



THE COMPASSIONATE FRIENDS

Supporting Families After a Child Dies



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

AUGUST 2012 ISSUE

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

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

LOCATION:

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

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

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

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.

AUGUST 1st... This month's topic will be "The Ask-It-Basket". Start thinking of a question you would like answered to put in the basket.

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

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

TCF Lunch Group meets for lunch at Mimi's Café every Friday

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August 1st Meeting... This month we will be doing the "Ask It Basket". We will all pick up a blank card and write a question down that we would like answered, and then drop them in the basket. Then the leaders will assemble the questions and as a group, we will try and come up with answers. Almost always, some other parent will have experienced something similar and will be able to help you.

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

One year a rather newly bereaved person asked why we do this when we have the open discussion at each meeting. When I explained that some people are uncomfortable asking in person, or in front of their spouse, it made more sense to him. He had many questions written out on 3 X 5 cards which he brought to the meeting. Many were the same questions others asked. It turned out to be the opening that this couple needed to open the lines of communication without all the tears and sidetracking that usually happened when they tried to talk.

Sometimes it is easier to come up with questions when you have time to think about them. I encourage you to take a moment to think about your questions and jot a few down, either at home or before the meeting gets started.

The following five articles are from *The Ask It Basket*, an educational column written by bereaved parents based on their own personal experiences of what may have been helpful to them.

My friends think I go to the cemetery too often. What is normal?

Many people report they went to the cemetery every day for weeks, then later monthly, and now not as often. Others never felt a need to go back after the funeral. The general consensus is to go as often as you need to go. Some people felt they needed to go just because the death was so unbelievable and they had to see their child's grave to begin to absorb the impact of the death.

My spouse doesn't react the same way I do

and it is frustrating for me.

One of the greatest fallacies in thinking is the belief that others think just like we think, and that others process information just like we do. No two people grieve alike. We are unique individuals who bring our own set of preconceived ideas to our daily life. We cannot expect others to do it "our way". You might try a conversation where you explain your needs and try to understand your partner's needs. You might also ask yourself the question, "Why does my way have to be the only way?" Remember, we all had a unique, special and different relationship with our child. We remember different things about our child and we miss different things.

What is normal grief?

Dr. Nancy Hogan, a bereaved sibling and grief researcher, describes normal grief as anything you do as long as it doesn't hurt yourself or any other person.

People told me after I made it through the first year that it would be OK. I'm in my second year and it is bad.

Many refer to the second year as the "Terrible Two's". Most people find the second year following the death of a son or daughter is tough. They say that now that they have been through the "firsts" that they now are beginning to realize that yes it is true - my child died.

For many, it is like "coming out of a fog" and seeing the facts for real. It is especially disappointing for those of us who believed what we had heard about being OK after the first year.

Some who have never attended a meeting begin to come in their second year so they can have the support of others who have made the journey through that time period.

People have said some very hurtful things to me that they apparently thought would be helpful. Why do they say these things?

Everyone who looked at this question had similar experiences so don't feel singled out. People often say things they believe will make you feel better and end up hurting you without intent. For some people, the statements they make are unconsciously designed to make them feel safe, instead of comforting you. They realize that if it could happen to you, then it could happen to

them.

Others admitted that they too said similar things to people before their child died. Most agreed no malice was intended. We just didn't know any better. We wish now we could take those things we said back.

I'll Have The Beef Chow Mein



So much of my progress is a result of my seeking knowledge. I gathered this knowledge by asking other bereaved parents questions and by observing their actions. I did this because as the cliché goes, "knowledge is power."

I realized very early on the no one could take this dark ride for me. Choices had to be made and, right or wrong, I had to make them.

I could have chosen to let my life end when John died. Not necessarily in the physical sense, but more so in the spiritual sense. It would have been very easy for me to bury my soul right along with Johnny. Five years earlier I stood, just as my son Blake was standing then, at a brother's grave and I watched a parent do just that. Why on earth would I want to inflict that much pain on my surviving son?

