.
December 12th, World Wide Candlelighting.

TCF Lunch Meeting: join us for lunch at Mimi's Café every Friday at 1:00. (Crenshaw and PCH). ***We need HELP folding newsletters there on the second Friday of each month.***

South Bay/LA Chapter of TCF
P.O. Box 11171
Torrance, CA 90510-1171
(310) 953-5230

<http://www.tcfsbla.org>

Chapter Leaders:
Needed

The National Office of TCF
P.O. Box 3696
Oakbrook, IL 60522-3696
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<http://www.compassionatefriends.org>

April 7th topic... Dealing With Different Types of Death.

When death comes without warning, the shock is overwhelming. When your child dies due to a lingering illness or injury, your grief may be complicated by emotional and physical exhaustion. If your child's death was at the hands of another, you are faced with even more complications. No matter how your child died, there are similarities and differences that are unique for various causes of death. To get our meeting started, we will be exploring the differences that emerge in various types of grief, as well as the commonalities we all face after the death of a child.

No matter how your child died, the loss and overwhelming feelings we struggle through will be lessened by understanding how universal those feelings are. By sharing with our Compassionate Friends, we reach out to others who may be facing the same struggles we have already gone through. Please come and support the newly bereaved in understanding the various struggles we all face in our grief. Don't underestimate the strength and support your comments and experiences can make to another bereaved parent. Remember our motto... We need not walk alone. We are The Compassionate Friends.

The Greatest Grief

A sudden accident killed your child. That terrible phone call changed your life without warning -- you didn't get to say goodbye - this has to be the most terrible loss of all.

Your child died by suicide - you feel you should have been able to prevent it. Your guilt is devastating. How can you live with such an incomprehensible tragedy?

You had only one child - now you have none and your focus in life is gone. What's the point of living? What could be more devastating?

When your baby died, your dreams died - you have few memories and you're too young to be suffering like this - this loss is most unfair.

Someone murdered your child - an unbelievable violation - you're angry and your

frustration with the legal system feeds your anger. This must be the very worst.

You're a single parent -- your child has died and you have no one to lean on, no one to share your grief - surely your suffering is the most painful.

The unbelievable has happened - your adult child died -- you had invested so much in that child -- now who's going to help you in your old age?

You had to watch your child suffer bravely through a long illness - you were helpless to ease his pain and to prevent his death - how do you erase those horrible images? Yours must be the greatest grief.

The truth is that the death of any child is the greatest loss, regardless of the cause and regardless of the age. Our own experience is far more painful than we had ever previously envisioned, so how could we possibly comprehend what others have undergone? To make comparisons between our own suffering and the pain of others is an exercise in futility. It accomplishes nothing and sometimes can be hurtful to others. To say that one type of death produces a greater or deeper grief than another tends to place different values on the children who have died. Each child is worthy of 100% of our grief, each person's sorrow is 100%, and each loss is 100%, because we love each child, those still living and those who have died with 100% of our being. I can't imagine wanting to walk in the shoes of any other bereaved parents, can you?

--Peggy Gibson, Nashville, TN TCF

Sudden Accidental Death



This will touch on a few of the real problems we encounter in traumatic grief experienced from the sudden accidental death of a child: shock, guilt, unfinished business, lack of closure, negative attitudes or obstacles to recovery, and anger. We don't want to make judgments on which kind of grief is more difficult, but sudden death is recognized as one of the most difficult to recover from because of the tremendous shock involved. It will be longer, lonelier, and more hazardous to your lasting emotional stability than if you had been able to

anticipate the loss and to communicate with your child before death.

One of the large differences between sudden accidental death and death by long-term illness or anticipatory death, is the shock involved. It is the primary factor. This shock affects the body as major surgery would. Shock is marked by a lowering of blood pressure, coldness of skin, rapid heartbeat and an acute sense of terror. Therefore, we may experience immediate physical problems upon learning of the death of our child. The physical problems we encounter include excessive tiredness, headaches, stomach problems, and strange heart activity. These may come at any time in our bereavement and often come and go.

Emotional or psychological shock is indeed of even larger significance. It is of unfathomable proportions, initially there is alarm because in an instant our whole lives are changed; there is disbelief; the overwhelming reality is more than we can comprehend. We think there must be a mistake. Often we experience a numbness. Later we go through this feeling of numbness again, and it may last for weeks or months.

When the numbness wears off, we go into our intense grief experience. There are tears, and depression. We relive the events surrounding the death over and over. Usually by this time the highly emotional experience may cause us to think we are mentally unstable, and that we are losing our minds. Just remember that you are not alone, and that the others of us who have had our children die in this manner have felt the same things. Don't hesitate to seek professional help if you feel you need it or if you appear to be "stuck" in any of the stages.

With sudden death there is usually a feeling of guilt. It may be self-imposed or real. We remember punishments that were unresolved, arguments that were not reconciled, and there is always the question of "Could I have prevented it?" We ask ourselves the question "WHY" over and over. I know now that this question is often unanswerable, but we all ask anyway.

In sudden death we have no chance for

closure; no chance to say good-bye. This adds to the burden as we think of what we could have or should have done. We are hindered in accepting our child's death by negative attitudes that arise from our questions and our need to place blame. We have been hurt beyond our wildest dreams and must allow ourselves to express whatever emotions we may feel. It may not be pleasant for those around us, but it is necessary. We must work through our emotions; get them out. There are many forms of denial; learn to recognize them and work through them.

