



# THE COMPASSIONATE FRIENDS



## South Bay/L.A. Chapter



Supporting Families After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

APRIL 2013 ISSUE

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

**OUR NEXT MEETING**  
will be April 3rd, the first Wednesday  
of the month at 7:00 P.M.

**LOCATION:**

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

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

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

**The Compassionate Friends  
Mission Statement....**

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

**April 3rd... This month's topic will start with  
"Our Journey Through Grief".**

**For a free Picture Button of your child, call  
Ken at (310) 544-6690.**

**TCF Lunch Group meets for lunch at Mimi's  
Café every Friday at 1:00. (Crenshaw and  
PCH). All members are invited.**

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**The April 3<sup>rd</sup> meeting will start with “Our Journey Through Grief.”** , None of us wanted our new title...“A Bereaved Parent”. But it is ours forever. This wounding of our heart and soul takes many adjustments. We will be permanently changed from the life we once envisioned for ourselves. We will be forever changed... But we will learn ways to readjust to life without our child.

We will all grieve for the one we love, but it is a journey we now must face. Come join us as we share ways to get through the pain of our loss and regain our momentum for living with this new title.

## The Wounded Heart



Children have preceded their parents in death for eons of time. We are not the first, nor will we be the last to enter the realm of Bereaved Parents. But for now - right now - it is OUR HEARTS that are freshly wounded and OUR HEARTS in need of mending.

Wounded hearts must be allowed to mourn and lament their loss; to pour out their pain, agony, sadness, hurt, and anger, and to release their well of tears. Wounded hearts need to be wrapped in quietness, gentleness, and compassion, away from the turmoil of daily life. A wounded heart not allowed to mend from the depth of its agony, will be as an abscess - to swell and undermine - erupting at a distant time. Or, suppressed, will slowly choke the spirit of its host. Only the bearer will know when his heart has healed.

The wounded heart, encouraged and given the time and freedom to mend, will carry in its chambers the memory and shared love of a precious child.

--Nancy Green - TCF Livonia MI

## Bereavement: Affliction vs. Addiction

Since my son, Jonathan, was killed seven years ago, I've spent a great deal of time alone with my thoughts. Countless hours have been spent dissecting the various aspects and stages of grief. My diagnosis is a life of being a bereaved parent, and to my knowledge, there seems to be no cure. My prognosis, however, is self-determined. Unlike alcohol addiction, there is no 12-step bereavement program in which to enroll. For some bereaved parents, only a few steps are needed to move forward. For others, the number

of steps may seem insurmountable.

Grief is such personal emotion that attempting to pinpoint time frames is impossible. Although there are similarities, to my thinking, grief is an affliction rather than an addiction. However, just as the alcoholic is an alcoholic for the remainder of his life regardless of how long he has gone without drinking, so too for the bereaved parent. For as long as I live I will be a bereaved mother. The loss of my son will never be separated from me. The part of my heart that is tinged with sadness will always belong to Jonathan, no matter what twists and turns my life should take in years to come.

What I must strive for in my quest as a bereaved parent is to enter and remain in the “recovery” stage, just like those individuals who suffer from alcoholism and drug addiction. To me, this bereavement recovery stage is a release from the overwhelming, all-consuming grief that initially occurs at the death of a beloved child. The ache of missing the child certainly remains but the intense physical distress abates. Coping skills improve and life begins to regain some sense of normalcy under totally abnormal circumstances.

Bereavement is an affliction that is thrust upon every parent who has lost a child. Unlike addiction, it does not happen slowly over a period of time. Because there is no cure, the healing will never be complete. The best that can be desired is that the recovery stage occurs and is maintained. As in addiction, bereaved parents must work hard to stay on this “recovery wagon” for the remainder of our lives.

Care must be given that parental grief does not grow into an addiction. In the beginning it is necessary to lean into the grief and let it run its natural course. However, severe grief can be insidious sometimes encompassing us to the point that it is difficult to function. At times it seems easier to allow ourselves to become somewhat drugged by its crutch-like facade than to face head-on the cause of our grief. We become enfolded, as we would in a soft, warm cape – wrapping our grief around us until such time that we feel it may be possible to slowly undo our tight grip. Allowing ourselves to lessen our grief grip in no way intimates that we no longer miss our children. This letting go of the intense grief does not happen quickly. Leaving any cocoon is never an easy task. There are always risks, whether real or imagined. Although I believe that time is

perhaps the most important element in a bereaved parent's transition into the recovery stage, unlike many, I do not adhere to the adage that "time heals all wounds".

The death of a child is a wound that will never heal and one from which we can never expect complete recovery. The passage of time simply allows us to move at our own pace from the intense, overwhelming mourning period into the recovery stage.

Along with time, bereaved parents must learn to be both patient with and kind to themselves. Expecting too much from ourselves and those closest to us is a common pitfall. On many occasions we are truly our own worst enemies.

Looking to and learning from other bereaved parents, who are much farther along on grief's journey, can be a valuable experience. Many times these individuals have been down the paths we are traveling and are aware of the subtle obstacles that will impede our journey.

Participating in groups such as The Compassionate Friends can be a source of support that is beyond measure. In many cases, the sharing of feelings and emotions enables us to hone our coping skills, which in turn, allows us to progress to or remain in the recovery stage.

