



# *The Compassionate Friends*

## *South Bay/LA Chapter*

### **Supporting Family After a Child Dies**

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

AUGUST 2014 ISSUE

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

**OUR NEXT MEETING**  
will be August 6th, first Wednesday  
of the month at 7:00 P.M.

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

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

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

The Compassionate Friends  
Mission Statement...

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

The August 6th topic will be "Memorials, keeping your child's name alive" .

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 August 6th Meeting will start with “**Memorials ... Keeping Your Child's Name Alive**”.

How to hold on and how to let go. How to remember and help others remember our wonderful children, while forgetting some of the pain of grief. We want to keep the departed child in our life. We want to remember them and have others remember them. We don't love them any less because they are not physically here, but it is up to us to establish ways to memorialize them while keeping our circle of friends and family at ease. Come join us as we discuss ways to keep our children's name and memory alive in our friends and family's hearts.

## Helping Others To Remember



Our friends and family love us and want to spare us from additional pain. But they do not realize that by avoiding the subject of our deceased child, they try to invalidate our continuing love for our child. By joining us in the small everyday conversations and remembering how “Johnny liked... “Sally would have...”, or “remember when he did...” they help us realize we are not the only ones who remember.

It is up to each parent to set the tone for this to happen. If we naturally bring up our child's name, it lets others know they can, too. A simple “Thank you for sharing that about.... it lets me know you think of him/her, too,” encourages others to continue mentioning their names.

When we invite friends and family to TCF events like the balloon liftoffs and candle lighting ceremonies, we need to remember to thank them for showing their continuing love for our children, and supporting us in our grief. We all know how much it means to us that they still remember and are willing to take the time to attend.

By creating a low-key way to remember birthdays, it opens the door for others to remember our child and share thoughts. I have baked a cake each birthday since my son died. If family and friends would like to visit and share some cake, they can remember my child's birth which was a happy occasion for us all. If they prefer to keep the conversations light or just be with me, that's fine. Just knowing we all remember is what is important.

By sharing how we received a card (probably from another TCF parent) that simply says I'm thinking of you on your child's anniversary, you help teach others how important it is to remember— and to let others know you remember. As the years pass and fewer thoughts about your child are

expressed, it is these simple acts of love that give bereaved parents the added strength to face another year without their child.

At holidays you can discreetly add a "special remembrance" ornament to the tree. Or donate something to charity in your child's name. By lighting a special candle or including your child's name in grace, you quietly let others know you remember and your child is still an important member of the family, even if he isn't physically at the table.

Some parents set up scholarships in their child's name, or donate to a cause or an organization that was important to their child. Not only does this help another child who was probably close to yours in age, it gives the parents the satisfaction of knowing someone else remembers their child.

Collecting butterflies or angels is another subtle way for you and others to show you remember your child. Each time someone adds to my collection it is as if they are saying, "Yes, I think of him, too." The tangible act of holding something in your hand that symbolizes the love you have for your child is such a comfort.

Try to remember the more comfortable you are of speaking about your child and sharing your feelings, the more comfortable others will be in doing the same. For many years death was a taboo subject, and the bereaved were supposed to get on with life and not mention the deceased. By encouraging others to share their memories and love for your child, you help change this attitude. Every small step we take now makes it easier for the thousands of other parents who will be facing this in the future.

--Lynn Vines TCF South Bay/L.A., CA

## Thoughts on Dedicating A Tree

As I think of children in whose memory a tree could be planted, I am struck by the enormity of the loss it represents ... It's hard to fathom the pain of all those losses. Then I think of the legacy of love each child left behind a legacy of love and caring manifested in us today. A tree is our gift to the community, our way of saying "Thank you" for the support that have received. It's our way of saying that we care about the families whose children have died.

Many of your children are buried in distant places so a tree can be a place where you can

come and feel close to your child and know that we feel close to that child, too. After hearing your children's stories, I have come to know them better than some of the living children of my friends.

I thought about the reasons a tree is an appropriate memorial and these things came to my mind: Trees are lovely, living things which remind us of our children whose presence once graced this earth. Trees, like all of us bereaved parents, are rooted in the earth, but reaching upward toward the heavens and outward, toward each other. Trees speak to us of change each year, as they go through the season. As we see the tight buds emerge from the bare branches winter, then burst forth in that radiant spring color that we won't see again until next year, we are reminded that change is part of the cycle of life and that spring always follows winter. And realize that renewal is possible for us, too. The changes remind us, too, of the defeat of death and the quality of resurrection, and in them, we see hope - hope for the future; hope for ourselves. They also speak of endurance - for trees, like all of us, must bend with the wind of change or be broken. So we learn to bend with the changes in our lives, and cling to our hope for the future. Trees speak to us of the purpose of all living things and remind us of our need for new purpose in our lives. As they grow and mature, they extend their branches to provide shade and shelter from the elements. They renew the very air we breathe, and we are reminded that we, too, survive and thrive by reaching out and offering hope and love to others.

Maybe you will come and walk by this tree; maybe you will stop and sit in its shade one day—and you will think of your child ... and maybe, in time, there will be a nest of birds in the branches of this tree, and you'll feel a rush of excitement and appreciation for life itself. And at that moment, you will be reminded that our children lived and you have chosen life. I really think our children would like that, don't you?

--Joyce Andrews TCF, SW Houston, TX

## Writing Your Child's Story



The possibility of forgetting even the smallest detail of our child's life is a fear most of us have. In truth, over the months and years, many of these details do dim. Writing them down is a way to keep from losing these memories. This way, we will not only have a permanent remembrance of our child for ourselves, but this will also be a legacy for other

family members. Here are some suggestions:

\*Write in a spiral notebook. This way nothing you write will be lost.

