



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

DEC. 2011 ISSUE

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

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

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

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

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

WHO ARE WE...

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

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

COMING IN DECEMBER...

This month's topic will start with "Handling The Holidays". We will be having our regular meeting but in a different room. Follow the signs on the door.

Upcoming Events: Sunday, Dec. 11th: World Wide Candle Lighting 6:45 at Malaga Cove Plaza
July 20-22:TCF 35th National Conference (see pg.15)

Free picture buttons of your child are available. Get yours for the World Wide Candle Lighting, 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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<http://www.compassionatefriends.org>

The 15th World Wide Candle Lighting is Sunday, December 11th at 6:45.



TCF members, family, and friends are invited to the World Wide Candle lighting. We hope that you will join us in this annual community event to honor all children who have died. This year it is being held outdoors around the fountain at the Malaga Cove Plaza (On the way to the church). We ask that you arrive at 6:45 p.m. to have time to assemble and start on time.

We will light our candles at 7 pm joining the rest of the Pacific Time Zone in honoring children who have died too soon. Chairs and candles will be provided.

Candles will be lit at 7 PM in every time zone in honor of all children who have died, creating a wave of light that will encircle the earth. As candles burn down in one time zone, they will be lit in the next zone; so that candles will be burning in memory of all departed children for the entire day of December 11th.

We encourage all members to spread the word about this world wide event. Let your religious leaders, co-workers, family and friends know this event is available to all who want to honor a departed child. If you can not attend, we encourage you to light a candle in the peace of your own home with family and friends.

Directions for the event: Pacific Coast Hwy to Palos Verdes BL. Palos Verdes BL. becomes Palos Verdes Drive West. Veer Right. Go to Via Corta. Turn left into the parking lot. Assemble in the chairs around the fountain. We hope you and your guests can join us for this moving tribute to all children who have died.

We encourage everyone to wear their picture buttons. If you do not have one already, mail your 4" color pictures (copies are fine) to Ken Konopasek ASAP and he will make one for you and your family members. His phone number is (310) 544-6690.

Last year in that short one day span, nearly five thousand messages of love were received and posted from every U.S. state and Washington D.C., every territory, as well as dozens of other countries, with some posts in foreign languages. You are welcome to view last year's Remembrance Book and contribute to this year's postings at

www.TheCompassionateFriends.org

The December 7th meeting will start with "Handling the Holidays". Whether this is your first holiday without your child here, or you have had the experience of dealing with holidays without your complete family, we hope you can join us as we share ways to handle our grief at this time of the year. Because the church is using our meeting room, if we are not there, follow the signs down the hall to our location.

Holiday Reflections

Christmas and Hanukkah are upon us once more. December is an emotionally laden month for most adults. We pause and ponder the meaning of "peace on earth, good-will towards man." We overflow with nostalgia for holidays past. We touch base with our beliefs, rituals, traditions and treasured memories. In passing on this heritage to our children, we are like conduits connecting past, present and future.

It is a bit of immortality, a sense of traditions flowing from generation to generation. It is this very essence of the holidays that stabs at the heart of bereaved parents. Our children represent the future. We may wonder what is the point of tradition with so many pieces of the future dead. Each grieving parent must struggle to answer that question effectively in order to establish a framework for the holiday season.

Since we cannot ignore it or make it go away, we can deal with the situation by making specific plans with our families. We can assess priorities. We can make changes. We can decide which tradition to uphold and which to set aside this year. We can choose to acknowledge openly to our children our grief. We can think about some very special gifts. To ourselves, we can grant the gift of acceptance - by realizing that our grief is a necessary healing process. To our families, we can extend the gift of empathy by remembering that they, too, hurt. To our missing children, we can bestow the gift of homage by determining to work through grief so that we may live life to the fullest.

--Candy McLaughlin TCF, Minneapolis, MN

May your holidays be filled with reasons to be thankful.

Having loved and having been loved is perhaps the most wondrous reason of all.

--Darcie Simms, *Footsteps Through The Valley*

Preparing Is the Hardest Part

By the time Christmas Day arrives we have had the hardest part of the holiday season. Actually, by the time the day arrives the hard work is almost finished.