Since I am destined to be a bereaved parent for the rest of my life, it is my wish that my grief affliction will remain in recovery. I understand that there will always be "difficult Jonathan days" when I will need to pull the grief cape just a little tighter around myself for comfort, but hopefully as the years progress, these sad days will not be as frequent or last long as before. I will love and miss my sweet boy forever but I will strive to spend the remainder of my life in recovery by borrowing from Jonathan just a pinch of his zest for living!

--Christine McGowan, TCF Abington

## "You're So Negative!"



How many times have we - as bereaved parents, grandparents, and surviving siblings heard that comment from those around us? How many of our family members, friends, co-workers, or even mutual acquaintances have hinted or have been so bold as to say such a thing to us - particularly after we have just suffered the death of a child in our lives?

Unfortunately, THE DEATH OF A CHILD IS A NEGATIVE EVENT! I don't think anyone can find one thing positive to say about the death of a child, although many have tried by using such common and irritating comments. We know they don't understand because they can't come close to how it feels.

But even after we have grieved and felt sorrow and tears for awhile, still our outlook on life is negative because we find it hard to see anything positive at the moment. "When will you get on and try to find something worthwhile to do with yourself? When are you going to find a happier moment? Why don't you just dwell on the happier times?" and on and on.

What we really want to tell the world is this: JUST SURVIVING THE DEATHS OF OUR CHILDREN IS THE FIRST POSITIVE STEP WE ARE TAKING TO GET THROUGH THIS TRAGEDY. Living through one second, one minute, one hour, one day, one week, one month, one year are other positive steps toward recovery! Finding a moment of laughter or having loving, warm, and happier memories is another positive step that we are making it.

Co-existing with the deaths of our children is not something that any of us were given the choice of making. However, living and accepting this tragedy is another positive step towards learning to live some type of a life again: we learn to let the pain go. Sharing our grief, our sorrow, and our pain with other bereaved individuals is positive because not only does it help to comfort the other bereaved, it helps us to heal as well. We all benefit from one another in our pain and sorrow, in our comfort and hugs, in our ability to lean upon each other.

Yes, the death of a child is tragic. Negative. Painful. Whatever other adjectives one may use. But the idea of us being so negative? No, we're not. The next time you hear that word, say instead "realistic," because that is what we really are. We were given a crash course of reality when our children died. We know now how precious life is, how important it is to savor every moment given to us.

Take pride in the positive accomplishments you have made since the death of your child, because, not only have you worked so hard to attain them, you have more than earned them!!

--Chris Gilbert, Editor BP USA - Tampa Bay

## Living after a Child Dies



While death is something that affects us all and no one is immune, during the course of our lifetimes we don't expect our children to die before us. Dealing with the death of a child is a very difficult issue. As most of you know, the death of a child is like losing part of ourselves. Losing something that feels irreplaceable. Bereaved parents often equate it to losing a limb.

Research tells us that the average person will have to make funeral arrangements at least three times during their lives. We will attend funerals of people with whom we are very close as well as those to whom we are not very attached. We all go through life knowing we will most likely bury our parents. We also know that we might bury our spouses, our relatives, and our friends. However, there is one form of death that we don't expect. We never expect or anticipate having to bury one of our own children.

The death of a child is not a part of the cycle for which we are prepared. We hope and we pray that it will never happen to us. Why does a child die when he or she has lived such a short time? Why is a child's life ripped away in their prime? Why at a time when they haven't even had a chance to live a full life?

The death of a child can be the most difficult form of grief to deal with. It causes us to confront our deepest fears and examine our strongest beliefs. We never give thought to burying our child. It just isn't the natural order of things. When a parent dies we lose our past; when our spouse or partner dies, we lose our present; when a child dies, we lose our future: all that we had hoped for, not only for OUR child, but for ourselves as well. It's painful to say good-bye to our child as well as to all the dreams we had for the future.

Children can be one of our greatest teachers. If adults listen a lot can be learned. There is something about a child's perspective that can be really comforting. Just before his death a terminally ill six-year-old hugged his mother and said, "Don't worry, Mommy; it is okay for me to die because I won't be in pain anymore and I will be in heaven living with God." The words of this six-year-old were filled with wisdom.

Healing from a child's death can take a very long time. Many things might re-open the wound,

for instance, seeing a boy or girl the age of your child; watching someone else's child grow up, or just sitting next to a child in a place of worship can all be excruciating. As can the question of "How many children do you have?" It is hard to know how to answer that question. Do you answer, "I have three children, but one is dead," or "I have two" and not mention your deceased child? There is no right or wrong answer; it is okay to decide each time, depending on the situation.

Certain days are obviously going to be more difficult. Birthdays, graduations, vacations, or other anniversary dates or holidays can be very painful. You hurt so much because you loved so much. These are normal grief reactions to losing your beloved child.

When a child dies parents often don't know if they will survive; the pain is so great that it feels like they may die of a broken heart. One mother said, "I wondered if I would ever be able to feel anything again except anger and sadness. I am so glad to say-yes, eventually I found hope and joy again, but it was a continuous journey with ups and downs."