\*Begin at the beginning. Write all the details of your child's life from his birth through his death day.

\*Use your child's pictures to help remind you of occasions and happenings over the years. Ask friends and relatives to tell you something they remember about your child. (This may make them a little uncomfortable at first, let them know how important it is to you). Also write any thoughts and feelings you remember having at the time.

\*Record the bad things your child did and said as well as the good things. It is important to write both the child's good and bad sides so we can remember him as the real person he was.

\*Write about your child's death. Record as many details surrounding it as you care to retell. Write about the days before his burial, funeral, the day after, two weeks, a month, and so on. Record how others helped.

Write a letter to your child, Include:

What I wish I had said to you.

What I wish I had not said to you.

What I wish I had done.

What I wish I had not done.

What I wish you had done.

What I wish you had not done.

What I wish I could ask you.

What I would like to tell you.

Pour out your feelings to your child. Tell him/her of your anger, your guilt. Tell your child how you love him. Tell your child good-bye. Don't worry about whether you write well. Don't worry about formal grammar. Just write. Keep your notebook handy. Write anytime you feel you want to say something to him/her, or when you remember some detail that suddenly comes to mind. When you have trouble sleeping, write down the things that keep coming to mind.

Writing about your child or to your child will be emotional. It will probably make you cry. Don't let this stop you. Crying can be extremely helpful in releasing your tensions and will help you with your grief work.

--Remember--Writing is just talking, written down.

Or try another exercise which yields interesting results. Make a list of all the things your child likes, and another list of the things he/she didn't like, such as foods, music, books, sports, games,

people, movies, etc. Make additions as time goes by. You'll be surprised to find you have a pretty good profile of your child for later on when some details may dim.

--Margaret Gerner St. Louis MO TCF

## Ann Landers

**Dear Ann:** On a radio call-in-show, a listener asked if she should continue to acknowledge the birthday of a friend's deceased child. The radio host said, "No, your friend needs to get on with her life. Mentioning the child's birthday would prolong the suffering."

We are parents who have experienced the misfortune of having lost a child. Before the tragedy occurred, we may have agreed with the radio host. Parents who have lost children fear their child will be forgotten. Our children's birth and death days are lonely and sad for us. When our friends or family contact us on these days and let us know they remember, it warms our hearts.

Often, people hesitate to mention our child's name, fearing it will bring up sad thoughts and feelings. Please tell them they cannot "remind" us about our children, because we have not forgotten them. And they cannot trigger grief because it never completely leaves us. They cannot hurt us by bringing up thoughts we live with each and every day.

This may not be the way it is for everyone, Ann, but this is how we feel. You speak to millions of people each day, and they trust what you say. You would be doing a great many bereaved parents a service if you mentioned in your column that parents and siblings are honored, touched, and warmed when friends and family mention our deceased children.

Thank you. Barbara E. Tuber-Sooy  
--Contra Costa Chapter TCF, Walnut Creek, CA

**Dear Barbara:** Because you wrote, a great many people are going to feel differently and act accordingly. You educated millions of readers today. Thank you.

(As seen in the Los Angeles Times)



## If Anyone Should Ask...

We parents who have lost children belong to a very special "club." The only membership fee is the unfortunate event of losing a beloved child. Others cannot belong. It is not that others are unloving or uncaring. There is just no way a person can

completely understand without having had the experience.

I have lost two children. In two separate events. No, it's not fair. . . but I have learned:

1. Everyone handles death differently. And there are no predictors of "how" one responds to the death of someone dear, let alone a child.
2. Death is very personal. There cannot be any "comparisons". . . ever!
3. No one wishes this horrid event to happen, even to their worst enemy.
4. Most people are terrified of death and/or dying. Because of this fear, many people will offer what seems to them "kind" words and/or advice. They simply "mean well." I suggest you see their fear for what it is and accept their intention. Best words: Thank you. (No matter what they said!) You have to live with you.
5. No one actually heals from losing a child. This is a myth. What you can do is: On their (expected or actual) birthday, create a literal ritual for celebrating the fact that they were with you for however short or long. Remember the good feelings that "they" gave you. These feelings are living gifts. Yes, this is a day I take pictures out. Put them away at the end of the day, if necessary. Light a candle.

On the anniversary of their death, create a literal ritual for "remembering." This one is much harder, of course. I had the body of one of my children cremated, and her ashes were scattered at sea. On the anniversary of her death, I go swimming in the ocean and pretend she is holding me up... talking to me... and giving me permission to feel whatever it is I am feeling that year. Some years are silly. Some are horrid crying spells. There is no guilt allowed! (Sometimes I find a treasure on the shore and pretend to think that she left it there: a heart-shaped rock, a bit of colored glass.)

6. Let death bring you life! Perhaps the most important lesson I've learned is that we all must be present in the moment, for we never know what will happen or when. Death taught me the importance of loving and respecting each and every individual—friends, family. . . and even strangers. Each person is a beautiful treasure and gift. People don't wear flags that let you in on what they are dealing with. I remember thinking (during one of the deaths) how people sounded when they were fretting over things that weren't actually important. Not really. Death brought me a much

deeper understanding of our human dilemma and allowed me not to "tolerate" differences, but to actually "celebrate" them. (Unkind people, and even angry people, are just much more afraid than you and I. Perhaps they are the ones that need more love.)