To deny the pain that I felt would have been impossible but it would have been equally futile, dishonest, and destructive to deny the love I feel for Blake and Kelsy.

Denial is a huge waste of time and energy. I think what has helped me most has been acceptance.

I will never accept that there is a good reason for John's death. I don't believe in the "Grand Tapestry" theory. If you do and it works for you then I say BRAVO! for you.

I accept that he is gone. That one sounds simpler than it actually was. I accept that my life will always be different. I accept that tears will always be a part of my life, just as laughter will also always be a part of my life. I accept that sometimes when I hug the kids, I'm actually hugging Johnny in my heart. I accept that it is up to me to make the most of my life.

I once wrote that it is how we let our children's lives affect us that becomes the legacy that they leave behind. I believed it when I wrote it and I still believe it today. All of these things that I've accepted and the ones I've not mentioned, didn't all happen at once.

Each progression in our grief work brings new acceptance with it. It doesn't happen instantly either. The decisions are ours to make. We are on our own, but we are not alone.

Just as I found out that getting better does not mean forgetting Johnny, I discovered a group of people who have been there and understand. People that I could turn to for advice, compassion, and support.

I went to TCF meetings and I shared my fears and feelings. It wasn't easy and it hurt, but it also helped. It supplied me with information which in turn became options. No one- and I do mean no one- has the right to tell any of us how to grieve our children's deaths.

Having said that, let me say that another bereaved parent is qualified to exchange ideas with us. It is up to us to sort out what will help and what will not help us. I personally would have a real problem with taking advice from someone 4, 5, 6, 7, or more years down the road and is still standing on "square one."

There are people who look up and are bewildered when they realize they are alone because they have alienated everyone around them. They chose to let their child's death become their very existence. I find this terribly sad.

If you're newly bereaved the road ahead is nasty, but if you find a way to survive it you will emerge a stronger person. Make choices that feel right for you.

Remember that every step won't be forward and that every step backward isn't always a defeat.

TCF is a well of ideas and knowledge. We in TCF need to remember that we are a support group whose mission is to help people resolve their grief in a positive manner.

Don McLean wrote in the song *Crossroads*, "There's no need for turning back, all roads lead to where we stand and I believe we'll walk them all, no matter what we have planned."

Search out what works for you. Call a phone friend when you need someone to talk to or just to be listened to. I wouldn't be here today if I hadn't done that.

It's like a Chinese Menu where you can select an entree from column "A" and a side dish from column "B." Find out what your options are and make your choices.

May we all find peace and hope for tomorrow.
--by Tom Wyatt TCF, St. Louis, MO



Be Good to Yourself This Summer

Summertime is a time to get away and renew yourself. When you are grieving, it is even more important to relax and take time to be good to yourself. Grief work takes physical, emotional and spiritual energy.

Here are some mini vacations: Get outside as often as possible. The warmth of the sun and soft breezes help you to feel more alive. Exercise helps work off frustration, anger, and depression. Search out local parks, nature trails, country roads- even a walk around your own block. Brisk walking, bike riding, and swimming are good ways to reduce tension.

Try to visit places where there is water. Watching water and hearing it lap against the shore is soothing. As the waves recede, try to envision your grief receding; as the waves return, imagining them bring peace and comfort.

Escape into another world through a good mystery or spy novel. Read a book you enjoy - or go to the movies. Light reading or an entertaining movie helps to take your mind off your grief.

Don't push your grief down. Get it out into the open so you can deal with it and control it, or it will control you. Find and turn to a good listener. Attend a support group meeting. You will gain ideas on coping and meet those bereaved longer, who have survived their losses. The meetings can give you hope and knowledge that you are not alone. I hope "things" get easier for all of you. Please don't lose hope.

--Adapted from the HOPE Line, Buffalo, NY

Don't Touch Me

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

I came to see and understand this feeling, but

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

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

--Rose Clark Perth, Australia

Senses

After 32 months of existing with the loss of my son, Jason, it amazes me how every aspect of my life has changed. There isn't a moment day, week, or month that goes by unaffected by this loss. Every nuance of everyday life brings fresh heartache. Even my senses don't let me forget.

