



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

APRIL 2011 ISSUE

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

OUR NEXT MEETING
will be April 6th, 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)

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.--

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 start with "Tried and True Steps To Grief Recovery".

Upcoming Events: June 1st, Balloon Liftoff and pot-luck dinner.

Picture Buttons of your child are available. 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.

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

Chapter Co- Leaders:
Needed

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

April 6th Meeting...

This month our starting topic will be "Various Steps to Grief Recovery". People who are grieving want to get better, but often don't know where to begin. The goal is not to "get over" the loss, but rather to incorporate it into our lives. When we are grieving we want the pain to end ... to get through this tragedy and still be able to function.

While not everyone will grieve in the same way, many helpful suggestions will apply to each of us. Although there are no magic formulas that will guarantee the resolution of grief, at this meeting we will be discussing various solutions that other bereaved parents have used to regain control of their lives, and eventually, to make peace with their loss.

Steps to Making Progress



Allow Yourself

- To be imperfect.
- Whatever brings you pleasure and a little peace.
- To remember your child in whatever way you feel appropriate.

Force Yourself

- To keep communication open.
- To accept offers of help from family or friends.
- To go through the old routines again.
- To really listen to your spouse and children.
- To try an activity you used to enjoy.

Convince Yourself

- That every member of your family will and should grieve differently.
- That you won't feel dead inside forever.
- That your confusion about intimacy with your spouse is normal.

Let Yourself

- Off the hook for problems.
- Feel the anger.
- Feel whatever it is that you do feel about God.
- Treasure your special friends.

Teach Yourself

- To establish small goals.
- Everything you can learn about grief.
- To ignore well-intentioned, unhelpful comments of others.
- To let go of the moment of your child's death.
- To embrace the memories of your child.

Talk to Yourself

- To change the negative ways you think.
- About everything.

Forgive Yourself

- For not being the most perfect parent.
- For all the things that you did or did not do.

Find Yourself

- Now that you have changed into a different person.
- Without relying on drugs, alcohol, etc.
- By relying on positive techniques (reading, writing, new hobby, etc.)

Indulge Yourself

- By being selfish and doing something just for you.
- Because you deserve it.

Express Yourself

- By talking out your feelings.
- In a safe atmosphere, such as The Compassionate Friends.
- Through a new activity.

Forget Yourself and Give of Yourself

- By seeking out other bereaved parents and others in trouble.
 - By concentrating on others who are in pain.
 - To discover that **We Need Not Walk Alone.**
 - As a tribute to your child.
- Joe & Elizabeth Rousseau, TCF Sugarland TX

An essential for healing is to release regrets.

What you did or did not do; did or did not say.

Part of the healing is to forgive yourself.

And the others.

And life.

To fail to forgive impedes moving freshly ahead.

--Dorothy Corkille Briggs

For the Newly Bereaved

In the early stages of grief, you may feel completely hopeless. The thought that your pain will ever subside seems impossible. The idea that you will ever enjoy life again seems ludicrous. Holidays, birthdays, and death days seem intolerable, and your goal is simply to endure and live through them.

You may feel disoriented, removed from what's going on around you, and numb to feelings or emotions. In the early stages of grief, it is not unusual for people to have little desire to live. You may experience deep or mild depression and feel that no one understands your pain. You may vacillate between incessant talking and total silence. Most early grievers are oblivious to anyone else's pain and don't want to know that others are hurting.

In the middle stages of grief, the pain subsides every once in a while for at least brief moments. Some days, your grief is not your only waking thought, although you do still think about it frequently through the day. Waves of grief still come, but they do not last as long or come as often.

You may begin to realize that others have problems, and you may occasionally find yourself offering help and advice to another hurting person. Holidays are not dreaded quite so much, and you will probably have learned by now that you don't have to be tied to traditions and will feel free to celebrate special occasions in your own way. Death days and birthdays are still probably quite uncomfortable.