7. The kind folks at The Compassionate Friends are online at [www.compassionatefriends.org](http://www.compassionatefriends.org). Another online organization called Whispers of the Heart is also a site for parents, family members, and friends who have lost a child. You can find it at [www.whispersoftheheart.com](http://www.whispersoftheheart.com). Both organizations are unique but both deal with the dilemma of learning to live (again) and cope with the realities of the death of one or more children.

8. It is important to reach out to the people who can help you most. For each person that might mean something different. Over the years I have found information, comfort, challenges, and support through counseling, bereavement groups, other parents who have lost a child/children, mentors, teachers, and religious figures.

--Marlene Moon lives in Honolulu, HI and despite the loss of her two children, believes that "life should be lived in honor of those you have lost. . . not in spite of your loss." We Need Not Walk Alone



### The Cowardly Brain

Your child dies and because of the trauma of that you need for all of your systems, without any prompting from you, to go on automatic pilot and function more perfectly than before. You find, instead, that your brain, the coward, chooses this *time* to say, "Excuse me, I've been traumatized here and am no longer capable of concentrating, comprehending, remembering, maintaining any kind of organized pattern nor making good decisions I really am not functioning well, so if you'll excuse me, I think I'll go on leave for awhile, and when I'm better, I'll be back. And, oh, by the way, I'm leaving your emotions in charge while I'm gone".

Now, the emotions, not having had much experience in being totally in control, prove not to be good leadership material. You find yourself reacting in strange ways to old situations, and the people around you, who have not had your experience and who may already be doubting your sanity, now become thoroughly convinced that you are in desperate need of long term mental treatment. You may find yourself agreeing with their assessment of the situation, for those first months of

emotion-controlled patterns are easily confused with mental illness. How many *times* have you said, "I think I'm losing my mind"?

I hope it is a comfort to you to know that your brain isn't gone forever. You will find that before it returns to stay, it will check in from *time* to *time* for brief visits. When, you find yourself acting rationally for a change, maybe even remembering your own name, for example, just say to yourself, "It must have been my brain on a test run." If, on the other hand, you have a day when you ride around all day with your emergency brake on, or pass by the exit that you've used for the past fifteen years, just know that your gray matter isn't in touch at all that day. Your emotions don't know anything about brakes or exits. Rest assured, however, that one day, when you and it have had the necessary *time* to recover some of your lost functions, you and your brain will again become one and go about the business of continuing on with your life. Neither of you will be totally the same again, but you will both be better. I hope that day is soon for the both of you.

--Mary Cleckley, Lawrenceville, GA

The Compassionate Friends recently released a new brochure on the topic of losing a child from a substance-related cause. The following article is an excerpt from that brochure. The full brochure is available at [www.compassionatefriends.org](http://www.compassionatefriends.org). Note: These brochures are copyrighted The Compassionate Friends/USA and may not be redistributed.

### When A Child Dies From A Substance Related Cause

A child's death at any age from any cause is a profound loss. When substances such as alcohol and/or drugs (legal or illegal) are involved, additional layers of grief are often present. Whether death came after a history of substance abuse, a single encounter, or from the disease of addiction, processing this loss has its own set of complications. Substance related deaths have skyrocketed across the United States with prescription medications now the leading cause of death where substances are a factor.

#### The Emotional Roller Coaster

While not always the case, living with someone with substance related issues can be a long journey, an emotional roller coaster spanning

many years. During this time, the ups and downs of rehabilitation efforts, relapse, guilt, shame, helplessness, and hopelessness can exhaust the family unit. When death results, it takes a while for the effects of years of struggle to come to any sense of integration or conclusion. Like a train running out of control, suddenly everything stops.

Denial and feelings of shock, guilt, anger, and depression are often a normal part of grief reactions. These are oftentimes heightened when a child dies from a substance related cause. Though hard-to-accept, it is not unusual to experience a sense of relief. Your child is no longer suffering. The suffering you and your family have experienced changes. No longer worrying if the substance related issue(s) will claim your child's life, the focus shifts to coping with the loss and perceived social prejudices. What could you have done differently? Will others question your parenting skills? Where do you go from here?

### **Anger**

You may feel anger. It may be directed at your child, those you believe may have contributed to your child's death, those you believe failed to help your child, God, or just the world in general. You may be angry with yourself because you were unable to save your child. It's okay to express anger, a common emotion when a child has died for any reason. Sometimes healing cannot begin until this anger is confronted and expressed. However, a healthy expression of anger does not include hurting yourself or others.

### **Guilt**

Feelings of guilt following a child's death from any cause are normal but can be especially intense after a substance related death. This is true for parents and family, friends, classmates, and even coworkers. "If only" is a phrase you may find yourself repeating frequently. Sometimes you need to go through a feeling to get beyond it. You may need to feel guilty for a while until you begin to understand that you are ultimately not responsible for the decisions and actions of another human being, including your child. Believe in yourself. You did all you could. You are human—accept your limitations.

Some parents feel a need to ask "why?" Of course, often there are no clear answers, which can prove highly frustrating for parents and other family members who want to understand. After some time you may reach a point where you realize there are some questions about the death of your child and

substance abuse or addiction that will never be answered.

### **Depression**

Lack of energy, sleep problems, inability to concentrate, not wanting to talk with others, and the feeling there is nothing to live for are all normal reactions in bereavement. You can fight this type of depression with moderate physical activity, plenty of rest, and a good diet. Allow family and friends to help you and even take care of you. You don't have to be strong. Maintain contact with people you value. Talking with others who have been through a similar situation may help you to cope. You may even learn it is okay to laugh and smile, though this seems impossible now. If the depression does not appear to lessen over time, you may want to talk with a qualified professional who can determine how best to help you.