Grief is hard work. Finding a support group such as The Compassionate Friends can be an important lifeline. Being with people who understand the intense pain that is being experienced can be very helpful in the healing.

The death of a child is devastating, but it also can provide an opportunity for an individual to become a "wounded healer." When a person has healed from their wound, they can be there for someone else who is just at the beginning of their grief. Many people who have had a child die give back to others by just being there.

When dealing with the pain and grief of a child's death, take time to do the work of grief. Grieve in the way that best works for you. Talk about your feelings, be gentle with yourself, and remember that this is not a path that has to be walked alone. There are loving and caring people who are willing to be there with you. Reach out, get support, and know that only the strong know when to ask for help.

--Howard R. Winokuer; PhD, LPC, NCC, FT  
The Winokuer Center for Counseling and Healing and by Heidi Horsley, PsyD, LMSW, MS, Executive Director: Open to Hope Foundation  
*Howard Winokuer; PhD is the founder of The Winokuer Center for Counseling and Healing and the immediate past president of The Association for Death Education, and Counseling. Heidi Horsley, PsyD, is the Executive Director of the Open to Hope Foundation, cohost of The Open to Hope Radio Show and an adjunct professor at Columbia University.*

## Grief Distractions?

Have you learned how to distract yourself from your grief? It's an art that can be learned. We can't cry all the time when we're grieving. It's too much. Besides, we have to work, do errands, do other things. In the beginning, grief is overwhelming. We sob uncontrollably much of the time. That's okay. Be gentle with yourself. You'll learn how to turn the faucet off and on. Sometimes doing something as simple as going into another room, going for a walk, watching a movie, calling someone on the phone, or even taking a shower can help us switch gears when we feel like we've been crying too much. Practice, find out what techniques work for you. Our souls and hearts are smart, intelligent. The deep part of us that's healing knows how much we can take, what we need to do, and when.

--From The Grief Club by Melody Beattie

## In The Springtime of Your Grief



Spring has fragile beginnings: a tiny shoot of green that emerges from the cold earth, a hint of pastel against the brownish grass, a bud that awakes with the morning sun. Sometimes spring comes so quietly we almost miss it, but once it begins, it is impossible to ignore the daily growth and change. The morning sun brings sounds that were not there before. The breeze carries warmth that invites us to venture outside of ourselves. A promise is released with the budding and blossoming surrounding us. Hope emerges for the beginning of a new season: change is in the air.

What we experience in the springtime of the year is what we can experience in the springtime of our grief. There begins to be a growing radiance. The radiance is not just around us, it is within us. A gradual warming of the heart silences the chill of intense pain. The natural unfolding of the grief process moves gently to remind us that we will survive. Life is changing and growth emerges through the changes. The song of our hearts that seemed off key, begins to experience a harmonious blend of the past and the present. The songs of the birds invite us to join them in a celebration of new life. In the springtime of our grief, there can be a new song for us to sing. It

will be a song we composed through the heartache of loss.

Optimism for a better day may awaken us one morning. Hearing laughter and discovering it is coming from within ourselves gives us promise for today. Dreams and hopes for a better tomorrow shine brightly with the morning sun. Surviving the winter of our grief with the openness to embrace change is a decision to embrace loss and integrate its impact into the fabric of our lives. It can be a willingness to explore new possibilities that create a different landscape to behold. We can make a decision that we will begin to appreciate what we still have, not just focus on what is missing.

We will know when we have made that decision. Something buds; something opens. The harshness of winter is softened with new life and new growth. It is not something we can force, it is something that unfolds when the time is right. The springtime of grief arrives with no dramatic entrance, no flashing lights. The stillness of the beauty unfolds and captures our attention. It is happening around us, but it is also happening in us.

If spring has already crossed the path of your personal journey of grief, rejoice! But if the chill of winter remains in your heart, be encouraged; spring is on its way. Look for it, expect it, and it will be yours to experience around you and in you!

--Judi Fisher, Cleveland, Ohio

## The Comfort Prayer

When loss and grief have torn apart  
The world we thought we knew,  
Words never seem to be enough  
For things we can't undo,  
So I'll just say a silent prayer  
For what may comfort you:  
The solace of warm memories  
That last a lifetime through,  
The sympathy that others feel  
Who share your sorrow, too,  
The knowledge that the one you love  
Is with the angels who  
In kind and tender mercy  
Will be watching over you.

--Jill Wolf

## Living Life like I Don't Have it Mastered

"Are you ready to be back here?" my law school friend asked me when I returned after being gone for two weeks. "No," I answered, "but, then again, I wasn't exactly ready for my brother to kill himself, either." Evidently, you don't have to be ready for life in order to be ready for life.

One year, eleven months and nine days ago on a Friday night I went to sleep knowing that my Saturday was going to be spent playing a Texas-Hold'em tournament with my law school buddies. My phone rang, waking me at 7am. Groggy, I noticed that it was my mother calling. I sensed that something was wrong just by the early morning call. I never would have guessed, however, that I would hear what I heard next. Sobbing, my mother barely eked out the words "Adam...Ryan died of a gunshot wound..." I was utterly stunned. I never thought that I would have a dead brother – let alone one that killed himself. I knew that this would never happen. Sometimes life doesn't go your way, and sometimes life goes in the opposite direction from your way. Not only was I not ready for this to happen, I was ready for this not to happen.