As you become more fully aware of the injustice of your situation, you may become obsessed with the thought that you must right the wrongs of the world. Grieving people can become driven and single-minded in their mission, neglecting everything and everyone else around them.

In the late stages of grief, you begin to find a new normal that seems somewhat comfortable. Obviously, you prefer to go back to the old normal but since you can't, you begin to view the "new normal" as an acceptable second best. You still think of your loss fairly often, but the waves of grief are infrequent. You begin to make your grief work for you by sharing your story, getting involved in support groups, and

helping others. Holidays are tolerable, and you may even look forward to some of them. The impact of birthdays and death days has lessened, but you know they will never be forgotten.

As you work through the later stages of grief, you desire to "start living again." You look forward to things being exciting or thrilling again, but you discover that, because of your traumas, the edge is off life. You have been robbed of your innocence - that ability to trust unconditionally. You will never view life through "rose-colored glasses" again. You are determined to make this experience count, but you may feel unsure about yourself. Your confidence may waiver.

It is necessary for each person to grieve - in his/her own way and at his/her own pace. Grief will include various combinations of tears, talking, silence, depression, anger, fear, guilt, helplessness, and hopelessness, as well as a multitude of other emotions. Healthy grief will eventually be resolved.

For some, this will take a few months; for others, it will take years ...

-With permission to reprint: Adapted from *When Your Dreams Die*, by Marilyn Willett Heavilin



Spring is Coming, and Easter, and ...

Last month we were still dealing with the winter doldrums. Now I see the signs of spring all around- trees budding, daffodils blooming. Sometimes it is hard for parents to see these signs of new life, knowing that their child is not here to share this new season. Winter seems in tune with us; when spring comes, the earth shrugs off its dormancy. Are we supposed to come out of our grief? For some, the change of season helps, but for others it is almost an insult.

Then there are the holidays, religious and otherwise. Passover is coming - the Jewish festival celebrating the release of the Israelites from Egypt following the last "plague" when the Angel of Death took the firstborn of each house not marked as Israelite. Wow, I never thought of this story from the viewpoint of the Egyptians, but the death of my child made me sensitive to stories of bereaved parents. How did they manage to function to chase the Israelites?

Then there is Easter. My son died the week

before Palm Sunday. I went to a small Easter sunrise service at my church - and was stricken at the hymn that asks, "Where, O death, is now thy sting? ... Where thy victory, O grave?" While I understand the meaning of the words, it made me think of my son and my loss; I know the victory of the grave and the sting of death very well.

Then before we know it, there will be Mother's Day and Father's Day displays out. I'm one who believes it is helpful to give a little thought to these things in advance. Not too much thought for me, since anticipation can be worse than the actual event, but enough so that I choose when I think about past holidays rather than having them hit me suddenly when I come upon an unexpected reminder.

Mary Bryant used an analogy of spices for emotions. When she was newly bereaved, all her emotions were spilled out and mixed together suddenly without her control. As she healed, she still experienced the same emotions but had more choice. She could, and often did, choose to remember an event or an emotion without everything rushing back at her. The ability to do this at a safe time and place is a sign of progress in the grieving process.

--Tracy Rhein North Little Rock, AR

Spring is Coming



If you are newly bereaved and looking toward your "first" spring, you may be surprised by some of the feelings you may experience during the next few weeks. We hear so much about the beauty of spring - the new life and the feelings of renewal that are supposed to accompany this lovely time of year. During my "first" year, I expected that spring would cheer me up, and make me feel lots better. How surprised and frustrated I was when, on one of those truly magnificent spring days as life seems to burst forth everywhere, I was "in the pits." When a friend said to me, "Doesn't a day like this really lift your spirits and make you feel better?" I had to reply honestly that I was having a really bad day - that the sense of loss and emptiness was greatly intensified.

Gradually, I began to realize that my expectations for spring were unrealistically high. I had looked forward to spring with the wrong

kind of hope. When we are newly bereaved, we are constantly looking for something to take away the pain and make our lives all right again. Unfortunately, there is no magical event or moment when this takes place. It does happen, but only with time and the grief work which we all must do before we can be healed.