### **Spiritual Disillusionment**

Parents who have a belief in God may find themselves in a spiritual crisis as they question their beliefs. Religious concerns about the hereafter often surface. "Why did God let this happen?" is a question we can no more answer than all the other questions about imperfections in this world. Talking about spiritual and philosophical questions with other parents who have experienced a similar loss may be helpful. For those with concerns of a spiritual nature, try to find an understanding, nonjudgmental member of your faith and open yourself to that person.

### **Beyond the Stigma**

When we lose a child in a substance abuse related death, this stigma can carry social discrimination that causes some to hide the cause of death from others, even those who are willing to offer support.

Even if you decide to keep the cause of your child's death a secret, don't allow this to deprive you of the joy of speaking about your child to your family and friends who want to support you. Remember the life of your child, focusing on accomplishments and aspirations. Substance related issues do not define the sum of your child's life.

--The Compassionate Friends/USA brochure



*When you are sorrowful--  
look again in your heart, and you shall  
see that in truth you are weeping for  
that which has been your delight.*

--The Prophet Kahlil Gibran

## "If Only"

"If only" is the whip with which we lash ourselves.  
If only I had not bought him a motorcycle...  
If only I had not let her cross the street alone...  
If only I had forbidden him to drive while he was  
so tired...  
If only I had not permitted the surgery...  
If only I had not waited for the ambulance...  
If only I had waited for trained personnel to  
move her...  
If only I were an all-knowing, all powerful God,  
I would not have allowed my child to die.  
But I am only human  
--Theresa Hutchison, TCF Norman OK

## EASEL SMEARS: A Sister's Definition of Suicide

Suicide is the gray-bland drone of the coroner's voice as he describes my brother's body. "The pinkish cast to the skin ... a sign of carbon monoxide. He left a note that explained and, "Cause of death is suicide." Then, the coroner's push to wrap up his paper work, "We'll need more information. Can you get his social security number? Was your brother married?"

Suicide is the drained-white color in my mother's lips as she listens to words that, once uttered, will forever change her life. It's black vinyl chairs and bright gold curtains swimming in team of sorrow. It's a brown leather book and my father's faith, in a desperate search for an answer. It's a yellow ribbon of hope threaded through the day, a wish from the world of "can't-be" as I wait by the window for my brother's truck, his bounce up the stairs, his bound through the door, and his smile that say, "I fooled you."

Suicide is my brother's gray Dodge still locked in his garage, still out of gas. It's his favorite brown pipe, perched on the dash, and the too-sweet stench of upholstery splashed with perfume, someone's half-hearted effort to hide the smell of death.

Suicide is black remorse in waves of guilt as the questions tide over and over. "Why didn't I see? Was it something I said? Why couldn't I say, I love you?" Burning red embers of anger and pain flare and subside again.

Suicide is burgundy drapes and a pale blue box and flowers and preachers and prayer. It's the white light of promise in a song about Canaan, a land

where the soul never dies. It's the widow in black, like a devil's young bride, along with neighbors and family and friends.

Suicide is a gray granite stone on cut, green grass - a fresh-turned-soil frame on eternity. It's bright blue skies and last good-byes and a fear of the forever after. And, in the end, suicide is ice-clear emptiness as two parents walk away and leave the son they love buried beneath the ground. It has been seven years since my brother died, but the memory is as young as yesterday.

--Charlotte Cruxuley TCF Moscow, Idaho

## The Grief of a Parent Who Has Lost an Infant



To experience the loss of an infant is to grieve for what never was. After all the months of anticipation and preparation, the actual birth of a child brings the feeling of hope and fulfillment. Should that child be stillborn, or die hours, days or even months later, the unrealized dreams become a source of pain for the parents. No parent expects to outlive his child; the death of an infant is often the loss of a child unknown even to the parents.

The expected stages of grief, (guilt, disbelief, anger, etc.) can have new directions for the parents who have lost an infant.

1. Shame and guilt. Especially if the infant was stillborn or had a birth defect, the mother may feel she has failed as a woman. "Other women have live, normal babies, why can't I? Should an infant die months after birth, parents find it hard to resolve- feelings that it was their fault.

2. No memories. Parents may only have "souvenirs of an occasion". (birth certificate, ID bracelet) by which to remember their child. If the infant is older, they may have pictures and a few belongings, but they still feel they hadn't really gotten to know their child.

3. Loneliness in grief. It is hard for friends and relatives to share your grief for a child they never knew. If the child is a newborn they may give the impression that you are grieving unnecessarily over a non-person. They hope that you can "forget this baby" and "have another one."

4. Neglected father. Too often the sympathies of professionals and friends are directed mainly to the mother. It is important to remember that the father had made plans for this baby too.

5. Mothers vs. fathers. Since, the mother has

bonded with her child all during pregnancy, her grief may be much deeper than the father who only came to know this child after birth. It may be difficult for a father to understand why his wife's grief is so profound and so prolonged.

--Claire McGauhey and Sue Shelley  
TCF, St Louis MO

## Newly Bereaved...

### THE MAGIC OF YOU

What can I do to get better? This is the question most often asked by newly bereaved parents, as if the right actions could work a miracle. They are seeking easy rules, methods or steps of healing.

But there are none. There are no special words, no miraculous system, no magic wand to take the pain away. There is only time, hard work, and compassionate support. Grief is a process which must be allowed to function thoroughly in order for healing to take place. There are no short cuts; Attempts to ease the process such as through alcohol or drugs often end either in disaster or in complicating the grief process.