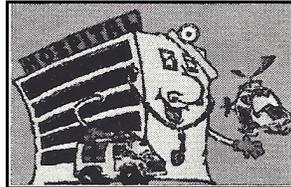
People release their emotions in different ways. Crying is helpful and necessary. Talking is of utmost importance. This is one of the primary functions of The Compassionate Friends. We'll listen to one another where our friends are

likely to hand us a drink or a tranquilizer as they grow weary of listening to us. We need to talk for months and sometimes years about our experience. Many of our feelings may frighten us,

but know that they are normal, natural, and to be expected. Even thoughts that we are NOT losing our minds; it only feels that way.

The circumstances of sudden death cause loneliness. Few people can identify with us because our circumstances are practically unique. This uniqueness isolates us. Another of our severe problems is often anger, which might be better described as rage. It can be anger focused on individuals who were responsible for the death of our child, at medical personnel who we feel did not do the right things to save our child, at God for letting this happen to our Child, and anger at people around us whose lives are happy and whose children are healthy. We may even feel anger at our child for dying and leaving us with such a burden of grief. Anger is normal, but, if denied and repressed, can be turned inward and become expressed as a depression.

Depression can lead to thoughts of suicide. Get help if it lasts too long. Anger gives us tremendous energy and that energy can be used. It can be focused on healthy outlets. For instance, take up a cause, work for stricter law enforcement against drunk drivers or gun control issues. Use that energy positively; it will give a sense of accomplishment and renewed self-esteem. Bereaved parents are in grave danger



of drug and alcohol abuse, for these are tools that sometimes give temporary relief. Drugs and alcohol are merely means of putting off the grief process. Grief work will have to be done eventually and our literature tells us it is worse when put off or delayed.

With the death of a child we as parents experience the ultimate failure - we are supposed to be invincible where our children are concerned and now we have failed to keep our child alive! Suddenly our belief system is shattered. The suddenness of the death has robbed us of our confidence in ourselves. We have low self-esteem. We suffer from lack of motivation due to our severe fatigue. We have nothing left to believe in, not even God, for some. We are totally insecure. We are placed in the position of continuing to deteriorate or to begin to rebuild our lives by rebuilding our beliefs, our self-confidence, and our self-esteem. The choice is ours. Choose to live. Our children would want us to not only just live, but to continue to grow and love.

--Fay Harden TCF, Tuscaloosa, Alabama

My Struggle with Grief



The pain and sorrow, the feelings of emptiness and loneliness, and the loss of purpose and hope that swept over me when our 13-year-old son, John, died may be feelings that overwhelmed you, too, when your child died.

Ours had been an 11 month battle with an unconquerable foe. Our fun loving, athletic, curious, and clever son was diagnosed as having a rare type of cancer. There are two things that I think make losing a child as a result of a prolonged illness particularly traumatic and difficult. The first is the closeness that develops between the child and his family, particularly his mother or the person caring for him most as the child becomes more dependent for support, understanding, and physical care. That closeness developed to such an extent during his illness that the person I came to know best and care about most was that struggling child.

From my own experience and from others, I have talked to who have had similar

experiences, I am convinced that having a child who has a life-threatening disease is as close to having that disease and suffering through the treatment as is possible, without actually having it. I used to dream that I was having radiation and chemotherapy during John's treatment. Perhaps this results from a real desire on the part of the parent to take the child's place since there seems to be little else they can do. So the loss leaves such an empty place, one that cannot be filled, and for me there was a real desire to go to be with that child. Perhaps just as devastating is the unbelievable frustration of losing the battle.

John referred to his chemotherapy protocol as his "sentence in a prison camp." And he believed that he would live through it and come out a better person as others had before him. He had the finest medical care available. Still he died. There was and is no way to change these facts.

The situation I faced after John's death was frightening. Life will never be the same. I will always be disappointed that John did not have a longer life, but I will always be proud of him and love him. I continue to search for ways to bring love, hope, and meaning to my life as I try to make use of my one gift of life.

--Excerpts from an article by Dorothy Schafer TCF, Atlanta, GA

The Murder Of My Son Sam

My second son, Sam, age 21, had been murdered on the street in downtown Atlanta. He made the last mistake he will ever make on that December night: he resisted a robbery. Up until then, I only thought I had problems. I had lost my father, my marriage of twenty years, had survived cancer, and the heartbreak of having one of my sons rebel against the very things I had instilled in him. But all of this was minor compared to the shock and pain of Sam's death.

When someone came to tell me of his murder, I felt as though I had been split down the middle with a chain saw without anesthesia. I had been trying to work through all my emotions for over a year. But the horror and heartache of having him die so needlessly and senselessly, of having him robbed of the dignity of the choice of life - the right to live, my feelings about his

murderers, whoever they were, my anger at his friend who ran and deserted him at the time of the robbery, the seemingly lack of interest of the homicide department, the unwanted attention of the media, the morgue, the autopsy, the burial, and my anger at the mayor for his refusal of the courtesy of an answer to my letters, was all too much. And, all the while I felt I was losing my mind because my "normal" friends, those who had not outlived a child, were telling me I should be "all over it" by now, and I believed them! I needed to know I was sane.

Attending the Compassionate Friends meetings helped me to know that my feelings, whatever they were, were normal for me. I learned it was okay to be both angry at my son for his stupidity and carelessness in resisting a robbery and also proud of him for standing up for a principle that said what was his, was his. The compassionate people who attend these meetings helped me save my second marriage because I didn't understand my husband's grief. They helped me to learn to express my anger at God for what I felt were His failings, and then to forgive Him and find peace, understanding, and love from my God again.