Yet, here I am. And life keeps going on, and the only thing I can do is find a way to make it, because, in the end I don't really get to choose what is going to happen. Those words were palpably true in those days and weeks following my brother's death. Very literally true. All I could do – and all I really had to do – was to keep sucking air, and life just kind of happened all by itself, without my micromanagement.

The challenge for me today, nearly two years later, is to carry that truth into my daily life. Would you have guessed that that semester was far and away my best in law school? I even won an award for getting the highest grade in one of my classes that semester – no small feat for a middle-of-the-pack guy like myself studying at a top tier law school.

Maybe we can actually perform better when we don't have it all figured out. That year I was forced to live life like I didn't have it mastered, and I lived to set an example of strength and dignity to the people who surrounded me. The challenge today is to voluntarily live life like I don't have it mastered.

--Adam Greivell, TCF Frederick, MD



## A Grieving Husband's Thoughts

There is a wife who is missing at our house. I'm not sure where she has gone, I never seem able to reach her, and time seems ever so long .

Often I try to talk to her, and she is just not there.

I have grown accustomed to that blank and aimless stare.

I lost a son, too and I loved him as much, but it seems like she just does not hear.

Does she know men do not grieve the same?

That inside we are shedding our tears,

And I would give anything to have our baby back.

And start our lives anew.

If I could just see my wife smile again, but I do not know what to do.

So .... I will stick in there and keep doing my best to comfort, love her, and pray,

That my wife will come back to our house again, in each and every way.

-- Pat Grimm, Verdugo Hills, CA TCF newsletter

## For Friends and Family...

### Thank You For Understanding

After my son, Eric died, I was devastated and expected my friends to be there for me. After a couple of months I realized some of them were...some weren't. Looking back four years, I have gained some perspective about this. Yes, it was hard having to suffer the additional loss of friends when people shied away, as if you had some contagious disease they might catch. After all, our families were so similar, and if my son could die, so could theirs. Seeing me, made that realization all too real for them. Not knowing what to say, or being afraid to say the wrong thing made them uncomfortable...it was easier for them to distance themselves. I'm sure they weren't trying to be cruel, they just wanted to stay in their "safe" little world and not have to visit their own vulnerability.

On the flip side, I want to thank those friends and family member who took the time to listen as I poured out some of the pain. Their ability to sit with me while I cried out in my sadness and frustrations helped me to not feel so helpless. They encouraged me to reinvest in life again when I was exhausted from grieving. They gave me the

emotional support I truly needed. No, they couldn't make it okay, but they could help me deal with my new life as a bereaved parent.

And a special thanks to my new friends I found in a general grief support group we attended. Together, we leaned on each other and came to the conclusion that we needed to start our TCF South Bay/L.A. Chapter. We got it going, and through TCF, I have met new friends who truly understand what you go through when a child dies. I will forever be grateful for you, as we traveled this journey through grief together.  
--Lynn Vines, TCF South Bay/L.A., CA

## Newly Bereaved...

### When You are Bereaved, It is All Right To

Scream in the shower.  
Yell in the car.  
Howl at the moon.  
Cry anywhere you like.  
Misplace your glasses.  
Lose the car.  
Forget your own name.  
Put milk in the cupboard,  
Toilet paper in the refrigerator,  
And ice cream in the oven.  
Beat up on a pillow  
Stomp on the ground.  
Throw stones in a lake.  
Change grocery stores if it hurts.  
Wear one black shoe and one navy.  
Have tear stains on your tie  
Eat french fries for breakfast,  
Toast for lunch  
And peanut butter for dinner  
(as long as you eat).  
Write him a letter.  
Bake him a cake.  
Smell his clothes.  
Celebrate his life on his birthday.  
Talk to your pets; they understand.  
Leave his room the way it is  
For as long as you like.  
Say his name just to hear the sound.  
Talk about him to others.  
Tell loved ones what you need.  
Say no when you feel like it.  
Cancel plans if you want.  
Have a bad day.

It's all right to hurt.

And one day, when you're ready,  
It's all right to laugh again.  
Dance and feel pretty.  
Have a good time.  
Look forward to tomorrow.  
Sing in the shower.  
Smile at a friend's new baby.  
Wear make-up once more.  
Go for a day, a week,  
And even a month without crying.  
Celebrate the holidays.  
Forgive those who failed you.  
Learn something new.  
Look at his pictures  
And remember with happiness,  
Not pain.  
Go on with your life.  
Cherish the memories.

And one day when it's time--  
It's all right  
To love again!

--Vicki Tushingham

## Welcome...



## Why???

I'm weak. I try to cry but the tears don't come. I want to scream! I want to break something! I'm so tired. I'm tired of feeling like this. I'm tired of pretending to be okay. I'm tired of being strong. I'm scared of what just happened. I'm scared of what will become of us. I'm scared of the future. I'm scared of losing someone else. I'm scared to live. I'm scared to love. I find myself living in constant fear. The fear of what? Of life and all life has to offer. I just want to be happy. I want to laugh again. I want us to be normal. I want this horrible feeling deep inside to go away. I wish I could understand. I want to know why! I want to understand it. I wish I could have him back.