There is no magic. There is only you, the bereaved person, who must decide yourself to work within the process to resolve your grief.

No one else can do it for you but others can help by supporting your grief rather than searching for magic words to wish it away. Others can help within The Compassionate Friends by providing models of healed parents who are willing to listen and share.

You can help yourself by being patient with grief instead of searching for easy methods. You can help yourself by learning about the grief process. You can help yourself by sharing your story with others and listening to their stories. You can help yourself by reaching out to others, for helping others is the source of your own healing. Magic pills or incantations? There are none. Look to yourself. The Compassionate Friends can help, but you alone determine the progress of your grief. The magic of healing is within you.

--Marcia Alig, TCF Mercer Area, NJ

## For Friends And Family...

### Friends and Family.... Forever Changed

Can you see the change in me? It may not be

so obvious to you. I participate in family activities. I attend family reunions. I help plan holiday meals. You tell me you're glad to see that I don't cry any more.

But I do cry. When everyone has gone - when it is safe - the tears fall. I cry in privacy so my family won't worry. I cry until I am exhausted and can finally sleep.

I'm active in my church. I sing the hymns. I listen to the sermon. You tell me you admire my strength and my positive attitude.

But I'm not strong. I feel that I have lost control and I panic when I think about tomorrow... next week ... next month... next year.

I go about the routine of my job. I complete my assigned tasks. I drink coffee and smile. You tell me you're glad to see I'm "over" the death of my loved one.

But I'm not "over" it. If I get over it, I will be the same as before my loved one died. I will never be the same as before my loved one died. I will never be the same. At times, I think I am beginning to heal. But the pain of losing someone I loved so much has left a permanent scar on my heart.

I visit my neighbors. You tell me you're glad to see I'm holding up so well. But I'm not holding up well. Sometimes I want to lock my door and hide from the world.

I spend time with friends. I appear calm and collected. I smile when appropriate. You tell me it's good to see me back to my "old self."

But I will never be back to my "old self." Death and grief have touched my life and I am forever changed.

--Rhonda Wilson Asheboro, NC

## Welcome To Our Meetings



Some of you who have been receiving the newsletter have never attended a meeting. The reasons are varied, but perhaps some of these reasons are fear or misconception. Perhaps you've thought:

- \* I couldn't bear to break down and cry in front of strangers.
- \* The group may be only for parents who have lost young children. My child was 27.
- \* My child has been dead for years. It's probably only for parents whose children have died recently.
- \* They probably would expect me to talk about it

- I don't want to.

- \* What would they think if they knew my child died by... drug overdose suicide... my carelessness... AIDS...(or any reason).
- \* I'd like to go, but I know my husband/wife won't come with me.

And in response, we reply:

- \* You may not know us, but we have buried a child. We understand your tears.
- \* Your child was 2 or 40 when he/she died? We have absolutely no age limit and parents come who have lost children of all ages.
- \* There is no time limit on your bereavement here. We're here for as long as you need our support.
- \* There is absolutely no pressure to talk about your child's death or to make you uncomfortable in any way. Perhaps you would rather listen. Many of us have felt that way at one time or another.
- \* What would we think? We are here to support, not to judge or condemn. Death carries with it feelings of guilt, which all of us struggle to dispel
- \* People grieve in different ways and may have need of different support systems. We have parents whose spouses do not attend meetings, as well as single parents. Perhaps you would want to bring a friend.

--Dorothy Worrell TCF Ventura County MA

## Helpful Hint...



## Guilt Feelings

Guilt feelings may be impossible to overcome, but the realization that none of us is perfect and that each of us is a precious child of God should both lead us to ease the stem judgment we impose upon ourselves and to treat others with equal compassion. An "accident" is not an "on purpose situation." We cannot control every aspect of life, and bad things, of course, happen even to good people.

Relieving guilt is a matter of time and talking it through, over and over and over. Blessed is that time when we become tired of placing guilt upon ourselves, when we know it doesn't belong there. There is a time that comes when we can acknowledge in our hearts that we did what we could, and we can finally rest assured of it. That knowledge is much more comforting than a constant litany of guilt.

--Excerpted from Facing the Ultimate Loss: Coping

with the Death of a Child by Robert J. Maax and Susan Wengerhoff

## Book In Review..



### *HOW DO WE TELL THE CHILDREN?*

*A Parent's Guide To Helping Children Understand And Cope When Someone Dies* by Dan Schaefer and Christine Lyons Newmarket Press, NY  
Bereaved parents often find the effort of listening to their children - and open communication with them - about loss and grief almost more than they can bear. Communication problems are intensified by fears of hurting or upsetting their children--saying or doing something "wrong". Avoidance, neglect, and misinformation can have negative short-and long-term effects upon children. Mr. Schaefer decided to do something about it, and this book is the result.

On the basis of observation, experience and conversations with thousands of parents and children, Dan Schaefer worked out a common sense approach for talking to children about death. This book provides straightforward, uncomplicated language that will explain the facts of death to children--from two-years-old to teenagers--and help adults to help children cope with their feelings of grief, fear, and loss. Excerpts from L.A., CA TCF newsletter

## Summer Breezes

There's a hint of girlish laughter Wafting past the porch.

For a moment I pause...

To listen.

In the warmth of summer sun Memories to bask in.

Trees you climbed, kites you flew,

Bikes you raced, waves you splashed in.

At night we wrapped time around us

As we blanketed the grass

And gazed toward heaven.

The stars were full of wonder then,

And lazy days seemed endless.