Even before our child died we frequently felt let down on Christmas Day. Many times the day didn't turn out to be as enjoyable as we had anticipated. Could it be that before our child died the real joy of Christmas was not in the day itself, but in the shopping, planning, and preparing that went on for weeks before? Could it also be that now the pain is in that same shopping, planning, and preparing?

Before Arthur died I so enjoyed the holidays. The excitement in the little ones' eyes, the secrets the older children shared with each other, choosing just the right gift for each brother and sister, putting up the tree, decorating, and party planning, all created excitement and happiness. How painful these same activities were after he died.

The real torment of the holidays is in the preparations. Shopping for other children and family members is hard when we can't buy for our child. Just the right sweater or that special toy screams at us in the stores. His favorite Christmas song seems to be played over and over again on the radio. You don't want to bake her favorite cookies, but you have to because the rest of the family love them, too. As you pull out the decorations that have been packed away since last year, the first one you find is the scruffy but beautiful wreath he made in kindergarten. Every day of the week, everywhere you turn, there are reminders that he/she isn't going to be here this Christmas.

Most of us have to go through the actions to make the holidays good for the rest of the family. But in these preparations is the pain, it is the loss of the very thing that caused us joy before - our child and his/her presence - that causes us so much pain now.

Christmas day itself, outside of its significance as the birth of the Christ Child, is just another day to get through, just 24 hours like any other day. It too, will be over. So in the next few weeks when the dread of Christmas Day hits you, remind yourself that you are doing the hardest part right now. Every day of the holiday season is painful. Ask yourself if getting through Christmas Day can

be any worse than what you are "getting through" today.

--Margaret Gerner

On Hanukkah



The Jewish winter festival of Hanukkah is about light, as befits a holiday that is timed to arrive sometime close to the winter solstice the shortest, darkest time of the year. My memories of Hanukkah have to do with light as well- lighting candles in the menorah, the nine-branched candelabra which is both the symbol and the essential instrument of Hanukkah.

As luck would have it, both of our children were born in mid-November. Each was a babe in his or her mother's arms when we first introduced them to the Hanukkah rituals, and we have photos in our family album of their fascination with the flickering candle flames.

Virtually every Jewish home has a menorah, to use once a year at Hanukkah time. We own several. We have an inexpensive tin one my wife and I used when we were in college and a lovely silver one given to us by members of my former congregation. One that has special meaning for me consists of nine empty wooden spools of thread glued to a board and spray-painted gold. Our son made it in nursery school. This was our son Aaron, who died when he was 14, and whose death prompted me to write *When Bad Things Happen to Good People*.

We can all be artists like that. We can take things of no apparent value and transform them. We can transform tragedy into a lesson in courage and compassion. Each December, when we pause at the darkest time of the year to light first one, then two, and finally eight Hanukkah candles, I am reminded of that lesson and my soul is warmed.

--By Rabbi Harold Kushner

I Will Light Candles This Christmas

Candles of Joy despite all Sadness,
Candles of Hope where despair keeps Watch,
Candles of Courage for fears ever Present,
Candles of Peace for tempest tossed Days,
Candles of Graces to ease heavy Burdens,
Candles of Love to inspire all my Living,
Candles that burn all the Year Long.

--TCF, Portland Oregon newsletter

Dear Friend

Because I really care about you, I'm not going to pretend and wish you a merry Christmas as if nothing's happened. Instead, I'm going to reach out to you and tell you that I realize this must be a very difficult time for you.

It probably doesn't seem fair that everyone else is smiling and laughing and enjoying the holidays as usual, while your heart is aching.

There may be times a favorite carol that used to bring a smile to your face now brings tears to your eyes. You may feel confused, cheated, and even angry... and I wouldn't blame you. But rather than force yourself to fake the holiday spirit, please be honest with your emotions.

Cry, be angry, do whatever it takes to get through this.. always remembering that you will get through this. Remember, too, that in time you'll be ready to celebrate Christmas again. And until then, know that there are many people whose hearts are with you, especially now... people who care about you very much and always will.

--Renee Duvall, Lakes Area Chapter, MI

What about Laughter?