Why? Why him? What's the purpose? When will the pain go away? I pray for strength. We all need strength. I want to smile again. I want to know the meaning of happiness. It seems that in one second, all my happiness and the life I had always known, was totally destroyed.

We all have to start over. Where do we begin?

How do you begin? My heart is broken. My world has fallen apart.

--Amy Young TCF, Northeast GA

Editor's note: Sound familiar? These feelings are universal after the loss of a beloved child. One of the most helpful things you can do for yourself in your grief is to surround yourself with others who truly understand the depth of your pain. You can begin by attending meetings of The Compassionate Friends. You will find yourself being supported by other parents, grandparents, and siblings that truly understand what you are going through. By sharing our feelings and reaching out to others who feel our pain, we begin to heal. We welcome you to attend our meetings and find out for yourself just how helpful they are.

## Book In Review...

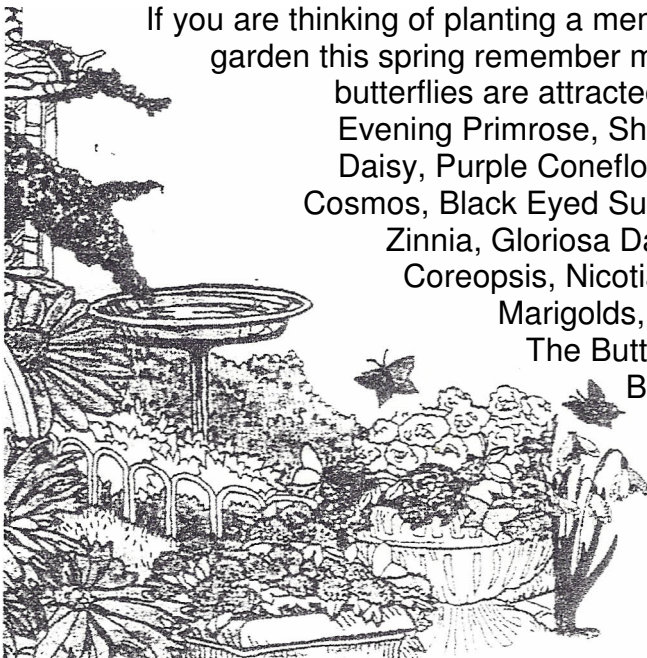


Just Us Homicidal Loss and Grief, by Wanda Henry-Jenkins. Just Us. Two small words that define the plight and capture the essence of what it feels like to be a survivors of murder victims. The author identifies three different cycles of mourning when someone you love is murdered: Crisis, Conflict and Commencement. This is for anyone who has experienced a homicidal loss of a loved one. (paperback) Order from the Centering Corp. Call (402) 533-1200 for a current catalog. Tell them you are a member of TCF for free shipping.)



## Helpful Hint...

If you are thinking of planting a memory garden this spring remember many butterflies are attracted to:  
 Evening Primrose, Shasta Daisy, Purple Coneflower, Cosmos, Black Eyed Susan, Zinnia, Gloriosa Daisy, Coreopsis, Nicotiana, Marigolds, and The Butterfly Bush.



## Impossible Wish

I cannot always face the truth  
 of death's finality  
 It's easier to just pretend  
 he'll soon come home to me,  
 And yet, my spirit knows the son  
 I loved so much has died;  
 Reality, though harsh and cruel,  
 must never be denied.  
 I want him back! I want my son!  
 I want to see his face!  
 How will my broken heart survive  
 with this hollow, empty space?  
 I must allow the tears to fall,  
 allow my heart to grieve;  
 To close my mind to fact is but  
 to cripple and deceive.  
 With agony and sorrow,  
 this world of mine is rife;  
 My soul is struggling, battling the worst  
 nightmare of my life.  
 In bitterness, I'm much aware  
 of all that I now lack;  
 In utter pain, I can but cry  
 "Oh, God, I want him back!"  
 --Peggy Koeiscia, Albuquerque, NM

## Surrender

The rational mind is not capable  
 of truly understanding this loss;  
 only the heart has a chance to accept and  
 transform this suffering.  
 For it is not the mind that has been dealt this blow,  
 it is the heart,  
 and it is only there that healing is possible.  
 The heart, where the entirety of my experience  
 resides in the memory and imagination,  
 in the deepest recesses of my soul.  
 It is there I will look for a way out of this hell.  
 from the book "Safe Passage" by Molly Fumia

People are like stained glass windows.  
 They sparkle and shine  
 when the sun is out;  
 but when the darkness sets in,  
 their true beauty is revealed  
 only if there is a light within  
 -Elizabeth Kubler-Ross





# 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

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

Brandon Armstrong  
Miscarried: July 1995  
Mother: Cheryl Stephens

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

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: 4/07  
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

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

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

Devon Leigh Brown  
Born: 5/90 Died: 3/92  
Mother: Heidi Brown

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

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

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

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

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

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

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

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

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



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: 7/02  
Mother: Kathleen Dodd

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

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

Joel Draper  
Born: 1/84 Died: 5/08  
Mother: Tracy Solis

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Peter J. 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

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

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

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

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

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

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

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



## Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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: 6/09  
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

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

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

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

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

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

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

Bernard Lawrence  
Born: 2/63 Died: 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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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: 1/78 Died: 5/85  
Mother: Gay Kennedy