Life spread before you,

Laughter filling the wind with happiness.

Just now I thought I heard you once again,

How pleasant this breath of summer,

The breezes hold such memories.

Of life. Of you.

--Karen Nelson TCF Box Elder County, UT



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 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

Robert Bolde  
Born: 7/94 Died: 9/12  
Parents: Diane & Paul Bolde

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

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

Albert Caldera  
Born: 3/78 Died: 2/10  
Parents: Refugio & Maria Caldera

Christina Califano  
Born: 10/90 Died: 11/06  
Father: John Califano

Cesar Isaac Cancino  
Born: 01/05 Died: 01/05  
Parents: Claudia & Cesar Cancino

Kenneth Capparelli  
Born: 1/77 Died: 1/04  
Mother: Sandy Capparelli

Kevin Castaneda  
Born: 4/94 Died: 4/13  
Parents: Fernando & Aleda Hockenberry

Frank Christopher Castania  
Born: 8/94 Died: 7/05  
Parents: Frank & Debbie Castania Grandparents: Richard & Ann Leach

Vanessa Roseann Castania  
Born: 2/97 Died: 7/05  
Parents: Frank & Debbie Castania Grandparents: Richard & Ann Leach

Ryan Cavanaugh  
Born: 6/83 Died: 11/06  
Mother: Kimberly Cavanaugh

Zackary Kenneth Charlton  
Born: 11/81 Died: 3/10  
Parents: Christine & Kerr Sister: Allie Bentley

Nathaniel Choate  
Born: 7/80 Died: 5/08  
Mother: Vicki Blain

Andrew Alexander Chou  
Born: 12/03 Died: 12/03  
Parents: Lu-Sieng Siau & Wibawa Chou

Michelle Christian  
Born: 10/67 Died: 04/13  
Parents: Paul & Toni Saben

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

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

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

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

Justin Dalton  
Born: 9/74 Died: 8/09  
Mother: Janis Farran

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

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

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

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

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

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

Douglas Thorm 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 DiMaggio

Amy Elizabeth Dodd  
Born: 1/74 Died: 7/02  
Mother: Kathleen Dodd



# Our Children Remembered



Heidi Dominguez  
Born: 8/68 Died: 06/13  
Grandmother: Rita Menendez

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

Sierra Dove  
Born: Died:  
Parents: Michelle & Mathew Dove

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

Myka 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

Dakota Max Haight  
Born: 9/27 Died: 9/12  
Parents: Gail Cochran & Bill Scar

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

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

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

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

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

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

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 Honsinger  
Born: 12/70 Died: 10/06  
Mother: Sunny Honsinger

Jeremy Michael Howard  
Born: 7/83 Died: 6/94  
Mother: Donna Howard-Scuggs  
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 Kroppman  
Born: 12/88 Died: 3/12  
Parents: Brenda & Greg  
Kroppmann

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

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

Shauna Jean Malone  
Born: 8/70 Died: 1/13  
Parents: Tom & Mary Malone

Michelle Marie Mandich  
Born: 5/89 Died: 2/05  
Parents: Michael & Lori  
Mandich

Daniel Edward Manella  
Born: 9/67 Died: 10/98  
Sister: Kathleen Manella

Elizabeth Mann  
Born: 7/60 Died: 5/05  
Parents: David & Olivia Mann

Janet Sue Mann  
Born: 10/61 Died: 9/10  
Mother: Nancy Mann

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

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

Kyle Jeffrey Martin  
Born: 11/80 Died: 7/04  
Parents: David & Joanne Martin

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

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

Paul Martinez  
Born: 1/86 Died: 3/08  
Mother: Lorraine Martinez

Daniel George Mateik III  
Born: 12/84 Died: 6/09  
Mother: Stefanie Hudak

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

Kirk McMulty  
Born: 7/84 Died: 2/14  
Mother: Elaine Mc Multy  
Sister: Reme Mc Multy

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

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

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

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

Denise Northbrook  
Born: 2/67 Died: 8/31  
Parents: Mike & Barbie Schafer



# Our Children Remembered



Geoff James Nowak  
Born: 11/97 Died: 2/98  
Parents: Christen Murphey & Geoff Nowak

Logan Kay Nunez  
Born: 1/95 Died: 4/05  
Parents: Mike & Laura Nunez

Michaela Grace Nunez  
Born: 2/05 Died: 7/05  
Parents: Roger & Jennifer Nunez

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

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

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

Elliott Shawn Oliver  
Born: 8/75 - 2/13  
Parents: Elliott Joseph Oliver Jr. & Linda Barcela

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

Masahiro Ozaki  
Born: 5/78 Died: 8/09  
Sister: Etsuko Moromi

Crystal Pagan  
Born: 6/74 Died: 3/14  
Mother: Sunny Honsinger

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

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

Maddison Grace Partida  
Born: Died:  
Mother: Gabriela Partida

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

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: 11/2/68 Died: 1/09  
Mother: Kathleen Shortridge

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Spencer Simpson  
Born: 1/80 Died: 6/13  
Parents: Rich & Shelly Simpson

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

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

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

Nancy Sterger  
Born: 8/57 Died: 6/12  
Mother: Ann Leer

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

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

Anthony Tanori  
Born: 8/82 Died: 8/12  
Parents: Chuck & Sylvia Tanori

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

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

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

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

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

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

**OUR CHILDREN REMEMBERED**

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

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

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

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

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

Vance C. Valdez  
Born: 10/90 Died: 3/12  
Mother: Maria R. Valdez  
Lexi Noelle Valladares  
Born: 4/04 Died: 7/10  
Parents: Fausto & Erica Valladares