The coming of spring cannot make everything okay again. What it can do, however, is remind us that regardless of what happens in our lives, nature's process will continue, and that can offer us hope.

I am looking forward to spring this year. I welcome the sun's warmth, the return of the birds from their winter in the south, and forsythia, the daffodils and the greening of the world. Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart.

--Evelyn Billings

TCF Springfield, MA

From The Desk of Father Rubey

As people grieve a death from suicide, two effects of the death have to be struggled with and have to be resolved. The first one is the change that will come over one. The loved one's suicide has created a gaping hole and void in one's life and one's family. This dramatic act has caused significant change in one's life. No matter who has died, there is a change in the system. If one has lost a spouse, one has to get used to being without a spouse and possibly being a single parent. If one has lost a parent, the survivor struggles with not having this parent. If one has lost a child, the parent struggles with going from being a parent of three children, to having two children and so on.

The issue is that survivors have to come to grips with the change that has come over them with this suicide. Each and every suicide creates change in the lives of those survivors. The system that one lived in prior to the suicide has now been forever changed. What one was used to has now been altered permanently. It takes some time to allow the change to register and become part of one's everyday life. Be patient with this change and allow it to unfold gradually. You can't race through it. Let it

unfold in its own time.

The other effect of a loss from suicide is to come to grips with the feeling of abandonment. A loved one has suddenly left your life without permission. There might have been warnings or signals, and maybe there were no warnings or signals. The fact is that a loved one has "abandoned" you. Survivors are left to pick up the pieces of widowhood, of feeling like a "bad parent", an "unloving child", or an "uncaring sibling". Whatever the relationship was, there is the feeling of being abandoned. No one deserves to be abandoned, but a suicide can result in such feelings. Did the person mean to abandon his/her family? Absolutely not. This loved one could no longer handle the pain in their life so they took their life. They had no idea what the resulting effects would be. They were being totally consumed with the black hole of despair and hopelessness. They had no idea what the results would be. They didn't want to hurt or abandon anyone. They just wanted to be free from their pain, and their suicide has accomplished that, but has changed the lives of the survivors forever.

Neither one of these effects will be settled in a short time. These are part of this lengthy journey that survivors are on. These two effects- change and the feeling of abandonment- will unfold in their due time. There is no express lane or fast lane that can be traversed in order for these two effects to be resolved. As with this entire journey of grief, there is no quick fix or easy way to get to the goal. The one trait that all survivors need to acquire is that of patience and endurance for the long haul.

--Reprinted from OBELISK, Chicago, IL

A Father's Love for the Daughter He Lost



Dear Kelly,

It has been a few days since we lost you, and I know that I will not find peace until I say the things that could not get past the lump in my throat in the precious little time we had together.

I realized from the moment you entered the world that I would never be able to hold you close, to rock you to sleep, and to proudly watch you grow. When I first saw you through the

maze of plastic tubes and beeping machines that kept your body going despite its disordered chromosomes, my impulse was to build a shell of detachment. I wanted so much not to look at you up close, fearing that, when the time did come to let you go, I would be unable to hold myself together. But, as soon as I walked across that room full of tiny babies and strange machines, I fell in love with you. You became a person. My little girl, I wanted desperately to touch you, and to let you know that everything was all right because Dad was there.

But I still could not bring myself to make that first contact. I just quivered and stared at you, torn between an urge to run out of the nursery and a desire to stay by your side until it was over, no matter how long it took.

I recall a nurse speaking to me while I stood over you. I ignored her. I hope she didn't think I was rude. Words that would have formed a reply had simply crumbled into inaudible dust somewhere inside my emotions.

Your dad did pretty well up to that time. It was only after I said good night to you and found an empty washroom that the tears came. They were the first of many.

After your mom finally went to sleep that first night, I took a long, slow drive home. I still had to tell your little brother that the sister he was waiting for was very sick. I realize now that we adults do not give kids credit when it comes to understanding what we're trying to tell them. You, in the form of a plastic baby doll, slept in your brother's tight embrace that night.