Grief is such a serious thing. It breaks your life apart, it leaves you confused and powerless. Grief is pain beyond word; grief is relentless for grief will not yield the field without an enormous struggle. And yet, in the middle of all this emotion hardship, there often is a deep and resonant intuition saying "life goes on." And doesn't it also say "you will heal?" Is there something in our spirit that keeps us breathing, waiting for the daylight, ready (even against our will) to live again?

Surely, tears are inescapable at times of such grief- but what about laughter? Does it seem as if grievers know that both tears and laughter will help us to keep going, to live again, and to enjoy life again some day. And - in time - can we come to see laughter as an affirmation of our deceased loved one's life? We would not want to tell them, would we, that their life is the cause of unremitting sadness from this day forward?

When you can, make your life ready for laughter without guilt!!!

--Reprinted from Suicide Bereavement Support Newsletter. Washington and NW Oregon, 06/04

Guilt

Guilt and the consequent self-reproach are invariably feelings that we must confront. We are so susceptible to guilt after a loss that we can turn any thought, feeling, experience, or memory to guilt. Some of us are obsessed with guilt, and others feel guilt mildly. Guilt may serve to deny the reality of the death. Being a "survivor" provokes guilt. We wonder, "Why am I alive and not him?" Then we feel blessed, frightened, relieved, and regretful all at once. These mixed feelings within the depths of sorrow confuse us and cause self-reproach.

Frequently, too, we feel guilt about the last moments, days, or weeks of the relationship. We may immediately regret some minute details of the last encounter and torment ourselves with worry about them. Or we may regret something we did or something we failed to do.

Many kinds of unfinished business with the deceased appear later on in the form of guilt. During mourning, "shoulds" and "if onlys" rise to the surface. Some of us torment ourselves endlessly with these issues. Yet any thought we have can be turned into an "if only" statement. Anything at all can become an "if only."

Our unfulfilled wishes as well as our mistakes can cause us great pain. But when we imagine that if we had acted differently we might have prevented the death, we figuratively endow ourselves with superhuman powers to change destiny. How unrealistic we are to burden ourselves with unnatural responsibility for the death. Yet we all do this to some extent. Each of us is convinced for a time that changing our behavior might have altered reality. Everyone facing a loss has some "if onlys". However our guilt is an exercise in futility. We cannot go backward. Instead we must let go and forgive ourselves.

When the "if onlys" become obsessive and persist for years, the survivor is suffering a pathological problem. Some survivors are so plagued with the death that they keep imagining and rearranging the whole history of the deceased, as if the survivor could stack the cards in a direction other than death. Obsessively recreating the life and death of the deceased is a way to deny the reality. It is legitimate and often necessary for us to seek professional assistance

with these feelings.

--Excerpted from *the Courage to Grieve; Creative Living, Recovery, & Growth Through Grief*. By Judy Tatelbaum

September 14, 1999

How much I have learned since that horrendous day.

I've learned that I'm not alone in my grief,
That others have suffered, are suffering and will suffer

The tremendous loss of losing someone they love to suicide.

Two years later I also learned how grief can destroy

When your father, who couldn't deal with his grief,

Decided to end his pain and suffering too.

I've learned I wasn't as guilty as I had thought at first,

That your decision was yours alone,

That once made nobody could change it.

And I've learned to stop asking the "Why?" question?

That question to which only you have the answer.

Some people said that I'd get over losing you in a year.

After that first round of holidays, birthdays, etc. I'd be fine.

Guess what? I've learned just how wrong they were.

It's now the 10th year - the 10th year of holidays, birthdays, etc.

Certainly it's not as heart-wrenching as the 1st year or even the 5th.

But I'm still not over losing you and I'm still not "fine."

And I doubt that I'll ever get over losing you, that I'll ever be "fine."

I'm certainly not the same person I was before this all began.

I guess I've reached a "new normal" though and I'm going on with life.

Even though it's been the most difficult thing I've ever had to endure,

At least now I'm strong enough to help those who follow on this path.

But, oh, how I'd give up all I've learned for just another hour with you.