Mark T. Vasquez  
Born: 5/75 Died: 5/11  
Parents: Manuel & Blanca Vasquez  
Gregory Earl Veal  
Born: 2/90 Died: 7/00  
Mother: Virginia Veal

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

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

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

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

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

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

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

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

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

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

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

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

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

Sharon Ann Wendt  
Born: 6/54 Died: 4/99  
Parents: Mr. & Mrs. Carmel Doucet

Brian Scott West  
Born: 8/70 Died: 4/08  
Parents: David & Connie Schlottman

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

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

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

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

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

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

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

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

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

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

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

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

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

**Birthday Tributes...**

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

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

**A Birthday Tribute to:  
Tiffany Diane Lamb Corkins  
July 1970 - August 2005**

My dearest daughter,

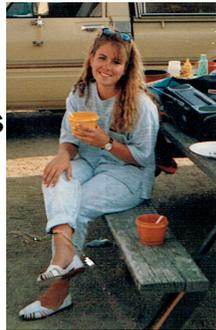
How does it happen that we are again at your birthday month? You would be 44 this year.

I picked a picture of you at 18, taken at Jalama Beach, camping with friends. I still need to get all the pictures together and make collages for your family and friends who miss you terribly. I cry just thinking about doing that, maybe next year.

I miss you and think of you everyday. Your brother is awesome. Your boys are too. Our lives go on with holes in our hearts.

We will be sending balloons with messages of love on your birthday. We are putting a memorial plaque at your Magnolia tree at your church. Happy Birthday, Tiffany.

Love Mom



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



Dear Scott,

July 31<sup>st</sup> marks the sixth year since we lost you. August 3<sup>rd</sup> you would have been 55 years old. If we only knew just how much we were going to miss each other when one of us had to leave this world, we wouldn't spend a second being upset or angry with each other. We'd know how precious each moment means. But, we haven't a clue until we are forced to experience this. What a

blessing it is to finally be able to look back on so many sweet memories.

What a perfect little baby you were, Scott. No demands to be fed early in the morning. Sometimes I'd look in to see you eating a tuft of cotton from your baby bed bumper, flashing me that adorable gummy smile. You had been walking for three months by your first birthday. Life shifted into high gear then. You found out how to undo the chain lock and had made it down the street at dawn. I had to step lively to keep up with you. I learned to sleep lightly in those days and to be aware of what you were about. Through you I learned that having a bright child might not be as preferable as we thought. You could take almost anything apart. Busy was your middle name, not a moment to spare, you went from one project to another quickly. I also remember discovering you in a rare quiet moment in forbidden territory, your sister's room on her first day at school. Coast being clear, you were so tenderly putting the dolls to bed, tucking them in. A portrait forever etched in my heart.

How could a boy so bright be unable to read? We finally discovered that the culprit was ADD and Dyslexia and were fortunate in finding the help needed. Then your teen years were filled with problems that were harder to solve. Eventually, we had a separation of many years before I heard of your last illness. What a blessing to have had three visits with you before the end. Short periods, but filled with laughter in remembering so many things together. Happy birthday, Son, I pray you know just how much I love you.

Love, Mom

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

Michella

Keep Michella's memory safe in your heart

She is there to remind you,  
you are not apart

One cannot touch the lives of so many as she  
And not leave love's imprint for us all to see  
Mourn not her passage but Celebrate her days  
Michella touched all of us in so many ways



When you think of her now, do so with cheer  
Don't cloud her sweet memory in pain and in fear  
Rejoice in her life not the pain of what's past  
She resides in the safety of His arms at last  
Let her light be a beacon for us one and all  
She will be there to greet us when we hear the call

Forever in my heart, Joelle

Love, Mom and Dad

**For Siblings...**



**Light Rays ~ Surviving Life after the  
Loss of a Sibling**

I "lost" my brother nearly three years ago. He was part of my core, my bedrock since the day I was born until I was 34. It's hard to put into words or to quantify the value of sibling relationships. Because they are generally a peer within ten years or so of your own age, one never expects to lose a sibling at a young age or before you lose your elders such as parents or grandparents.

A sibling grows and develops with essentially the same world view as you, therefore the relationship is unique and special. Siblings are built with unbreakable bonds of shared parents and child-hood experiences. The household culture including family philosophy, humor, secrets and other traditions such as religion and food are sacred to one's definition of self. "Blood is thicker than water" as are the genetic sequences inherited from parents, which all siblings equally share.

There are countless ways in which a sibling loss is devastating for the surviving sibling(s). For me, the hardest part of my initial stages of grief were seemingly selfish. I kept wondering, "how am I supposed to go on without Ray?". I felt a pendulum swing of emotions from sadness for my mother an intense longing to hear his voice (I still wish for this each and every day, as a matter of fact), anger with God for taking him all too early, doubt that God even existed and on rare occasions, relief that perhaps he is in a better place after all. I felt tremendous guilt for living far away and for not being able to reach him by phone the day before he died (due to poor cellular reception from where I was). One of the harshest burdens I endured was about re-defining myself and learning how to walk again without Ray.

My brother was always a part of the psyche of me. He had been since the day I was born, the day our dad died, and he was supposed to be along with me in this journey of life for 80 years or so. At some points in our life we were much closer than others, but our love, trust and respect for one another was never questioned. Sibling relationships do require maintenance work, as do all relationships, but they are rarely ever at risk of disintegration.