The frequent but short visits with you were both the highlight and the low point of each day. Touching, watching, crying, loving, and fearing - all while you lay there searching the room with wandering eyes. How many times I prayed that you would not close those beautiful eyes. How many times I prayed that I would have the strength to catch those eyes with mine and hold them while the misery swelled within and washed you from my sight.

Yes, baby, when I looked into your eyes and saw party dresses, curls, and boyfriends I did not approve of, I cried for you. But I also cried for myself.

As we approached the final day, you became more inseparable from us. Even though we could see that you were rapidly slipping, we

could not accept that what we knew was so near. The high caliber minds and warm, caring hearts of the hospital staff were no match for what nature had denied you.

My own body ached under the siege of emotions, anguish, denial and, yes, rage. The night before you died, I found myself running the deserted city streets harder than I can remember ever having done. I punched bags, walls, and floors until my body was numb. I came to rest sobbing uncontrollably on a cold garage floor, too tired to continue swinging and too far gone to grab for a piece of sanity.

You see, Kelly, the years that your dad the cop spent building a professional armor against pain weren't any help that night. I cannot recall, nor do I believe that I will ever surpass, the heartache that your mom and I carried into that last day. As we prayed over you with our minister, we finally realized that you were ready to begin your journey.

You were moving away from us forever. Although I cannot believe it now, I suppose it's true that time will mute my pain and blur your image. But the sight of your mom holding you close for the last time and crying softly as she stroked your head, will remain burned into my soul.

Please, forgive me for not being able to take you into my arms as your mom did. I was sure that I would have lost my mind. To comfort your mom, to hold your hands, to touch your face, and to weep unashamed as I said good-bye was barely with the furthest limits of my heart's endurance.

Later that night I told your brother that you would not be coming home. He also cried for you. He is only a little boy, but in his way he loved you, too, even though he never had a chance to see you.

You would be proud to know that in your brief stay with us you left a strong family stronger. We are thankful that we had the opportunity to know you as our daughter, not a nameless stillborn. Somehow, the day-to-day problems don't seem as important as before.

Soon we will plant a living tribute to you and your profound effect on us - a strong, beautiful tree that will grow and blossom, as you would have. And, just as I plan to open the 1976 Cabernet when your brother reaches 21, your

mom and I will crack an '82 when the appropriate time comes.

Yes, sweetheart, I accept now that you are at peace. In time, I hope to find mine. Good-bye, Kelly. I love you.

-- Dan Milchovich is a detective in the Inglewood, CA, Police Department. L.A. Times

For Friends and Family...



A Message For My Husband ... from a Grieving Mother

My world has turned upside down since the death of my child. I am writing this to you because I know that my grief is difficult for you to understand. All bereaved couples probably have challenges in this regard, but our situation is complicated by the fact that my child was not your biological child.

You have asked how you can help me. This is what I need:

Acceptance: The enormity of my pain is incomprehensible to you, even though you have experienced the death of other family members to whom you were close. In addition, you were not part of my child's early life, so our relationship to him is very different. You can't know what it feels like to lose a child. I need you to accept that fact and listen to me when I want to tell you what it is like for me. I don't need advice or solutions - just a willingness to hear my feelings. I know that men and women grieve differently and although talking may not be helpful for you, it does help me understand my loss.

Patience: No matter how much you love me, you cannot cure my grief. I have to do this in my own way and in my own time. I need your patience because although I want this pain to go away quickly, I know it will not. I don't have control over when it hits me or how long it lasts. I need you to know that I am not intentionally wallowing in my grief. I am just trying to get through it the best way I can.

Flexibility: I understand your fears that since I am not "myself" right now, I am not the person you married, and you want the old "me" back. I am less efficient and less able to concentrate and remember than before the death occurred.

The small things that used to be important to me just don't seem to matter anymore. I have been assured that I will regain my ability to think and remember. Yet, things will never be the same as they were before my child died. I will never be able to view the world in the same way. You and your love are still incredibly important to me. I need you to be flexible as we gradually create a new normal for our family.