Where I may not have noticed someone before, I see the back of Jason's head, the way he walked, someone wearing a baseball cap, or I see a blond toddler that reminds me of him. I see mothers at the mall with their sons-something we used to do. I see fathers and sons sparring and remember the good-natured tests of strength and wrestling that took place in the midst of my breakables. I hear words to a song in a commercial that I used to sing to him when he was a baby. I hear jokes about drunk drivers or people complaining about their children.

It's difficult to enjoy the smell of flowers without being taken back to the funeral home. I used to think it was only carnations, but it doesn't seem to matter what kind of flowers they are. I smelled those funeral flowers for weeks after the funeral when there were no flowers around.

I only have to think about it and I can still feel his cold, hard arm through his shirt. I can feel the hug he gave me as he walked out the door that night for the last time. He was going out to celebrate his 23rd birthday and meet his fate. I

can remember the pride I felt for him and I can remember the crushing pain in my chest when it sank in that the chaplain was telling me he was gone.

I taste macaroni and cheeses and I think of the hundreds of times I made it for him because it was his favorite food. I taste pizza and remember the mother-son pizza nights. There were very few and they will never be again. There is no time left to make up the time and opportunities that were lost.

Watching TV is difficult. Even comedy shows hold pain. We were watching *Home Improvement*- the other night and Tim and Jill were talking about pets and Tim made the comment ... "that's why we had kids instead of pets, because they last longer." Words and phrases just seem to jump right out and stab me in the heart. So many programs are impossible to watch.

I feel a sense of outrage when I hear or read about children thrown away by their parents or abused. I wish every parent could know what this feels like without suffering the actual loss. I think the world would be a better place if people cherished their children as the gifts that they are.

The sense that has changed the most for me, is my sense of fear. The things I fear have changed 180 degrees. Having just passed my 50th birthday, I no longer fear birthdays or death. I find I fear more the thought of trying to survive the years ahead without my son, my baby. But each birthday can be celebrated because they now bring me closer to being with him again and, in some strange way, it brings a kind of freedom from the depression most people feel as that number goes up every year. I also feel a sense of responsibility for living the life I have left to the best of my ability. I know it will be some time before I can find my sense of true joy again, if ever, but I know I will be searching for it.

--Carlotta Ashby, TCF St Mary's County, MD

Does It Ever Get Any Better?



May 6th begins the 9th year without our daughter, Tiffanie. Whenever newly bereaved parents attend our meeting, they are in such incredible pain. In desperation they inevitably ask one question. "Does it ever get any better?"

Well, nine years later our loss is not as senseless and enormous as it was in 1996. We

have learned to handle our grief without falling apart at the mention of Tiffanie's name. In essence we have become grief managers. We have developed a coping ability to compartmentalize our grief, when we need to do so to function. Today, when we take a moment to grieve, we are now better able to consciously choose more private times and places. In the early years, we would just fall apart anywhere the mood struck.

I suspect there is some highly educated specialist out there somewhere who would proffer the theory that our grief management is really "grief avoidance." Or maybe they would argue that there has been no "acceptance" of our loss, and we simply need to "move on" and bring our grief to "closure." If so, go read another book doctor, because you just don't have a clue.

As time goes on, memories of our daughter become increasingly important. We want to recall every aspect of our daughter's life. When a friend tells us a new "Tiffanie" story, it is such a great gift. We gain a fresh insight into her life, and it makes us feel that we know her just a little better than we did before she left us.

There are still times even after nine years when our special grief drawer opens automatically and we experience that raw anguish all over again. A new obituary announcing that another family has lost a child opens that grief drawer for us. When a newly bereaved mom or dad attends a TCF meeting and can only manage tears, that drawer opens a little more. When we allow ourselves to imagine what Tiffanie's life would be like if she were still with us, the grief drawer pops right out of the desk. Other keys to open the grief drawer include college graduation announcements, wedding invitations, and baby announcements.