--Karen C. Kimball, Hingham, MA



Grandmother's Gift

Christmas was only one week away and this year we had a special reason to celebrate: we were expecting our third child any day. Bill and I both came from large families who are very close, and all of us get together for a traditional Christmas celebration at Grandmother's house. Our children, Joel, age two, and Lori, age three, were excited about the new baby and the presents from Santa Claus. It was going to be the best Christmas ever.

On December 19, I began labor and Bill drove me to the hospital while a friend stayed with the children. My first two pregnancies and deliveries had been easy and we didn't expect any problems with this one, either.

Five hours later, Holly, our beautiful baby girl, was stillborn.

We were stunned. Nothing had prepared us for this. There had been no complications. The baby was perfectly formed and beautiful. Although the doctor was one of the best, he could find no reason why the baby had not taken a single breath.

I needed a reason! I wanted something or someone to blame, but blame and anger and grief floated in the air without a place to rest. I left the hospital feeling empty and cheated. Bill and I just stared at each other with "Why?" in our eyes.

The grave side service for Holly was December 22nd. It was bitterly cold and the wind tore all the pink roses off her casket and scattered them across the snow before the service even started. There had never been a more miserable day.

After the service was over, Bill and I waded through the snow to the car and Grandmother came over and hugged us.

"The family Christmas celebration is at two o'clock. You must come, just for a little while." Her eyes were still full of tears for the great grandchild she'd lost.

"I can't come. I want to go home and go to bed. Everyone will understand," I said numbly. "We just buried our daughter," Bill choked. "You can't expect us to go to a party."

"You must come. It is a celebration of life and love. If you never celebrate Christmas again in your lives, you must celebrate this one!" Tears ran down her cheeks as she continued, "This is

the most important Christmas you will ever have; do it for the little ones; there will be plenty of time to cry later. Celebrate for Holly because she can't."

I don't know how she persuaded us, maybe we just didn't have the strength to argue, but we allowed ourselves to be taken to Grandmother's house.

The hundred-year old farm house sat in a grove of pine trees and looked like a greeting card scene. Every room was brightly lit and decorated and a huge Christmas tree took up a whole corner of the living room. Beneath it were stacks of gifts to be opened after the turkey dinner.

It was a strange mixture of grief and joy, tears and laughter as we worked our way through the day. All around us were people who loved us, who ached for us, and who offered strength and support, but I still felt an incredible loneliness. I didn't think anyone really understood how I felt. New family stories were told and old ones remembered and retold. An uncle was reminiscing about a red bicycle he'd gotten for Christmas when he was ten years old, and how that had been the best gift he'd ever received in his life. It had been Christmas, 1941. At that moment, Grandmother's eyes met mine. We were both recalling how she'd lost a son just 18 days before Christmas at Pearl Harbor in 1941. For the sake of the rest of her family, she celebrated Christmas anyway, and now, nearly fifty years later, another of her sons was recalling her courage and how she was the one who had held the family together.

I smiled at her. Our hearts had met; she really did understand how I felt. Warmth seemed to flood the room as Joel and Lori and the other children opened their gifts and laughed with excitement.

The dark clouds of "Why?" began to lift a little. Bill and I would still miss Holly, and the person she could have been, but the healing had begun. More gifts were distributed, but they were no match for the gift Grandmother had given: hope, courage, unselfishness and the strength to celebrate LIFE!

--by Lisa Swan, Bereavement Magazine, 4765 Carefree Circle, Colorado Springs, CO 80917 (11/12/88.)

For Friends and Family...

To Our Family and Friends...



The holiday season is a time of family—festive gatherings, worshiping together, sharing love and gifts, and cherished memories. For the bereaved parent, these aspects of the season are precisely what makes us dread its arrival.

The absence of our child when the “whole family” gathers seems to accentuate our incomplete family. We are sorely reminded of “how it used to be” and don't want to accept what it is now. We need the patience and understanding of our family and friends to help us through the holidays as best we can.

We may want to change the way we spend Thanksgiving, Christmas, or Hanukkah. If the family traditionally gathers at one house, perhaps the gathering place could be changed, especially if the gathering home is that of the bereaved. If we do prepare the meal, be aware that we may not have the energy that we had in the past and will need a lot of help.