Support: Though I try to be strong, I have given myself permission to seek help and understanding from others who have experienced a similar loss. It is important that you support my efforts to attend counseling sessions or parent support group meetings, for I need these other people in my life right now.

This does not mean that I love or need you less.

Openness and Understanding: I know that sexual intimacy is an important part of our relationship, but right now my heart and my soul are consumed with grief and my body simply cannot respond. I need your understanding as we work on openly communicating our needs to each other.

Please know that I truly appreciate your offers to help. Know, too, that I have faith that there will again be a time when our family will experience happiness and joy.

--Catherine Johnson, M.A., Enumclaw, WA,

Helpful Hint ...



Think About This

You have to make your own music, sing your own song, feel your own joy and excitement, love your own peace, and create your own harmony. Happy days, happy thoughts, and happy feelings are decisions made by you. All that you see, feel, and think is decided by you. Happiness can happen in the middle of difficulty, in the storm of grief, and in moments when going on is a real strain. It is a personal decision not to let disappointments whip you, and not to let other people's decisions break your heart.

There will be tunnels others will make for you to walk through, but if you hang on and decide everything is going to be all right, it will be!

--Joyce Sequichic Hifla TCF, Fort Wayne, IN

Newly Bereaved ...

No Time for Good-byes

I left the hospital like a zombie, with little recollection of how I drove the thirty miles home.

The car soon became my "raging place". I found I could cry and scream without disturbing anyone else. So I screamed. The vocal noises sounded eerie, like a wounded wild animal. I did not know where they came from or who they belonged to, only that they needed to come out.

Weekly, I drove to the therapist. I passed smiling people, and wondered what there was to smile about. The "if only's" haunted me. I felt like a rat in a Kubler-Ross laboratory. Trapped in a grief-maze with no way out, I bounded from one stage to another and back again. I made monthly pilgrimages with floral tokens to the remote hill and screamed, "WHY?"

As I sat in the Mental Health waiting room I could observe other patients and identify with their individual pain. Although I had previously done social work, this was a new chapter in empathy. They were no longer separate from "me." It was "us"... the human condition creating the common denominator.

It was four months before I began to let go. Suddenly, I became aware of what the inside of the therapist's office really looked like. I had never noticed the plants or the furniture, and thought that they were new.

I came home and put together a brick/rock pathway, and felt good for the first time in months. I remembered from somewhere that depression was blocked creativity--my sidewalk looked beautiful to me.

The weekly trips to the therapist lasted nine months. Eventually I saw that screaming "why" on a hilltop made no more sense than a three-year-old throwing a tantrum. Then one night as I was soaking in the tub I looked up on the bathroom wall and admired a large sampler my daughter had embroidered. I had it framed years ago and thought it quite an accomplishment for a fourteen year old. Often I had read it. It was the old Serenity Prayer. "God, grant me the serenity to accept

The things I cannot change
The courage to change the things I can....
And the wisdom to know the difference."

I mused a moment... "I wonder what the wisdom to know the difference really means?" Suddenly, it came, it meant the ability to know and accept my own limitations.

As badly as I had wanted it, I could not make a life choice for him. In respect for his dignity, I finally allowed that he alone had made that choice, and that the choice was a human one. If humans are not perfect, then neither are their choices... and who am I to judge? Rest in peace. All is forgiven... finally.
--Janice Harris Lord from her book, "*No Time For Good-byes*"

Welcome...



Dear Bereaved Parents:

Seven years ago we became "members" of a group we never wanted to belong to. A group that consisted of parents who have lost a child or children. The purpose for us "joining" the group was to learn how to live without the physical presence of our daughter, Sherri, and to hopefully gain support from other bereaved parents who had been on the journey longer than we. The "group" was our lifeline in learning how to begin a "new normal" without our daughter. Many of you, I'm sure never realized how much you gave to us throughout the years, on those Tuesday evenings.