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

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

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

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

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

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



# Our Children Remembered



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

Dominic Roque  
Born: 8/02 Died: 1/09  
Parents: Kerrie & Ren Roque

Candace Arond Schonberg  
Born: 3/98 Died: 11/00  
Parents: Andrene & Arond Schonberg

John Teresinski  
Born: 12/67 Died: 1/00  
Parents: Beverly & Victor Teresinski

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

James Garrett Ross  
Born: 12/74 Died: 10/05  
Parents: Jim & Sharon Ross

Jonathan "Jamie" Schubert  
Born: 7/65 Died: 12/06  
Parents: Lynn & Roy Schubert

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

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

Michael William Roth  
Born: 6/71 Died: 12/08  
Parents: Karen & William Roth

Melissa Lauren Schweisberger  
Born: 10/84 Died: 11/99  
Parents: John & Margarita Schweisberger

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

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

John Patrick Rouse  
Born: 1/78 Died: 7/02  
Mother: Sharon Rouse

Dylan Elwood Sievers  
Born: 8/08 Died: 8/08  
Parents: Daren & Marne Sievers

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

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

Michael B. Ruggera, Jr.  
Born: 4/51 Died: 4/96  
Parents: Michael & Frances Ruggera

Tyson Donald Sievers  
Born: 8/08 Died: 9/08  
Parents: Darren & Marne Sievers

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

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

Shannon Quigley Runningbear  
Born: 12/68 Died: 1/09  
Mother: Kathleen Crowley Shortridge

Gerald Slater  
Born: 2/71 Died: 8/94  
Parents: Bob & Gwen Slater

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

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

Joseph Sahu  
Born: 6/89 Died: 4/12  
Parents: Ron & Cathy Sahu

Joel Paulson Draper  
Born: 1/84 Died: 3/04  
Mother: Tracy Solis

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

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

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

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

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

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

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

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

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

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

Jeffrey Alan Sampson  
Born: 3/86 Died: 5/05  
Parents: Claude & Paula Sampson

Miaamor Jennine Steeh  
Born: 7/05 Died: 9/10  
Father: Donya Steen

Vance C. Valdez  
Born: 10/90 Died: 3/12  
Mother: Maria R. Valdez

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

Lisa Sandoval  
Born: 9/76 Died: 12/92  
Parents: Susan & Ruben Sandoval

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

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

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

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

Elizabeth D. Szucs  
Born: 4/72 Died: 6/11  
Parents: Dolores & Frank Szeus

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

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

Karen Ailegra Scholl  
Born: 8/64 Died: 4/99  
Mother: Kay Scholl

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

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

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

Matt Scholl  
Born: 2/73 Died: 4/08  
Parents: Bill & Kay Scholl

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

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



## Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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...



## A Sibling's Memories

As the youngest child in the family, I was the tagalong. I could never run as fast, or play as hard, as my older siblings. My sister, barely 3 years older, pushed our relationship into a competition that she always won. My brother, 5 years my senior and a male role model, was my protector. I can still remember his clothes, blackened with the musty darkness of our tree house, and the sweaty smell of the perspiration of play. I could never keep up. He knew that when he took my hand, I would lean on his shoulder, where I could feel his blood pulsing through his veins. He would vault me on his back, where I clasped my hands around his neck. He smelled of minty shampoo and musk, as if he were an older man. He was 10.

On days when he was away, and I was alone or scared, I would open the door of his bedroom and let the whirl-wind of air envelop me. I would close the door carefully and lie on his bed, the powdery scent of his sheets surrounding my body like a security blanket. Then I would rise from my reverie, and look at his metal airplanes and the rest of his stuff. The sound of a door slamming would snap me out of my trance. I would run from his room.

Now, 12 years later, I am 17 and my brother is dead. But his presence rushes back to me when I sort laundry. The musty smell of his clothes resides in my memory like yesterday. And when things

become too rough and I need my protector, I slip into his room to see his stuff, and the moment lingers.

--Samantha Stritter TCF, North Andover, MA

## For Grandparents...



### The Little Bear Who Lost His Boy

Once upon a time there was a little bear whose name was Ted. He was a very special little bear, for his was the best boy in the whole world... well, at least in the Beforetime.

Today, you see, he was a sad little bear. He sat at the side of the road and looked as though a tear would drown him. He was the scruffiest, muftiest little bear you ever did see and just by looking at him you would never know how special he was. It just so happened that Nana Bear was walking down the street on her way to town when she saw Little Ted looking ever so sad, and stopped to talk to him.

"Why are you so sad, Little Ted?" said Nana Bear kindly. "You used to be the happiest little bear in the land."

"That was in the Beforetimes," answered Little Ted, sad-as-sad could be. "I don't have my boy any more. I've lost him. I'm never going to find him again, and I am so unhappy."

"Well," said Nana Bear. "Suppose you tell me all about it." And she sat down on the tree stump by the side of the road, settling herself in quite comfortably, and waited for Ted to tell her his story. But he didn't say a word.

"What was your boy's name?" asked Nana Bear. She knew quite well what the boy's name was, for everyone had known what a special boy he had been. But she wanted to hear Little Ted say his name.