To me, the surprising difference after the passage of time is that grief has changed roles in my life. Rather than being something that paralyzes me with anguish, it has become a source of reassurance. Each time that drawer opens, I am reminded by the pain just how deeply we love her. That's love, not loved. We ache because we miss her, but we are so grateful to have had her in our lives. The grief has become the constant reminder of that love. I would rather live with this pain forever, than to never have experienced my daughter's love in this life.

--By Chuck Collins/BSF Chapter Co-Leader

Your Child Is Waiting

Two days after a wonderful family Thanksgiving, our 28 year-old daughter took her own life. Heidi was a beautiful, brilliant, sensitive young woman, but her days were filled with tragedies. She was raped, her marriage didn't last, and she suffered anorexia nervosa. During a low ebb she decided to escape this world and join the Lord she had served since childhood in the next.

We are a close family, and the horror of her suicide overwhelmed us. "Did she shut herself out of heaven" I wondered, "because she took her own life, or is she really there?" That nagging fear became a tormenting thought that plagued me and I cried to the Lord for an answer.

I was awakened one night and received the assurance I sought as He spoke in my heart. This is what He said. "Your child is waiting here to welcome you. She was eager and restless to be gone from there. Here she knows she should have waited for my perfect choice, but she alone is to know My will and fate that could have been. My grace is great and I let her in. She isn't sad any more. In my face she sees the Father's love she wanted there below. Be comforted. Turn aside your grief and be ready once again to shine. Someday you will see well the meaning of the loss. The time is short so be alive in me."

Praise you, Lord, that you spoke into our darkness and despair and brought peace and hope.

--Muriel Hall, Mother of Heidi (From Meditations for Bereaved Parents)

In The Garden

I held a perfect rose today,
so tiny and so new.

Her petals, tightly closed were
kissed with morning dew.

A perfect rose you are to us, no petal torn or
brown.

Formed with love, faith and trust, a miracle we
have found.

She was not to stay for long, for reasons we
cannot say.

God, in His infinite wisdom, took her home on that
same day.

By and by we will know the answers, to the
question in our hearts.



And in God's garden of flowers, we will never be
apart.

It's just so hard to watch your child grow up in
your mind.

--Jill Summersgill, Houston, TX TCF

For Friends and Family...



After I've Lost My Child Please!

A guide for those wishing to help the newly
bereaved.

Don't ignore me, because you are uncomfortable with the subject of death. It makes me wonder if what happened means nothing to you.

Acknowledge my pain, and, please, don't expect me to be "over this" in a month or maybe even a year or two. Losing a child is one of the most difficult of all life's experiences, and the depth of my grief will shock even me as it returns in waves, over and over again, long after everyone else may have forgotten.

Be aware, that holidays and the time around the anniversaries of my child's birth and death may be particularly difficult and painful for me to cope with.

If you haven't been able to call for a long time, tell me that you are sorry, and that you haven't known what to say, but don't say you've been too busy. This has been a momentous event in my life, and it hurts to hear that it has been so low on your priority lists that you couldn't even spare me a five or ten minute call.

If you invite me for a meal (and please do), in the midst of my grief expect me to talk about my loss. It's all I'm thinking about anyway, and I need to talk about it. Small talk neither interests nor helps me.

Don't change the subject, if I should start crying. Tears, and talking about my child's death are the healthiest ways for me to release this intense emotion.

Telling me that So-and-So's situation must have been harder to bear won't make mine easier. It only makes me feel that you don't understand, or can't acknowledge, the extent of my pain.

Don't expect that because my child "is in the presence of the Lord" that is all that should matter, that I should not be hurting. I may believe

that and be thankful for it, but my arms ache to hold my child here. I miss the physical contact so much.

Telling me that I must be a special person for God to send me such a heavy burden, and that "Gods will is best", implies that God did this purposely. I may believe that His will is best too, but I don't believe that everything that happens (including my child's death or anyone being killed by a drunken driver for instance) is God's will.