Hearing your comforting words, sharing your own stories, and feeling an acceptance of what we were going through and expressing, made our group meetings a place where we felt we could come and, pour out our hearts. You understood when we expressed how we felt we were losing our minds, how we were going crazy, how one day we felt we could function again, and by the next day be in the fetal position. You all understood this "craziness"- you all understood our erratic behavior. You empathized and didn't judge our ups and downs, our changes in feelings from one week to the next, our anger, our struggle, as we searched for a new belief system, or our seeking out a psychic one week and denying it a year later. No, we weren't judged - there were no "shoulds"

placed on us. We had heard enough "shoulds" and "ought-to's" from those that have never lost a child and who didn't have a clue as to what a bereaved parent goes through.

Yes, this "group" that we never wanted to join was our lighted path on our journey through grief. It was the other bereaved parents that helped us learn how to live a new normal and gave us the strength and courage to go on and create a new life without our daughter. It was the support that we felt at meetings and the nonjudgmental statements from others that kept us coming back and looking forward to the Tuesday group. It was a "safe" place for us to express our inner most pains— a place that was safe for both of us to cry a river of tears. It's important to us that our group continues in this supportive, nonjudgmental way so that other bereaved parents who attend our meetings can also feel free to share and express their pain and sorrow in a trusting, supportive, and accepting environment.

No, we sure didn't want to join this group, but we are thankful for our "bereaved parent community" for continuing to help us on our journey and for being there on Tuesday evenings for two hours we are together and in total communion with each other and our children - and we understand.

Love, Debbie and Norm

-- Bereaved Parent, Huntington Beach, CA
Editor's Note: For those of you who are newcomers, we extend our hands in friendship and our hearts in understanding. We are truly sorry for the circumstances that bring you to our group, but we are glad you found us. Our chapter of TCF is here to help. We have no easy answers, but the understanding that comes from shared experiences will help to ease some of the pain of your grief. You will find sharing and talking with other parents and siblings will help you feel that others do understand and that the pain of grief will lessen over time. Our group meets the first **Wednesday** of each month. Please join us as we support each other in our mutual losses.

Book In Review...

Stars In The Deepest Night: After the Death of a Child by Genesee Bourdeau Gentry
STARS IN THE DEEPEST NIGHT is my gift to bereaved parents. The poems in this collection come as close as I could get to putting in words my feelings of grief, heartbreak, despair, loneliness, reconnecting, hope and healing after the death of my daughter. Bereaved parents say this book is a "source of comfort, reflecting [their] own thoughts and pain perfectly." Many carry it with them wherever they go. As more than one person has said, "I have read every book I could find on this subject. I have never seen anyone capture the feelings of a bereaved parent as well as you have." They also say it "should be required reading for everyone." I agree. For family and friends who don't know what to say or do, this book will be invaluable. It is also the perfect resource for therapists and others who work with bereaved parents. (Available in our chapter library.)

No Guarantee

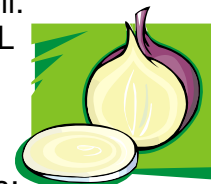
The prognosis is made and
the tears are shed.
The reality begins and
the battle is everlasting.
They do what they can and
offer sympathy and support.
The family ties are simultaneously
strengthened and weakened,
never smooth, always tense.
Laughter comes seldom, but is
most always remembered.
Portraits are treasured,
carefully protected and cherished.
Hospitalizations and appointments
are met with, but never easy.
The voice that speaks, but never heard,
is saying the same old verse -
Life isn't simple,
when there's no guarantee.
--Maria C. Angelina, before she died of cystic
fibrosis. Daughter of Diane McCarthy,
TCF, Western Adirondack Chapter

I Remember Another Spring

Each year when the azaleas bloom,
I remember another spring.
That one was a pall.
The rain would not stop.
It poured into the open grave of my son.
It poured deep into my heart.
I was sure it would never, ever stop.
It did, though I sometimes wished it hadn't.
I was stuck between forgetting and
remembering.
Remembering won.
Now I see his face in the azaleas.
They bloomed that Spring while he died -
I no longer hold it against them.
--Fay Harden TCF Atlanta