I loved my son more than myself. We had loved and fought for half of my lifetime. He was a big giver and a big taker and was the "life" of our family. He had a sense of self-worth, knowing who he was and where he was going. He had a lot to give. I lost a large part of my future when he died, as well as my pride, my joy, and happiness. I was consumed for a long time with what I had lost.

Today, I am no longer angry at Sam. I have given him the right to make his own choices with his life. I remember the good and bad of him, for he had both. My son's life had a pose, and with the help of TCF, the many hours on the phone and in the meetings, his death had a purpose. Today I am a stronger, better person for having experienced Sam's life and his death.

I still don't know who murdered him, but I have been able to put that aside, recognizing I may never know and this is something I can do nothing about. I refuse to let it consume me for the rest of my life. I am now a more complete

person, and ready to move forward.

If you are struggling with the aftermath of a murder, I hope you hear my message that it will be better. It takes time, but most worthwhile things do.

--Jayne Collins, TCF, Atlanta, GA



Losing More Than One

For many years after my children were killed in a horrific road accident, I was obsessed with the fear that they had suffered and had called out to me in the pain. My fertile imagination created scenes of horror that would make violent movies look like a Sunday picnic. These fears were only assuaged when I spoke to people who had survived a car crash, in which passengers had died, and who described nature's anesthetic - a total lack of recall of the incident. I believed every word. I had to in order to stay sane. My irrational guilt of not having been there haunted me.

Every night before falling asleep, I played out my ritual of saying goodnight to each of them in turn. Sometimes I would fall asleep before completing my ceremony. The next day I would feel guilt ridden and beg forgiveness from anyone who was left out. Eventually I learned a magic formula - to devote a full night to only one at a time. I wallowed in the luxury of having any of them to myself for as long as I cared. I learned to rotate the order of speaking to them. It was an important lesson that I had learned.

Working with my grief for all four at a time was overwhelming. I had to separate them. They were unique individuals; I had a different relationship with each one when they were alive, so why should it change because they are dead? I felt so much better, and wanted to stand on the rooftops and shout out loud to all parents who have suffered the loss of more than one child; to relate to each one separately and differently, as you had always done. Hard as it may be at first, it is far more satisfying than trying to handle the family as one unit.

I am now able to invite anyone, or all four members of that precious family, to spend time with me. I sleep more peacefully these nights.

-Miriam Biderman, TCF Cape Town, South Africa

The Stigma of Suicide

Our son, David, committed suicide! But, how could it have happened to *US*? Suicide is something that always happens to someone else. Could it be as a mother I was too permissive? Yes, that's it. I spoiled him, and I indulged him. I wanted his world to be happy, perfect. I didn't permit him to taste the rough side of life, and to know how to handle disappointments and discouragements.

No, that's not right. We really were too strict with him. Perhaps we were too harsh in our discipline-that's it. In our parenting we required respect, courtesy, and consideration. Perhaps we went just a little overboard in our discipline. We broke the spirit while trying to break the will. We experienced ambivalent thoughts such as these, along with the feeling of failure as parents because our son was dead. Yet, our friends' sons lived – so, they were the good parents and we were the bad parents? The feeling that "if only" his death had happened some other way - an illness, an accident in his car or on his motorcycle that I never wanted him to buy. And what about a suicide for those of us who have "grown up in the Faith"? Is there forgiveness? What is the "destiny of the soul"?

Now, almost five years later, I am no longer closer to the answer to the big question *WHY* than I was before. I believe it was necessary for a time for me to struggle and agonize with the *WHY*, the "what its", and the "if onlys". It was just as necessary for me to lay to rest these unanswerable questions, if I were to ever enjoy life again. When our son died, all I could do was zero in on the enormity of the loss. I could not see what I had left or that life would ever again hold any happiness for me. Now I can count my blessings in a way I never could before.

About my role as a parent. Given the same set of circumstances, the same inexperience in parenting, I would more than likely do the same things. After some time, I chose to start the day by saying to myself, "I made mistakes, there were things I did I shouldn't have done, there were things I didn't do I should have done, but not once did I begin my day by saying, "Let's

see just how miserable I can make my children today." I loved them. I did the best I could.

What about the question of suicide verses another type of death for my child? True, suicide carries with it perhaps more guilt and anger on the part of the survivors, and, perhaps we have to deal with the "whys" and the "if only's" longer and in more depth. But, in the three years I have been involved with The Compassionate Friends, I know now that my pain is no greater than those who have lost children by some accident or to a lengthy illness.

We know beyond any shadow of a doubt that our son loved us. We know he knew we loved him. This is very important to us now, and we hold on to what we know. What we don't know is the "dark Abyss of the soul." We chose to believe that though his death was at his hands, he had no more control than one who died from some other form of illness. He was ill.

How did we deal with the "destiny of his soul," and find peace? It didn't happen overnight. I am a person of strong faith, who has gone through doubting, as perhaps many of you are doing now. I wish I could give you a pat answer. I can't. I choose to think about a God of love and mercy and not to dwell on one who condemns one who is ill enough to take his own life. The meanings of words such as faith and trust have taken on a new dimension in my life.

I am a reader, and I have read just about every book I could get my hands on, which also included reading the Bible from cover to cover. For those of you who ask how long this takes, I can only speak from my own experience. My fourth year, I started setting goals for myself. It was my "good" year. Joyce Landorg, author of "Mourning Song", says it takes from four to five years to survive a suicide. I do believe now that had I been involved with a sharing group such as TCF earlier in my grief, the healing would not have taken as long. And by healing, I in no way mean I don't still hurt, I don't still miss, and I don't still have my bad days. I do! But they are fewer now than they used to be, and most of the time I know better how to deal with them.