Perhaps we'll try to avoid the holiday altogether by going away for a few days. Whatever our thoughts are for coping with the day, please take our feelings into consideration when you make your plans.

For some of us shopping for gifts is a painful experience. The stores' festive decorations and music belie our mood as we feel forced into participating in the “season”. We think longingly about that special gift we won't be buying this year. Again, our depression zaps us of the energy to do things we have done in the past, and we need your understanding for the things that remain undone.

Perhaps the single most helpful thing you can do for us is to include our child in the holidays. We want to hear his/her name, to have you recall fond memories of their lives, to know that you, too, are feeling their absence and remembering them with love.

Getting through the holidays is a rough task for bereaved parents. We need to handle them in a way that we feel is best for ourselves and our families. We ask for your love and support at this especially difficult time.

--Marge Henning West Orange, NJ

Newly Bereaved...

A Few Simple Steps Toward Healing

- * Acknowledge the loss.
 - * Embrace and own the experience and whatever you are feeling.
 - * Allow yourself to experience all the emotions of grief.
 - * Find ways to express your anger and pain in non-destructive ways.
 - * Find supports. Build a support system of compassionate listeners.
 - * Skip the self-judgment. Let the judgement of others pass through you without damage.
 - * Forgive yourself for whatever you believe you have done or not done.
 - * Release the hurts, the anger, the guilt. Be careful of what you release. Once released, you cannot have that hurt, anger or guilt again.
 - * Work towards healing:
 - * Practice forgiving yourself for living.
 - * Concentrate on your loved one's life, not the death.
 - * Discover the person you are now.
 - * Begin to release the hurt in search of hope.
 - * Never, ever, ever forget your loved one lived! May love be what you remember the most. Our loved one died. We did not lose them or the love we share. Our loved one is still and always will be part of us. We cannot lose that love.
- Reprinted from SOS newsletter, Batavia, IL

Helpful Hint...



Thoughts Regarding Christmas Cards and Friends

In Ann Landers, a bereaved mother from Alexandria, VA., wrote that when asked by the friends and co-workers of her daughter what they could do, she asked them to send her their thoughts about her daughter. She told them she didn't care whether those thoughts were about things her daughter had done, or how they felt about her, or some event they had shared. Just receiving their notes would give a piece of her daughter back and provide a glimpse of her life.

The mother received over 30 letters from her daughter's co-workers and friends. Now, whenever she feels depressed, she reads the letters and is comforted by how her daughter had

touched others and their lives. "There are no words to express how much those letters have meant to me", she wrote.

Perhaps, in your Christmas cards, you could request the same of friends and family as their Christmas gift to you this year.

Book in Review...



Jenny: A Fathers Story, by Gerald Lishka
An intimate voyage into the grief journey, this is a rich personal account of a father's search for meaning in his child's life and death. A must read for dads - it is the human spirit's account of the capacity to dare to heal, recover, and transform tragedy into higher levels of growth and living.

Hanukkah Thoughts

At this season of lights,
We remember the light you brought into our lives:
The light of your laughter
The light of your wit and intelligence
The light of your love
May the time not be distant
when the memory of these lights
Will illumine our hearts and minds
And eradicate the darkness therein.
--Stephanie Hesse, TCF Rockland County, NY

Death of a Child

The pain I feel now I would not have felt
If you had never been.
The ache in my heart is a heavy load,
Carried but never seen.
In quiet moments or busy times,
Alone, or in a crowd,
The hurt creeps in and fills my soul
Till I feel I must cry aloud.
If I could turn the time clocks back
To the day when you were born,
Still gladly I'd bear the pains again,
And, oh! How I'd treasure that morn;
For then I'd know how short the days
Of your stay with us would be
I'd show you love in a thousand ways
And keep you ever close to me.
Yet I know you were part of His plan.
You will never really be lost,
For the love you were given and the love you gave
Far outweigh the pain you cost.
--Julie Wilkie, TCF, Brisbane, Australia



Our Children Remembered



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

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

Ramon Alvarez
Born: 10/84 - Died: 2/07
Mother: Terrie Alvarez

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

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

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

Brandon Armstrong
Miscarried: June 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Luke Edward Devlin
Born: 12/07 Died: 12/07
Parents: Jacqueline & Tom
Devlin

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

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

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

Allison Jeanine Kirkbride
Dewart
Born: 10/87 Died: 1/06
Parents: Z & Michael Dewart

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

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

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

Gary A. Dicey, II
Born: 4/82 Died: 6/98
Father: Gary A. Dicey, Sr.