A part of me died when Ray passed onward. I woke up in terror many nights reaching out to hug him and to hear his voice. I was also terrified of time passing and growing older. How was I to continue my life's journey without Ray? Even more terrifying, who will I be or how will I define myself when my Mom inevitably passes? Absent other siblings, absent a sister-in-law and absent nephews and nieces, I felt devastatingly alone. I frantically reached out to other family and my husband's family in search for a new "tribe".

This can sound selfish when everyone around is saying, "what about the surviving parent?". Yes, my Mom's loss is devastating and tragic beyond words and that subject is a whole other book that I could write. But, a parent loss should not be measured as greater than a sibling loss and should not diminish the surviving sibling(s) feelings. Often times surviving siblings stay quiet as they don't want to be seen as selfish during the initial stages of grief. I write this with the intention of helping others heal, as it's my responsibility now that I am finally on the mend to healing. I will never stop loving or missing Ray, but I will find a way to see my blessings and to go on living life filled with my mom, husband, children, family, and friends' love; it's what Ray would have wanted.

If you are a surviving sibling, please share your feelings with someone. If you know of someone who recently lost a sibling, don't just ask about the deceased person's surviving parents, wife and/or children, ask the sibling how they are doing.

--Leigh Ann Ahmad, Ray's sister  
TCF/St. Paul Chapter

Within each tear that falls  
Is a mirror  
That reflects a special moment  
In our lives.  
They trickle warmly down

And land in a puddle  
In my heart.

--Tammy Tobac, Sibling, TCF, Pittsburgh, PA

## Books on Sibling Loss...

***Memoirs: Bereft: A Sister's Story*** by Jane Bernstein. Bernstein was seventeen when her older sister, Laura, was stabbed to death. Twenty years later, she finds not only that she still needs to mourn, but also decides to reexamine her childhood, and learns about the details of her sister's death, grieves and claims her story.

## For Grandparents...



### Double Grief

The death of my grandchild  
and the grief of my son  
Pull on my heart strings  
And I am undone.  
In secret I mourn beyond relief  
For I have been given a double grief.  
God, help me to deal with the pain and sorrow  
of living without hope of tomorrow.  
--Andy Cipriano, Tallahassee, FL

## From Our Members...



### Funeral Blues

by W.H. Auden

Stop all the clocks, cut off the telephone,  
Prevent the dog from barking with a juicy bone,  
Silence the pianos and with muffled drum  
Bring out the coffin, let the mourners come.

Let aeroplanes circle moaning overhead  
Scribbling on the sky the message 'He is Dead'.  
Put crepe bows round the white necks of the  
public doves,  
Let the traffic policemen wear black cotton gloves.

He was my North, my South, my East and West,  
My working week and my Sunday rest,  
My noon, my midnight, my talk, my song;  
I thought that love would last forever: I was wrong.

The stars are not wanted now; put out every one,  
Pack up the moon and dismantle the sun,

Pour away the ocean and sweep up the wood;  
 For nothing now can ever come to any good.  
 –submitted by Olivia Mann

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. Members, please take the time to submit a poem or article you found helpful.

**Steering Committee Meeting:** All TCF members are invited and needed on the steering committee to help with ideas for topics and chapter special events. We meet for two hours three times a year. Please let us know if you could help. Our next meeting will take place at 7:00 PM on Tuesday, Aug 26th at Kitty Edler's house. We invite you to come and voice your opinions on topics, events and ways to improve our chapter in the upcoming months. For directions please call Kitty at (310) 541-8271. We hope you will come and help us make decisions that affect our chapter.

**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: August 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 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

**REGIONAL COORDINATOR**

- Olivia Garcia**..... (818) 212-3506

**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. Call Patty

Ellis (310) 546-6407—new number

#### Torrance Memorial Bereavement Services:

(310) 325-9110 Weekly grief support.

**THE LAZARUS CIRCLE:** Monthly grief support.

Meets third Thurs of each month, 6-7;15 at First Lutheran Church, 2900 W. Carson St. Torrance

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

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

#### Other Grief Support Websites...

agast.org (for grandparents) groww.com

goodgriefresources.com

childloss.com

beyondindogp.com

griefwatch.dom

angelmoms.com

babysteps.com

healingafterloss.org

webhealing.com

survivorsofsuicide.com

opentohope.com

taps.org (military death)

alivealone.org

bereavedparentsusa.org

save.org

pomc.com (families of murder victims)

grasphelp.org (substance abuse deaths)

#### LOCAL TCF CHAPTERS

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

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

**Orange Co./Anaheim:** (562) 943-2269

**Pomona/San Gabriel:** (626) 919-7206

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

**Riverside-Inland Empire:** (909) 683-4160

**South Los Angeles:** (323) 546-9755 last Tue

**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.

#### CHAPTER OFFICERS:

CHAPTER LEADERS: Cheryl Stephens & Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens

#### STEERING COMMITTEE MEMBERS:

Kristy Mueller

Lori & Dudley Gray

Cheryl & Bill Matasso

Nancy & Elliott Fisher

Kitty Edler

Susan Kass

Linda Zelik

Cheryl Stephens

Lynn Vines

Ken Konopasek

Crystal Henning



## 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

In loving memory of Danielle Mosher, August 1987 - June 1997. We miss you dearly and you are always in our hearts and prayers.

Love Lots of Love, Grandma & Grandpa Nelson

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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 \_\_\_\_\_

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

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

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***Happiness isn't found  
in searching for it.  
It comes quietly while  
we are helping others.***

–TCF newsletter Coeur d'Alene, ID

– Change of Service Requested –



August 2014

## 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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