It is good to once again experience some happiness. Five years ago I didn't think it would ever again be possible. It would not have been had it not been for a loving husband, the constancy of caring by family and a very dear



friend, and - so very important - those of you who cared enough, even though your grief was as great as mine, to give of yourself the greatest gift, in starting a chapter of The Compassionate Friends. My gratitude and thanks to each of you!

--Anne Garrard TCF, Atlanta, GA

Sweet Baby Girl

It's been five long years,
Yet it feels like only yesterday
Since we held you and kissed
you good-bye,
That early Easter Morning.
So few memories to hold onto,
As we left the hospital with empty, aching arms.
Gone, were the hopes and dreams we had for
you.

Replaced, with only the intense pain and tears
of grief.

How could we say good-bye ...
When we never really had a chance to say
hello?

Your footprints will remain on our hearts
forever,

Time cannot diminish our love for you.

Mommy and Daddy

--Debbie & Clay Pearson, TCF Winnipeg,
Canada

Mother Nature

If we, as parents, waited nine long months
for the birth of our dreams, would you not
expect us to love her? If we brought our new
baby home with us, would you not expect us to
care for her, nurture her, and adore her?
Anything less would be considered abuse,
wouldn't it?

But what if her sweet cry sounds only once,
and our happiest memories are of the months
she lived and grew within? What if she gazes
into my eyes only once and all the photographs
in her baby album can be counted on one
hand? What happens then?

What do we do when the milk comes in, and
no one is here to drink it? What do we do when
we awaken for the two a.m. feeding and rush
into the nursery, only to find it empty? What

happens when my tummy begins to flatten, and
my pregnant body returns to "normal", and we
still have no little one to hold? Where are the
smiles? Where is the joy? Where is the baby?

What if morning sickness suddenly becomes
mourning sickness? And postpartum depression
occurs in the midst of grieving the death of our
baby child? What if the "new parent" instinct still
kicks in and there is nowhere to direct it? And
what if the only cries in our house are our own?

How do we explain that certain things nature
intended to happen when a baby is born, still
happen? Except the most important part.
Apparently, my tummy is empty, and yet the
cradle is empty, too. (My mind can't comprehend
this craziness). What if our love continues to
grow as the weeks and months and years
gradually slip away. And our precious little girl
never ... Ever. .. Comes home?

--Dana Gensler, TCF South Central KY

Signs of Healing and Adapting

- * The amount of time spent in the clutches of
grief diminishes.
- * Time between bouts with grief lengthens.
- * Sleep and eating habits resume a degree of
normalcy.
- * Irritability and disorganization subside.
- * The ability to concentrate and make decisions
returns.
- * Flashbacks and preoccupations lessen in
frequency and intensity.
- * Physical health returns.
- * Interest in social activities resumes selectively.
- * Resumption of meaningful pursuits begins.
- * The bonds of emotional attachment loosen as
evidenced by:
 - * The ability to part with some belongings.
 - * The establishment of new connections with the
deceased.
 - * Visits to the cemetery taper.
 - * Legal entanglements are brought to a close.

These indications of healing are by no means
exhaustive and one need not have each one to
be on the right track. The manner and timing of
healing vary with the individual. Even when
healing is coming along well, and perhaps
forever after, something will trigger a relapse
and the parent will be back to square one,



experiencing grief in all its intensity. However, these bouts, and they are bouts, become less frequent over time; they last a shorter period of time; the intensity diminishes.

-- Dr. Judith R. Bernstein

Crystal's Corner...



Greetings TCF Members,

The TCF South Bay Chapter now has a Facebook Fan Page!

This is a great tool to keep our members in touch with each other and to hear about upcoming events or volunteer needs. Go to your Facebook account and input the following in the search box:

The Compassionate Friends Los Angeles
Click on the South Bay Los Angeles chapter page and then click on "Become a Fan"
Updates will be shown on your main page.
Email crystal@tcfsbla.org if you need help.

If you are on Facebook, then you can subscribe to the TCF South Bay chapter facebook "fan" site as well.

This page will be utilized to help keep members informed about upcoming events, meetings, and topics. This will be in addition to the fantastic newsletter that is sent out every month.

We will also post volunteer opportunities or helpful information and tips. We encourage members to also partake and utilize the site to keep in touch with fellow members, post birthday or anniversary tributes, photos and messages, or whatever else feels appropriate.

Here is the direct link to the fan site:
<http://www.facebook.com/pages/The-Compassionate-Friends-South-Bay-Los-Angeles-Chapter/308602406110?ref=ts>

If you need assistance, please email crystal@tcfsbla.org

Please also pass along this link to your friends and family members who may be interested in participating in this online community site.

Thank you,
The Compassionate Friends South Bay Chapter info@tcfsbla.org

Friends and Family ...