"Nigel," answered Ted, and he hiccupped. A big tear started to roll down his face, and straight away he stopped it, and was Very Very Brave.

"Why, Little Ted, whatever are you doing?" asked Nana Bear, very puzzled, seeing the tear stop rolling in an instant on Ted's face, freezing like concrete on a very hot day.

"I'm being Very Very Brave," answered Little Ted, bravely. "Very Brave," he added on, just to make sure she knew what a good little bear he was being.

"Well," said Nana Bear. "But WHY are you being Very Very Brave? It doesn't look like it makes you very happy, and I am sure I don't know what good of a thing being Very Very Brave is if it doesn't make you happy."

"The Bear by the Field said I must," said Little Ted, wisely. "He said that losing your boy can be Very Very Hard and I must be Very Very Brave."

"Oh," said Nana Bear, thoughtfully. "Tell me, Little Ted, what else did the Bear by the Field tell you?"

"Well," said Little Ted, remembering as best as he could, "He said that I would get another boy soon and that would make everything better."

"Oh," said Nana Bear, even more thoughtfully. "And would it make everything better if you got another boy right away?"

Little Ted sat mournfully. "No one could ever be the best boy that Nigel was. He was wonderful and he loved me ever so much. I don't think any other boy would ever be as good."

"Aha," said Nana Bear, "I see. What else did the Bear by the Field tell you?"

"He said that I would feel much better soon. It's just a matter of time, he said, just a matter of time. But I don't want to forget Nigel. I want to remember what a nice boy he was. Does that mean in time I will forget all about him?"

"Oh, I don't think so, Little Ted," said Nana Bear. "When you love someone as much as you loved Nigel, I don't think you'll ever forget him. What else did the Bear by the Field say?"

"He didn't," said Little Ted, sadly. "I wanted to talk about Nigel and he didn't. I said I wished I had my boy back, and he said he thought the corn would grow nicely. I said I wanted to remember my boy forever and he said what nice weather we are having. I suppose that all the bears are tired of hearing me talk about my boy."

"Oh Little Ted," said Nana Bear, "come up here this very instant and not a second longer."

Little Bear climbed up on Nana Bear's lap. He was very glad to be there because it was hard being Very Very Brave all the time, and it was so good to have someone hug and cuddle him again. He did not realize what an

all-alone feeling it had been without his boy to hug him and kiss him. He snuggled down in Nana Bear's lap, his heart aching for the missing of Nigel.

"Should I tell you what I think, Little Ted?" she said softly as she stroked his little bear head. "I think that Nigel would want you to cry if you were sad. If Nigel was peeking from behind those bushes and saw your Very Very Brave face, why, he might not even know it was you.

"And I will tell you what else I think... Maybe one day you will find another boy to love and who will love you very much. But the little soft fuzzy spot in your heart that belongs to Nigel will always be just for him and not for your new boy. Your new boy will have his very own place in your heart just for him.

"Time is a taker of many things, but not a taker of heartache. All the time in the world will not stop you missing Nigel. But time cannot steal your memories and cannot take away all the good times you ever had in your whole lives together."

"And Little Ted, of course you must talk about him. You loved him so much, and it would be hard not to talk about him. You can pick your very good friends who loved him too, and you can talk about him together. And there's a spot right here on my lap whenever Nigel thoughts needs to be spoken."

"Oh thank you, Nana Bear," breathed Little Ted softly. "Thank you so much for telling me that. And Nana Bear, tell me just one more thing—can I be happy again one day? Will I be sad for my boy forever?"

"Oh what a wonderful thing that will be when you have happy thoughts," said Nana Bear. "After all, you have only lost your boy for a short while. Boys aren't like socks in the dryer, never to be seen again. In the Big Cloud in the Sky, in the Aftertimes, you will see him again. In the meantime, you have to love the world for him because he cannot do it by himself anymore. When you see the little butterfly flying around, you must look at it for your boy, and laugh for him and dance with it for him. You must live all the happiness left in the world and store it up in your heart to take for him when you see him again. When you are ready, you can begin to store those happy thoughts, Little Ted, when you are ready."

And a big tear rolled down Little Ted's face, and another and another. Pretty soon, there were so many tears he made a puddle, and the puddle made a bath. Pretty soon, Ted was all wet and before you know it, he was clean as a whistle and didn't look anything like the scruffiest-muftiest bear he had been before. And his tears had made the flowers grow, and the butterflies come, and before you knew it the world was clean and sparkling and wonderful again.

Did Little Ted ever stop missing his boy? Oh, no, never in a million years. But he learned that it is a fine thing to cry and get the fur all nice and clean, and he learned that tears grow flowers and flowers bring butterflies. And Little Ted learned that one day, in a long and far-off time, a bear and his boy would see each other again, but until that time he would keep his eye out for joy-things to store up and take as a great and wonderful gift to the best boy who ever lived in this whole wide world.