Don't remind me that I'm so lucky to have the other children. I am, and I know it, but my pain is excruciating for this child, and having others doesn't seem to take that pain away.

No matter how bad I took, please don't say, "You look terrible." I feel like a total failure right now, so I don't need to be told that I look awful.

Remember, my child to me is a very special and unique person, who can never be replaced.

Don't say, "I know how you feel, I lost my mother." It is not the same. We all expect our parents to die one day, after they've had a full life, but I am grieving intensely for all the might-have-been's of my child's short life.

When you ask my husband how I am doing, please don't forget to ask him how he is feeling too. He has also lost a child, and if you ignore his hurt it says to him that his pain shouldn't exist, or that it doesn't matter.

Don't ignore any surviving children. Remember they are hurting very deeply but may not be able to express their true feelings.

If I snap at you for saying any of these things please forgive me and try to understand that it comes from my intense pain.

Hug me, tell me you care, and that you are sorry this happened, even if you don't understand the depth of my pain.

Be available to me, often if you can, and let me talk and cry without judging me. Saying, "Don't cry," or, "Don't be angry," is like saying, "Don't be thirsty." My feelings are part of a normal grief response, and I will work through them more quickly and easily if you are not judgmental.

Just love me, and I will always remember you as a true friend.

--Elsie Sieben

Welcome...



Some People Say

I wouldn't go to one of those grief meetings. It's morbid - people sitting around talking about the dead. How wrong those people are!

In so many ways, those who attend are saying, "I am hurting now, but I want to go on with my life." They are saying, "I am crying now, but I want to laugh again." They are saying, "I am sick in body and soul; help me get well." I see these things as healthy, not morbid.

It is not easy to walk into a meeting of any kind alone, especially one where the subject is very emotional, but once there, it takes only a few minutes to find out we are not alone; that there are those who care about us and want to help us. We see others hurting and suddenly we want to help them. I don't see that as morbid.

A grieving parent wants to talk about his beloved child who is no longer physically part of his life. That child has died with a tragic suddenness, or as a result of an illness that usually takes older people. We want to know why, or find a reason, or some meaning in our child's death. I don't see any morbidity in trying to understand.

Memories of our child are all we have left. We have a driving need to hang on to those memories lest we lose that small bit of our child. It is not morbid to want to keep that small part alive forever, at least in our hearts and minds.

To walk into a bereaved parents meeting is a loud shout - "I want to live and be happy again." It is a cry that "My child is dead, but I know he would want me to go on and be a better person for the suffering. It is a confirmation that "Even though part of my life is gone, there is a reason to go on." There is nothing morbid about doing what is necessary in order to re-enter the mainstream of life.

--Margaret Gerner, St. Louis, MO

Death and the sun
are not to be
looked at steadily.

--L.A. Rochefoucauld

Helpful Hint...



Goal

Goal in life?

Mine is to get through one day without crying because I think of you.

Hey, don't knock it. It's a good goal:
Manageable, attainable, measurably.
One day.

--Donna Dawkins Shea, TCF Columbia SC

Book in Review...



Such Good People by Martha Whitmore Hickman. An average family, two boys and a girl, normal problems, real life people, until an accident causes the death of their daughter. But, as we all know life can hand us an over-whelming tragedy and we are no longer a "normal" family. Because this is a novel, the characters do have their unbelievable scenes, but on the whole most bereaved parents will probably find much to relate to. The author is a bereaved parent and this is her first novel.

--Reviewed by Ellen Coltman, Atlanta, GA

She's Not There

As my family and friends gather round to eat
And the children play games as we share,
I still feel empty and lonely at times
As I realize that she's not there.

On Saturday when I go to the mall to shop
And wander aimlessly through the stores and stare,
Nothing seems to interest me now
And I feel lost `cause she's not there.

On Sunday in church as we worship and sing
And bow our heads in prayer,
My eyes glance over to the empty seat
And I'm reminded again, she's not there.