A True Friend Indeed Of A Grieving Parent

- One who realizes you're hurting intensely and need immense assistance.
 - One who wants to help you.
 - One who decides to help you.
 - One who doesn't turn away from you.
 - One who offers comforting, hopeful words.
 - One who doesn't make promises and then disappears.
 - One who insists an "intruding" when most others hide behind the words, "I don't want to intrude."
 - One who doesn't say, "If you need anything, just call," as they back away from you.
 - One who recognizes that parents devastated by grief are not capable of calling for help. It must be proffered.
 - One who offers specific items of help: food, cheer, shopping, driving, company, etc. over the long haul.
 - One who does not feel they have fulfilled their responsibility of friendship by sending a card or making a "dutiful" condolence call(s) and then disappearing.
 - One who can understand and absorb unintentional anger which results from torment and still love you and support you.
 - One who is willing out of friendship to make a commitment to help a parent get through the WORST time of their life.
 - One who doesn't allow being uncomfortable or not knowing what to say or do, prevent them from helping.
- Mitchell Weiser, Albany/Delmar TCF Kingston

Newly Bereaved...

Night Agonies

In the deepest part of the night, when I am alone with my blackest grief, I reach deep inside myself and measure the depth of love for my child.

I focus on these feelings, now made unequivocal by death, and realize that an emotion so strong, so pure, cannot be obliterated by the physical act of dying. My love lives on.

This link to my child remains, unbroken, unaltered. This bond, the strongest two people can share, continues.

But how can it remain, if my child does not? A solid bridge must have a secure footing on either side. The strength of the love that flows to my child from the deepest part of my being remains as it was in her life. I must conclude it is still anchored in the very fiber of my child's soul—on the other side of death.

With the reawakened awareness of the connections of our love, I find proof of her continuance, a soothing reassurance that though she is no longer with me, she still IS.
--Sally Migliaccio, TCF, Palm Beach, FL

Welcome ...



You're Not Alone

At first you are numb-
Family and friends, they do care,
But when you can feel again
Family and friends are not there.

It may take them weeks,
It will take you years
To get through the pain
That still brings you to tears.
So you cry, and then you search.
You pray and you plan
To find answers to questions
They don't understand.

It takes someone special
To help ease that pain
Someone who will listen
Because theirs is the same.

In this room full of people
You have never known-
In this room there's compassion
And you're not alone!

--Tonie Mason TCF Northeast GA
Editor's Note: While it is never easy to deal with the death of your child, sharing your loss and pain with other bereaved parents can make the loss easier to bear. While some bereaved parents would rather just read the newsletter and try and deal with their pain on their own, I often wonder "Why?" Listening to other parents

share what helped them, and not having to go through this pain alone, makes it easier to bear. The old adage, 'Grief shared is sorrow halved', I find to be true. We invite you to attend a meeting and see how listening to the "experiences" of other bereaved parents can help.--L.V.

Helpful Hint...



The Season of Easter/Passover

Easter signifies the Risen Christ, the most hopeful and positive symbol of Christendom, and the Jewish Passover celebrates escape from oppression and slavery into the Promised Land. These holidays have not become burdened with required gift giving, home decorating, and lavish partying.

As winter ends, and the trees, shrubs, and flowers of our valley burst into bloom, many bereaved parents feel their spirits lift a bit, and the pall of gloom subsides for many. Some of our parents, in fact, leap into spring by planting a memorial garden for their child, which gives them something positive to do, and provides them with the pleasure of creating a little spot of beauty for them and their family and friends to enjoy. The exercise and getting out into these rare and beautiful spring days are an added health bonus. And to have flowers from your child's garden to bring inside to brighten your kitchen soon gives a special joy.

Whatever the approaching religious season holds for you, pitch in and welcome it! And don't forget the power of flowers - especially a spot of your own creation.

--Jackie Rohr, TCF, Ventura, CA

Book Review ...



Children Die, Too. A Centering Corporation resource, is one of the first grief books. We talk about feelings, dealing with guilt, facing sadness, and moving on. There are sections for other children. Supportive reading in a few pages. A good first book for parents. "No matter what you do to work through your grief, you'll find that everyone has different feelings and emotions." This book is also available in Spanish.

(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.)

The Promise

Cold winds blow across frozen ponds.
Snow lies deep upon the fields.
But the change has begun.
Daylight hours increase slowly.
With each passing day
later sunsets are more apparent,
Winter is ending.

For bereaved parents
the change is painfully slow,
the progress not always apparent
but the promise is the same.

Winter will end. Spring will return.

--Betty Stevens TCF Baltimore, MD



When the world closes in
and lies so heavily upon you ...
remember that I care.

When the ones with whom
you share your life seem strangers ...
remember that I care.

When love seems to only bring you pain ...
remember that I care.

What can not be, can not be.
But always remember, I care.
Never be afraid to come to me,
if you have need of the simplest thing.

No matter what it is ... I care.

--Kathy Carter Boss

Wishful Thinking

I thought I saw you today
But it was the shadow of a monarch butterfly.
I thought I smelled you today
But it was the fragrance of a rose blossom.
I thought I felt you today
But it was the fall breeze on my face.
I thought I saw you today everywhere
But nowhere.

--Sherri Allen, Springfield, IL, TCF

Together We'll Walk The Stepping Stones

Come, take my hand, the road is long.
We must travel by stepping stones
No, you're not alone, I'll go with you.
I know the road well, I've been there.
Don't fear the darkness, I'll be there with you.
We must take one step at a time.
But remember we may have to stop awhile.
It is a long way to the other side
and there maybe obstacles.
We have many stones to cross,
some are bigger than others, shock, denial, and
anger to start.
Then comes guilt, despair, and loneliness.
It's a hard road to travel, but it must be done.
It's the only way to reach the other side.
Come, slip your hand in mine.
What? Oh, yes, it's strong, I've held so many
hands like yours.
Yes, mine was one time small and weak like
yours.
Once, you see, I had to take someone's hand
in order to take the first step.
Oops! You've stumbled; go ahead and cry.
Don't be ashamed; I understand.
Let's wait here awhile and get your breath.
When you're stronger we'll go on, one step at a
time.
There's no need to hurry.
Say, it's nice to hear you laugh.
Yes, I agree, the memories you shared are good.
Look, we're halfway there now; I can see the
other side.
It looks so warm and sunny.
Oh, have you noticed, we're nearing the last
stone and you're standing alone?
We've reached the other side.
But wait, look back, someone is standing there.
They are alone and want to cross the stepping
stones.
I'd better go, they need my help.
What? Are you sure?
Why, yes, go ahead, I'll wait.
You know the way, you've been there.
Yes, I agree, it's your turn, my friend--
To help someone else cross the stepping stones.
--Barb Williams TCF. Ft. Wayne, IN