—Joseph Farrugia,

[Http://www.geocities.com/heartland/2167bear.htm](http://www.geocities.com/heartland/2167bear.htm)



## From Our Members...

### Great Truths About Life That Little Children Have Learned:

- \* When your mom is mad at your dad, don't let her brush your hair.
- \* If your sister hits you, don't hit her back. They always catch the second person.
- \* Never ask your 3-year old brother to hold a tomato.
- \* You can't trust dogs to watch your food.
- \* Reading what people write on desks can teach you a lot.
- \* Don't sneeze when someone is cutting your hair.
- \* Puppies still have bad breath even after eating a tic tac.
- \* Never hold a dustbuster and a cat at the same time.
- \* Don't wear polka-dot underwear under white shorts.
- \* The best place to be when you are sad and missing your sister and brother is in Grandma's lap.
- \* Some things never get better, no matter



what, you just learn to live with them broken. --From the Internet, Submitted by Carol Olson

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 contact our editor.

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](http://www.compassionatefriends.org). Or, you can log into Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events.

Our Website... We are now posting a tribute page for each of our children. Please visit the 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](mailto: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](http://www.health.voiceamerica.com).

Welcome New Members ... We welcome our new members to our chapter of TCF. We're sorry you have a need to be with us, but we hope you feel you have found a safe place to share your grief and will return. It often takes a few meetings to feel at ease in a group setting. Please try attending three meetings before deciding if TCF is for you. Each

meeting is different, and the next one might be the one that really helps.

We encourage you to take advantage of our resources. We have a well stocked library of grief materials, a phone friend committee that welcomes calls at any time, and a members' directory to call another parent you have met at the meetings.

**Thank You ...** Thank you to all those who donate to our meeting basket or send donations to our chapter. Since there are no fees or dues to belong to TCF, 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 1<sup>st</sup> 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 with someone that understands and can share your pain. The following friends are on the telephone committee, and are available to talk when ever you need someone who understands.

- 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..... (310) 316-3777

**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 member's children.

**Library Information...** At each meeting we have a library table. It is on the honor system. You may borrow a book and can bring it back at the next meeting. Many of you have books you got when you were newly bereaved and may no longer need. Perhaps you would like to donate books on grief that you found helpful. If you wish to donate a book to our library, please let 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 at (310) 530-3214.

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

**TCF National Newsletter:** For all bereaved parents and siblings. Published quarterly; subscription fee. Contact TCF Inc., P.O. Box 3696, Oak Brook, IL 60522-3696 (630) 990-0010

**FAMILY & FRIENDS OF MURDER VICTIMS:** Rose Madsen, (909) 798-4803 Newsletter and support group, e-mail Roseydoll@aol.com

**ALIVE ALONE:** For parents who have lost their only child, or all their children. 1112 Champaign Dr., Van Wert, OH 45891 Newsletter available. www.Alivealone.org

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

**OUR HOUSE/BEREAVEMENT HOUSE:** 1950 Sawtelle Blvd., Suite 255, L.A., CA (310) 475-0299

**PATHWAYS HOSPICE:** Bereavement support and sibling group. Bill Hoy (562) 531-3031

**NEW HOPE GRIEF SUPPORT COMMUNITY:** Grief support and education groups for adults and children. Susan K. Beeney, P.O. Box 8057, Long Beach, CA 90808, (562) 429-0075

**PROVIDENCE TRINITY CARE HOSPICE AND**

**THE GATHERING PLACE:** Various bereavement support groups including support for loss of a child, support group for children 5-8, 9-12, and teens. Also Spanish. Call Claire Towle or Patty Ellis (310) 374-6323

**Torrance Memorial Bereavement Services:** (310) 325-9110 Weekly grief support.

**THE LAZARUS CIRCLE:** Monthly grief support. Meets third Thurs of each month, 6-7;15 at First Lutheran Church, 2900 W. Carson St. Torrance

**SHARE Pregnancy & Infant Loss:** Contact: Megan Heddlesten (800) 821-6819

**Walk With Sally:** Cancer loss bereavement & art therapy for children- Monica Fyfe (310) 378-5843

#### **Other Grief Support Websites...**

agast.org (for grandparents)	groww.com
beyondindogp.com	griefwatch.dom
angelmoms.com	babysteps.com
webhealing.com	healingafterloss.org
survivorsof suicide.com	opentohope.com
taps.org (military death)	alivealone.org
bereavedparentsusa.org	childloss.com

goodgriefresources.com      save.org  
pomc.com (families of murder victims)

#### **LOCAL TCF CHAPTERS**

**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  
The Neighborhood Church for the use of their facilities for our meetings.

#### **STEERING COMMITTEE OFFICERS:**

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens



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

In loving memory of Brandon Armstrong, July 1995 - July 1995 and Dominique Oliver May 1985 - March 2002.... 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.

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

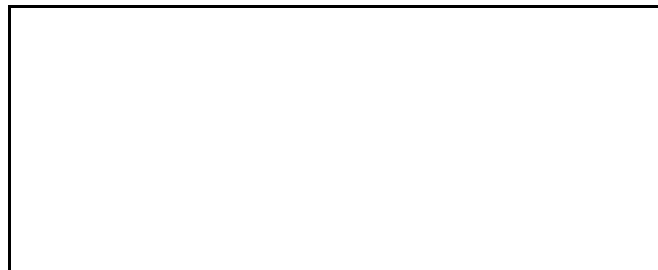
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*Friendship  
improves happiness  
and abates misery,  
by the  
doubling of our joy  
and the dividing of our grief.*



April 2013

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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