When I go to her grave with flowers in hand
And my sorrow is too great to bear,
The lord tells me gently, she is with Him
So I go, for I know, she's not there.

No, she's not there as far as the eye can see
Only her memory lives on in me.
But God in His mercy and wisdom and care
Will give me His Love when she's not there.
--Nancy L. Walker TCF, Lafayette, IN

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 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

My Husband, My Friend

The times I have started to say,
Remember when ... remember the time ...
But, you would not remember,
You were not the one there.

Your grief and mine,
So different, so far apart,
Sometimes I believe you grieve for my pain,
Rather than his death.
Your guilt of not loving him,
Nor he you, and the grief that caused me
Even when he lived.

You hold me, you listen,
Even when sometimes you have heard enough,
You cry with me and for me,
You help me grieve,
My husband, my friend-
His stepparent.
--Becky Logsdon TCF, Cheyenne, WY



Our Children Remembered



Ron Acker Aug 12
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 Barcenas
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

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



Our Children Remembered



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: 5/04
Mother: Tracy Solis

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Our Children Remembered**

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

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

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

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

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

Shannon Quigly
Born: 11/26/68 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



Our Children Remembered



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

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

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

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

Leo Joseph Rank
Born: 3/11 Died: 4/12
Parents Roberta & Leo Rank

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

Birthday Tributes...



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

A Birthday Tribute to: Michella Matasso Fincannon August 1986 - January 2007



Dear Michella,

We miss your cuteness, your laughter and smiles, your bubblyness, your kind ways, your "Michella" moments, your hugs & kisses, our talks, and much, much more. We love you and miss you. Happy Birthday.

Love, Your Family

A Birthday Tribute to: Scott William Curry August 1959 - July 2008



Dear Son,

The important dates of your life are so close. The day you left us was the worst of my life. I'm glad now that the date of your birth came four days later, bringing happier memories. I told you many times that you were a baby I wanted and planned for. I think an angel whispered in my ear the day I decided it was time for you to join us. You demonstrated from the first that you had a mind of your own, hanging back when the due date came and passed. You made me sit on the nest an extra three weeks, but you were worth waiting for. I've never seen a happier baby. Smiles and giggles were abundant. If only our lives together could have remained that way forever.

So many sad years passed as we rode an emotional roller coaster together, then apart. Substance abuse reared it's ugly head early. Fearing it would kill you, I finally had to ask you to leave in the hope that you'd get help and come back whole again. Instead you did get sober, but went on with your life without me in it. Seventeen long years would pass before we saw each other again, and only because you were very sick. Pancreatic Cancer is swift and cruel. I was only able to see you a few times before you left us. How touching and heartbreaking was the first meeting. I hugged you right away and when I did

you tucked your head between my neck and shoulder, just as you had as a baby. We didn't speak of the rift that kept us apart, we didn't have to. You knew your Mama loved you more than words can tell.

Your picture is here on my desk. Your eyes are kind and seem to say, "We ran the course together, Mom. It's over now, time to rest." I don't know if I can yet, I haven't cried enough tears to make your loss be okay. I don't think I ever will. Darling boy, you would have been 53 this year. I still ask God to look after you as I did every day of your life. I hope you are at rest.

Happy Birthday, from Your Mom

For Siblings....

Dear Sibling Newsletter,

I wish this group never had to exist, but unfortunately, we siblings were yanked from our ordinary lives way too soon and therefore, we met. I owe the Compassionate Friends a lot. It saved my sanity when I thought I'd lose my mind.

TCF let me know that I was okay, that things were okay, that life would get better, and that I wouldn't hurt as bad. You know what? TCF was right.

I want to let my fellow siblings know that time does help. I still think of my brother constantly. I still miss him and I always will. He is my brother. I still cry. A song can start the water works; something that my own son does, or a butterfly, a white MR2, or even a look, may remind me of my brother.