Our Children Remembered



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

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

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

Benjamin Richard Anthony
Born: 5/78 Died: 2/05
Parents: Wayne & Carolyn
Anthony

Robert H. Apodaca
Born: 12/55 Died: 9/89
Mother: Margaret Hall
Father: Al Apodaca

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

Brandon Armstrong
Miscarried: June 1995
Mother: Cheryl Stephens

Joseph David Artino
Born: 11/51 Died: 11/07
Mother: Nancy Graybill &
Step-father: Art Graybill

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

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

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

Christopher Barnhart
Born: 11/77 Died: 4/2007
Parents: Ron & Susan Mother
Sister: Stacy Pierce

Christopher Michael Barta
Born: 2/72 Died: 9/04
Mother: Mary Barta

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

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

Frank Becker
Born: 11/61 Died: 8/07
Parents: Al & Louise Becker

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

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

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

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

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

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

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

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

Tony Burack
Born: 12/63 Died: 12/87
Parents: Rita & Herb Burack

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

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

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

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

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

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

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

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

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

Ann Beresford Cox
Born: 12/61 Died: 4/92
Mother: Barbara Cox

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

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

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

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

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

Lee Denmon, III
Born: 7/79 Died: 3/03
Parents: Frances & Lee
Denmon, Jr.

Cori Daye Desmond
Born: 3/80 Died: 12/09
Parents: Mark & Monica
Desmond

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. Diecy, Sr.

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

Amy Elizabeth Dodd
Born: 1/74 Died: 7/002
Mother: Kathleen Dodd

**Our Children Remembered**

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

Myaka Kaitana Durham
Born: 1/04/06 Died: 1/04/06
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

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

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

Peter Joseph Fuentes
Born: 2/68 Died: 3/98
Mother: Pat Fuentes

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

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

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

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

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

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

Rachel Anne Hartman
Born: 2/91 Died: 7/04
Parents: David & Paula Hartman

Robert Hashimoto Jr
Born: 5/66 Died: 5/92
Parents: Robert & Shirley
Hashimoto

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: Becky & 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

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

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

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

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

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



Our Children Remembered



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

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

Thomas Sean Jordahl
Born: 7/67 Died: 4/03
Mother: Lynda Orr

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

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

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: 6/2009
Richard & Kris Keech

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

Timothy Michael Kerrigan
Born: 4/68 Died: 8/02
Mother: JoAnna Kerrigan

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

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

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

Bernard Lawrence
Born: 2/63 Died: 12/06
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

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

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

Anthony "Tony" Low
Born: 1/46 Died: 3/99
Parents: Frances & Matthew Low

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

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

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

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

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

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

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

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

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

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

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

Jamie Susan Mintz
Born: 11/52 Died: 12/04
Sister: Jessica Mintz

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

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

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

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

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

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

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

**Our Children Remembered**

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

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

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

Caitlin Nalani Oto
Born: 10/88 Died: 2/05
Father: Carl Oto

Sally O'Toole
Born: 10/53 Died: 03/85
Mother: Kay Arndt

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

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

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

Daniel Andrew Peterson
Born: 1/4/78 Died: 5/13/85
Mother: Gay Kennedy

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

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

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

Shannon Quigly
Born: 11/2/68 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

Tejal Pati Reddy
Born: 6/86 Died: 12/08
Parents: Pranitha & Krupa Reddy

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

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

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

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

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

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

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

Shaulamit Rose Scher-Gilfert
Born: 12/17/08 Died: 12/17/08
Mother: Aliza Scher
Grandmother: Adrienne Scher