In My Shell

I watched a turtle in the yard today,
I want to hide, it seemed to say.
It reminded me of days gone by
When I, too, needed to hide.
I remember the shock of unwelcome loss,
As grief visited me with such terrible cost.
And the world became an unfriendly place,
One which I cared not to face.
In time I teamed to peek out of my shell,
And found that He went on as well,
And though the world still seemed dark and
drear,
I learned that I could handle my fear.
I still visit my shell of grief,
When once in a while I need relief
And I need a quiet place to dwell,
I can safely crawl back into my shell.
--Lisa Sculley, TCF Jacksonville, FL

Peeling the Onion

The best definition of grief I know is:
"Grief is like peeling an onion; it comes off one
layer at a time, and you cry a lot." I like the
onion analogy because it allows for the
individual differences in grief. If one hundred
people were given an onion, no two onions
would be alike, and no two people would peel
the onions the same way. We do it in our own
way.
-- Doug Manning, The Gift of Significance



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
Parent: Siv & Eddie Adams

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

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: 2/06
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 Barcnas
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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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. Dicey, 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ricardo Ramon Gallegos JR.
Born: 4/85 Died: 2/02
Mother: Sheri Schrier

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

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

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

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

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

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

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

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: 6/2009
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

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

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

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

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



Our Children Remembered



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

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

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
Dilley

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

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

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

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

Dominic Oliver
Born: 5/85 Died: 3/02
Mother: Cheryl Stevens

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

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

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: 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: 8/10 Died: 8/10
Parents: Bridle & Jules Ramirez

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

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

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

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

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

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



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

Dominic Roque
Born: 8/2002 Died: 1/2009
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

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

Joseph Tauaefa
Born: 2/85 Died: 7/10
Parents: Loi & Sioka Tauaefa

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

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

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

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

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

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

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

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

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

Our Children Remembered

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

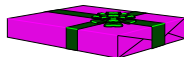
Cristofur Daye Wroten-Kennedy
Born: 2/75 Died: 9/01
Mother: Dusty Wroten
Father: Joe Kennedy

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

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

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.)

Sorry, no birthday tributes were submitted this month.

For Siblings ...



My Brother Is an Angel and He Can Fly
I'll Get to See Him When I Die
I Love Him. I Love Him.
By Matthew McGowin, Age 5
TCF, Montgomery, AL

A Sister's Love

My sister Angela, had a beautiful baby girl October 23, 1990. She named her daughter Courtney Renee. My sister died from an infection one week after giving birth. She was 19 years old. I felt as though my life was over, and I didn't care if I lived another day.

Then I joined the sibling group of The Compassionate Friends. No one else really understood how I felt, but my sibling friends do because they too, have lost a brother or sister. Now I look forward to those meetings because I can talk if I want to, even cry, and sometimes laugh. My advice to anyone who has lost a sibling is to take it one day at a time.

I still have a void in my life, and my life will never be the same, but it does get easier. It's only been a year and a half for me, and the pain is still there, but I do feel better than I did then. I cherish the memories I have of my sister, and I guess my biggest fear is I'm afraid of forgetting her face or voice. I'm lucky to have a constant reminder of her in my niece, Courtney. I will always have a part of my sister with me.

Time does help. I still have plenty of bad days, but I do have a lot of good ones, too. And, Angela, I love you, Sis, and miss you so much. Thanks Kiddo, for Courtney. And thank you my Compassionate Friends.

--Cheryl Long TCF Louisville, KY

“ 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...



I Am a Grandmother Aren't I?