My brother Herbie died in 1987. He was 21 years old. He suffered massive head injuries in a car accident. He wasn't wearing a seat belt. I now wear mine every time I get into a car. I think of Herbie every time I buckle up. I always will. It's been four years since Herbie died. Life does get better. Life will never be the same as it was before. I'm not the same person I was before Herbie's accident.

Just remember, time does help heal. The pain does subside. You won't be this way forever. You will emerge a different person, just like the butterfly.
--Becky Adam-Hammack TCF, Louisville, KY

For Both of Us

As long as I can
I will look at this world
for both of us.
As long as I can
I will laugh with the birds,
I will sing with the flowers,
I will pray to the stars,
for both of us.

As long as I can
I will remember
how many things on this earth
were your joy.
And I will live
as well as you
would want me to live
as long as I can
--Sascha



One Drink

There's a small cross by the side of Highway 128, near the town of Boonville. If this cross could talk, it would tell you this sad story:

Seven years ago my brother, Michael, was at a friend's ranch. They decided to go out for dinner. Joe arrived and volunteered to drive - after just one drink.

Lightheartedly, the four friends traveled the winding road. They didn't know where it would end - nobody did.

Suddenly, they swerved into the opposite lane, colliding with an oncoming car.

Back home we were watching E.T. on video in front of a warm fire. Then we went to bed. At 2:00 A.M. a police officer woke my mom with the devastating news. Michael had been killed.

In the morning, I found my mother and sister crying. I stood there bewildered. "What's wrong?" I asked, rubbing my sleepy eyes.

Mom took a deep breath. "Come here..."

Thus began the grueling journey through grief, where all roads lead to nowhere. It still hurts to remember that day.

The only thing that helps is telling my story, hoping you will remember it if you are tempted to get into a car with someone who has had a drink - even just one drink.

Joe chose the road to nowhere. He was convicted of manslaughter and served time. However, the real punishment is living with the consequences of his actions. He left us with an ache in our hearts that will never go away, a nightmare that will haunt him - and us - for the rest of our lives. And a small cross by the side of Highway 128.

--By Chris Laddish, age 13 Dedicated with love to the memory of Michael Laddish from *Chicken Soup for the Teenage Soul* © 1997 by Jack Canfield, Mark Victor Hansen and Kimberly Kirberger

From Our Members...



In Memory of Your 20 year Anniversary

Its been a long while since you were taken from this world, brother.

A long time since I hugged you.

A long while since I heard your laugh.

It gets a little easier each year, but not much.

I miss you greatly. Your smile.

I swear I hear you strolling through the house

And sometimes I still look.

It makes me think back to right after you left us.

Thinking you might just be there.

And suddenly you're not.

I miss you greatly brother

And I always will.

AZ

--Adrian Mendoza, a tribute to his brother, Damion

Mendoza July 1976 - June 1992

TCF South Bay/L.A., CA chapter

A Question

If a tree falls in the forest, and nobody sees it, did it really fall?

It a tree falls in the forest, and nobody hears it, did it really fall?

Lets make this more personal .

If you miscarry, and nobody knows about it, but you, were you still pregnant?

If you experience stillbirth, did you really have a baby, If your child, sibling, other loved one has passed on, into another realm, did they really exist?

9-9-80.... 5:54 am..... healthy baby, a boy....this date and time means something to me, and to at least 2 other people in this room, but does it mean anything to you?

Probably not, why would it? That's the thing with dates and times, they are, in that moment, meaningless, unless some significant thing happened to you at that moment.

Birth and death, are two very significant things, that don't ever change, whether someone remembers or acknowledges them, they still happened.

9-9-80...5:54 am. That date and time, was when my little brother was born. And just because he no longer walks with me, talks to me, writes to me, makes me laugh, or the very, unfortunate fact, you will never be able to experience his delight, in a tangible, visible, human sort of way, he still happened.

And like him for me, and your loved one for you... a part of them always remain, mentally, physically, emotionally, and spiritually.