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

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

Gerald Slater
Born: 2/71 Died: 894
Parents: Bob & Gwen Slater

Jeff Eric Snowden
Born: 2/61 Died: 6/01
Parents: Daryle & Sandra Snowden

Larry A. Stauffer
Born: 1/67 Died: 5/08
Mother: Shirley Finnin

Daniel John Swiggum
Born: 6/88 Died: 7/08
Parents: Stewart & Marian Swiggum

Kristi Nicole Taylor
Born: 5/80 Died: 9/94
Parents: Kathy & Cory Taylor

John Teresinski
Born: 12/67 Died: 1100
Parents: Beverly & Victor Teresinski

Ryan William Thomas
Born: 2/82 Died: 4/04
Mother: Linda Thomas

Laura C. Toomey
Born: 1/69 Died: 12/78
Mother: Michael & Elizabeth Toomey

Michael D. Toomey
Born: 4/62 Died: 2/05
Mother: Michael & Elizabeth Toomey

Nathan Torbert
Born: 1/78 Died: 12/05
Mother: Rebecca Williams

David Torres
Born: 6/66 Died: 3/06
Mother: Joyce Whirry

Marcelo Torres
Born: 8/81 Died: 9/03
Parents: Jaime & Carmen Torres

Brian Gregory Trotter
Born: 10/78 Died: 8/94
Mother: Abby Trotter-Herft

Ubong Jabari Uko
Born: 2/81 Died: 5/09
Mother: Denise Dues

Gregory Earl Veal
Born: 2/90 Died: 7/00
Mother: Virginia Veal

**OUR CHILDREN REMEMBERED**

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

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

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

Victoria Winchester
Born: 2/57 Died: 2/84
Mother: Erin Adams

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

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

Chris Henry Vogeler
Born: 9/66 Died: 12/04
Parents: Frank & Lois Fisher

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

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

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

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

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

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

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

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

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

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

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

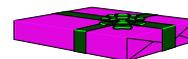
Eric Webb
Born: 6/85 Died: 10/07
Parents: Jim & Vickie Webb

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

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

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.)

Sorry, no tributes were submitted this month.

For Siblings ...**Little Sister's Eyes**

Do you miss your sister much?
We look into her eyes.
"I know she's happy in Heaven"
The four year old replies.
But every time I say her name
My mama cries.
Our dog, Sassy, is up there, too.
So he can play with Trish
He was Trisha's favorite dog!
So now she's got her wish.
Then, there's all those balloons up there that
every child loses.
Trish can play with all of them,
Anyone she chooses.
Trish can just look down on me
And she can watch me grow.
Yes she's happy in Heaven
I just know.
So, now I have a question
If you can tell me why,
It seems that when I say her name
My Mama starts to cry?"
--Quotes from Lacie Olson, age 4, by her
Mama, TCF, Bandon, OR

Dear Parents of Compassionate Friends:

I am writing to let you know how I feel and maybe how some of the other siblings feel. There have been times when my parents start really getting extra down about my brother. I usually leave the room. I feel that no matter how hard I try, I will say or do something that will hurt them more, or that they won't understand what I'm really trying to say. They already feel enough pain. I really love them, and I understand enough about how they hurt, but

I'm just not good at saying what I feel. It seems like it never sounds right. I also hold my emotions back from them. I always hear it is best to let it out, and I do, but not in front of my parents. I'm afraid they might try to hold their emotions back in front of me, so I won't get upset. I've had rough times for the past couple of years, and I'm still having hard times. So, I'm always afraid they will hold back if they see me getting upset. I know that would just hurt them more when they try to hold it back.

I love to talk about the good times my brother and I had, but I'd just rather be alone when I cry for him. Just once in a while my sister and I can talk about him, but that's the only person I can really talk to. I hope and pray with all my heart that my parents will understand, but I just can't talk to them. I miss my brother a lot more than I think they really realize. I love and care for them too much to go and upset them even more. Maybe I'm wrong, but please parents, understand how I feel. May we always be close.

Love, A Sibling

Appeared in a Louisville, KY newsletter

For Grandparents ...



From a Grandmother's Perspective

When the phone rings at a late hour, we all wonder, is someone ill? Is someone in town for a short visit? All of these options ran through my mind over six years ago. But that was not the real reason. I heard my youngest daughter sobbing and the words "Marie has died. She shot herself." Words no one wants to hear, but the truth must be faced.

When I saw my daughter, all I could feel was that my child was hurting and I could not kiss away the hurt. As a grandmother, you have the double hurt of losing a grandchild and also, not being able to help your child, except through love and support. My own grief had to be put aside.

Marie was seventeen and only a few weeks away from her high school graduation. She was being treated for depression but seemed so much happier and looking forward to being out of high school and getting on with her life.

The things that have helped me on the road to recovery are: a strong faith; talking with other survivors; giving what I can to help reach young people to encourage them to seek help when

they feel they have a problem. I know that it is vital, that I keep my story out in the open. Each one of us needs to know, they are not alone, there are other people out in the world that are survivors just like them.

Marie has a square on the Lifekeeper Memory Quilt and a memorial tree at her high school. Just this past year, I had a brick dedicated in the Children's Walkway in Frazier Park, Charlotte, NC. Last November, I attended the National Survivors of Suicide Day in Chapel Hill. Such a beautiful day of sharing and reaching out to each other, wherever each one may be in the healing process. In December, I attended the Memorial Service in Charlotte, NC at Frazier Park. Land has been set aside to honor children that have died. There is a brick walkway to commemorate our children. I stood with so many others beside the walkway where luminaries were lit, and watched balloons go skyward. I let Marie go and found for the present, a real sense of peace. If you ask me how many grandchildren I have, I will reply "eight" but in my heart, I say, "I just can't hug one of them."

--Written by Emily Sloop in memory of her granddaughter, Betty Marie Hoglen, who lived from 10/16/78 to 5/19/96 and also in memory of Emily's husband and Marie's grandfather, Jimmie Sloop, who also died by suicide on 6/15/82. Reprinted from "The Comforter", Cary, NC

From Our Members...



Emma, we are both on a journey.

My journey is still here on earth.

Your journey is among the stars.

My journey holds sadness along with joy.

Your journey holds only joy.

My journey knows pain, the pain of a broken heart.

Your journey knows no pain.

My journey will make me a better person.

Your journey will make your light shine brighter.

Our journeys are intertwined.

One day my journey will be among the stars, too, where I will join you once again.