I hugged your mother and screamed with joy,
 When she said she was pregnant with a
 Little boy.
 A grandmother I am going to be?
 I can't wait to hear your laughter and cries of
 glee.
 Who will you look like, will it be me?
 Will you have my smile as I bounce you
 On my knee?
 Will your eyes be like your Daddy's as
 Blue as the sky?
 I just know you are going to be a cutie pie
 I watched as your Mommy's tummy grew
 And grew.
 A Grandson soon I will hold, I can't wait
 To meet you.
 I felt you kick, move and even hiccup?
 I can't wait for the day when a grandson
 I will pick up.
 Your Mommy and Daddy told me the
 News and we cried.
 The life we held so precious for eight
 and a half months had died.
 I was there as Mommy delivered you
 As tears filled our eyes.
 I knew better as I prayed, "Please God let
 Me hear your cries."
 I held an angel, a perfect little boy,
 Only to know,
 He was a grandson I would never see grow.
 I am a grandmother aren't I?
 I held you my grandson
 And said good-bye.

I know my heart will ache less someday
 Goodbye dear grandson, you are in my
 Prayers each and every day.
 --From Handprints 2002 "Helping after
 Neonatal Death"

From Our Members...



Emma

Such a beautiful child should be remembered,
 for all the happiness she brought to others,
 for all the smiles she left in her wake.
 She should be remembered for the good times,
 not the tears she brought to us when she left us.
 Such a beautiful child WILL be remembered,
 for her joyous spirit, never to have left us.
 Remember her with a smile, not a tear,
 rejoice in her life devoid of pain, filled with love,
 such a beautiful child.
 --Nancy Fisher, TCF South Bay/L.A., CA

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

Upcoming National Conferences...

The American Association of Suicidology annual
 conference will be held in Portland, Oregon, April
 13-16, 2011. Saturday the 16th is a special
 program just for grieving families. Check their
 website, www.suicidology.org for more details
 and to register.

TCF's 34th National Conference will be held in
 Minneapolis/St. Paul, July 15-17, 2011 at the
 Sheraton Bloomington Hotel. You will find it to
 be another great conference with around 100
 workshops, sharing sessions, special keynote
 speakers at the Opening, Closing and Friday
 Afternoon and Saturday Evening banquets,
 Hospitality Room, Butterfly Boutique, Reflection
 Room, a completely stocked bookstore, special
 Friday evening entertainment and a
 Remembrance Candle Lighting. TCF's Walk to
 Remember will be held Sunday morning. More
 information or registration is available at
www.compassionatefriends.org or call (877)

969-0010.

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@tcfsla.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.



Cheryl Stephens	(323) 855-2630
Kitty Edler	(310) 541-8221
Karen Merickel	(310) 375-2498
Richard Leach (grandchild)	(310) 833-5213

SIBLING PHONE FRIENDS

Kristy Mueller	(310) 373-9977
Joey Vines	(310) 658-4339
Sue Gardner (sibling leader)	(310) 316-3777

Regional Coordinator

Susan Hawkes	(818) 249-7786
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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) 368-6845 Parent support group & newsletter for bereaved parents and siblings.

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

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.Alivealone.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 LEADER:

FACILITATOR LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

TREASURER: Ken Konopasek

CARDS & 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 Steven Paul Giuliano, 4/55 - 4/95. As we celebrate your birthday know we will never forget your strong faith, hope, and courage.

Love, Mom and Family

In loving memory of Brandon Armstrong and Dominique Oliver...not a day goes by where I don't think of you or miss you...you two are the guiding force that makes me want to live, not just exist....

Love, Mom

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

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

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

In loving memory of _____

Birth date _____ Death date _____ Sent From _____

Tribute _____

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

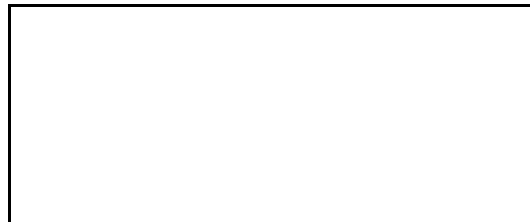
The Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171

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You never know
when one kind act,
or one word of
encouragement,
can change a life forever.
-- Zig Ziglar

– Change of Service Requested –



April 2011

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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