So the next time someone catches you off guard and asks you who that picture is on your jacket, on your mantle, your desk at work in any other special place you may put your loved ones picture, its ok to tell them, even if its hard for you.

Remember, like the tree in the forest, just because you don't talk about or to them, think about them, write about them, or share them with others like you used to, it doesn't mean they didn't happen.

If for only 1 second, or 99+ years, they did exist, even if only to you.

So, I repeat, if a tree falls in the forest and no one sees or hears it, didn't it still fall?

In the future, apply this simple question to your own circumstance and answer appropriately. Thank you. Sheimeika Wagstaff wrote the previous poem for the balloon liftoff in memory of her brother, Jeffery TCF South Bay/L.A., CA chapter

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.

For Grandparents...



Living in a Fantasy

I took my granddaughter shopping today. It was a special outing for just the two of us. We went to the toy section of a large department store. We were in luck, there was no one there-no other shoppers, and the sales lady had stepped out.

I lifted my 15-month-old darling out of her stroller and set it aside. Then I began to slowly walk her through the aisles and show her toys. After a while I let go of her hand and said, "You may look, my sweet; go find a special toy for Grandma to buy for you." She stood for a minute and then began to pick up the toys that attracted her. I just followed and watched. She picked up things here and there, a doll was hugged, a toy truck was pushed across the floor. Around the displays she went in silent wonder, lifting and looking and dropping--mainly on the floor. She shook a box, blowing on a whistle made her laugh, and she tried to work a top until a colorful pull toy was

noticed. She dashed over, gave it a few turns around the store, and then spied the shelves above. She stood and thought a few seconds, then shoved some things over and climbed up on the lower shelf.

I watched with pride at her ingenuity and daring as she snared the treasures from the higher shelf and tried them out. A tall wire basket of brightly colored balls caught her eye and she went over, stood on tiptoe but could not reach the balls inside. Without a backward look to me for help, she simply caught hold of the top and turned the basket over, spilling its rainbow of colors across the floor. She picked up a red one and tossed it. What fun we are having, both in wonderlands of our own.

Too soon the saleslady returned, only to stop just inside the door and laugh at the shambles we'd made of her formerly neat displays. What a sight we must have been trundling around knee deep in toys. As the nice lady and I picked up and sorted out the mess,

Grandma's little angel dragged a teddy bear around by one ear. We purchased Ted the Bear and some toys whose boxes were too badly mangled, for toddlers sometimes sit down quick.

With our bags secured to the back of M'Lady's carriage, filled with satisfaction, we strolled away from my fantasy--a fantasy much like those of other people like me. People whose children die too soon. People whose grandchildren won't be born. People who know what they are missing. People who are lonely. My granddaughter is only a fantasy. She's the dark-haired, button-eyed daughter my son won't have. She's one of the memories I'll have to miss. And if this makes you cry, it does me too.

--Faye Harden, TCF, Tuscaloosa, AL



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.

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 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.

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: Aug.1 for Sept. birthdays). Otherwise they will appear if space permits or in the following month's issue.

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



whenever 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. 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

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: Articles for all types of grief. Bereavement Publishing, Inc., 4765 Carefree Circle, Colorado Springs, CO 80917

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

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

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

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 Reverend Karl Johnson and the Neighborhood Church for the use of their facilities for our meetings.

STEERING COMMITTEE OFFICERS:

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Becky Jordan

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 my daughter, Rizille Cabana Alamares, June 1987 - Dec. 2011. Your life was a blessing, your memory a treasure---you are loved beyond words, and missed beyond measure. Forever in our hearts--- Happy 25th birthday Rizille.

We Love and Miss You, Love Mom

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

P.S. Please include my daughter in your prayers!!!

In loving memory of Gregory Earl Veal, Feb. 1990 - July 2000. We miss you so much every day. You are our guiding angel.

Love You Forever, 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

_____ 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.

Compassionate Friends
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Let warm memories
Be as close to you
As the warmth of summer
-Sascha

--Change of Service Requested--

August 2012

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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