--in memory of Emma Fisher, by Nancy Nisher, TCF South Bay/L.A.,CA

THE WAVE


Tidal wave
Heat wave
Sonic wave
Whatever you call it
Here it comes again
We just got passed
The first set of waves
Swim fast
Swim strong
Let's get over the top
We have been hit hard
And sure enough
Here comes another one
No time to rest
Even take a breath
It seems we have
Been caught in a
Rip tide
Tossed, turned and twisted
Upside down
We thought that we
Were ready
For whatever comes our way
Here comes the wave
It's just another day
--Richard Leach South Bay/L.A., CA in memory
of his grandchildren, Frankie & Vanessa Castania

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 Now on Facebook... Please visit and help promote The Compassionate Friends National Organization's new 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 such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

Our Website... We are now posting a tribute page for each of our children. Please visit the new site and add your child's information. You can also download the monthly newsletter which will help defray chapter expenses of the printing and mailing of your newsletter. (Please let us know if you can be removed from the regular mailing list.) Contact Crystal

at: crystal@tcfsbla.org and she will help you with the steps to create your own tribute.

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.

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 every Thursday at noon EST and are also archived on the TCF national website. Shows are also broadcast at 11 a.m. EST Sundays on a number of radio stations across the country and streamed online simultaneously at www.HealthRadioNetwork.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, 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: April 1st for May 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 or with someone that understands and can share your pain. The following friends are on the telephone committee.



Kitty Edler (National Board member) (310) 541-8221
 Karen Hlavaty (infant loss) (310) 326-9701
 Karen Merickel (310) 375-2498
 Richard Leach (grandchild) (310) 833-5213

SIBLING PHONE FRIENDS

Kristy Mueller (310) 373-9977
 Joey Vines (310) 534-4339
 Sue Gardner (sibling leader) (310) 316-3777

Regional Coordinator

Susan Hawkes (818) 249-7786

Memory Book... Our chapter has an ongoing Memory Book. 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 members' children.

Library Information ... At each meeting we have a library table. It is on the honor system. 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 the librarian 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.

Additional Grief Support....Bereavement Organizations and Resources:



The Compassionate Friends So. Bay/L.A.,CA:
 (310) 953-5230 Parent support group & newsletter for bereaved parents and siblings.

TCF National Newsletter: For all bereaved parents and siblings. *We Need Not Walk Alone*
 www.compassionatefriends.org or toll-free phone number (877-969-0010).

TRINITY CARE HOSPICE: Bereavement Coordinator
 Gayle Kirma (310) 257-3567

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.Livealone.org

SURVIVORS AFTER SUICIDE: Support Group for families that have lost someone to suicide. Contact Sam & Lois Bloom (310) 377-8857

BEREAVEMENT MAGAZINE: published 9 times a year. Articles for all types of grief. Subscription fee. Bereavement Publishing, Inc., 5125 Union Blvd., Suite #4, Colorado Springs, CO 80920

OUR HOUSE/BEREAVEMENT HOUSE: 1950 Sawtelle Blvd., Suite 255, L.A., CA General bereavement and bereavement for children. (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

THE GATHERING PLACE: Various support groups including support for loss of a child, support group for children 5-8, 9-12, and teens, (also Spanish). Call Claire Towle (310) 374-6323, Beach Cities Health Dist.

LOCAL TCF CHAPTERS



Brentwood/Santa Monica Chpt. TCF:

(310) 889-7726 meets -2nd Thurs.

Central L.A.: 2nd Wed. at 7:00 P.M. meets in Inglewood, (323) 769-5537

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

Orange Coast/Irvine: (949) 552-2800 1st Wed.

Orange Co./Anaheim: (714) 993-6708

Pomona/San Gabriel: (626) 919-7206

Redlands: (800) 717-0373 3rd Tues.

Riverside-Inland Empire: (909) 683-4160

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

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

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

A SPECIAL THANKS TO:

Post Net Printing for their help in printing our newsletters each month and to Reverend Karl Johnson and the Neighborhood Church for the use of their facilities for our meetings.

STEERING COMMITTEE OFFICERS

CHAPTER LEADERS: NEEDED

SIBLING LEADER: Sue Gardner

NEWSLETTER EDITOR: Lynn Vines

PROOF READER: Crystal Henning

TREASURER: Ken Konopasek

CARDS: Crystal Henning

WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Laurie Gray

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

In loving memory of Grant Hampton, March 1979 - July 2005. You are in our hearts and souls forever.

Love, Mom & George

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 So. Bay/L.A. Chpt.

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

In loving memory of _____

Birth date _____ Death date _____ Sent From _____

Tribute _____

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

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

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Good memories
are the perennials
that bloom again
after the hard winter
of grief
begins to yield hope.
-Sascha

April 2010

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

We need not walk alone. We are The Compassionate Friends.
We reach out to each other with love, with understanding, and with hope.

The children we mourn have died at all ages and from many different causes, but our love for them unites us. Your pain becomes my pain, just as your hope becomes my hope.

We come together from all walks of life, from many different circumstances. We are a unique family because we represent many races, creeds, and relationships. We are young, and we are old. Some of us are far along in our grief, but others still feel a grief so fresh and so intensely painful that they feel helpless and see no hope.

Some of us have found our faith to be a source of strength, while some of us are struggling to find answers. Some of us are angry, filled with guilt or in deep depression, while others radiate an inner peace.

But whatever pain we bring to this gathering of The Compassionate Friends, it is pain we will share, just as we share with each other our love for the children who have died.

We are all seeking and struggling to build a future for ourselves, but we are committed to building a future together. We reach out to each other in love to share the pain as well as the joy, share the anger as well as the peace, share the faith as well as the doubts, and help each other to grieve as well as to grow.

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.
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