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

Caleb Haskell
Born: 6/78 Died: 9/06
Parents: Karen & Kim Haskell

Daniel Hassley
Born: 2/71 Died: 2/90
Parents: Eila & Richard
Hassley

Alicia M. Hayes
Born: 1/81 Died: 5/96
Parents: Becky & Dave Jordan

Jason Patrick Healey
Born: 10/84 Died: 2/09
Mother: Sharon Sykes Healey

Emma Joy Heath
Born: 5/98 Died: 6/07
Parents: DJ & Phil Heath

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

Jesse Hoffman
Born: 1/86 Died: 8/10
Mother: Gina Hoffman

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

Adria Horning
Born: 12/91 Died: 3/07
Parents: Gary Horning &
Linda Cipriani

Jeremy Michael Howard
Born: 7/83 Died: 6/94
Mother: Donna Howard-
Scruggs
Grandmother: Charlotte
Cragger

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



Our Children Remembered



Bernard Lawrence
Born: 2/63 Died: 12/06
Mother: Jackie Bowens

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

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

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

Bryan Yutaka Lee
Born: 12/70 Died: 9/07
Mother: Kathee Lee

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

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

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

Steven J. Lee
Born: 1/63 Died: 10/06
Mother: Donna Lee

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Richard Paul Negrete
Born: 6/43 Died: 2/04
Mother: Sally Negrete

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

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

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

Joy Ellen Nelson
Born: 1/97 Died: 1/97
Parents: Mary Desmond & David Nelson

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

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

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

Eric M. Neuan
Born: 1/79 Died: 3/09
Parents: Eric & Lynn Neuman

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dominic Roque
Born: 8/02 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Elizabeth D. Szuccs
Born: 4/72 Died: 6/11
Mother: Dolores C. Szuccs

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

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

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

Our Children Remembered

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

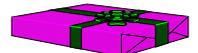
Cristofur Daye Wroten-Kennedy
Born: 2/75 Died: 9/01
Mother: Dusty Wroten
Father: Joe Kennedy

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.)

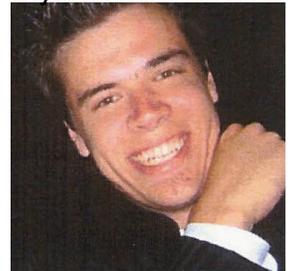
A Birthday Tribute to:
Luke Edward Devlin
Dec. 2007 - Dec. 2007



My dearest baby Luke, you would have been four on December 16th. This has been a better year for me. I have found some peace in my heart around you not being here with me. I do know when I leave here you will be waiting for me, to hold my hand. I think about you every day, what you would be like, what Halloween Costume you would wear, what type of birthday party we would have for you. I miss you so much. I know Daddy misses you too. We have holes in our heart that will only be filled when we do get to see you again. Happy 4th birthday, know how much we love and miss you my beautiful baby boy!

Love Mommy and Daddy.

A Birthday Tribute to:
Zackary Kenneth Charlton
Nov. 1981 - March 2010



You would have been 30 on Thanksgiving Day this year. Oh how we wish you were still here to spend it with us. But it was your time and the voice of God said "Welcome Home", and for that we are thankful that you are safe with him. We have all your beautiful memories that we hold in our hearts and we think of them every day. Happy Birthday on your special day, Nov. 24th 1981.

We love you son, Mom & Dad

From Our Members...

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

Remembrance Dinner Compassionate Friends

As I was sitting thinking about our dinner tonight,
and what I wanted to say,
I thought about all of the people in this room.
All of us who share a common heartache,
A common sadness, a common desire
To continue to move forward, to smile,
To work hard at honoring the children we have lost.
I realized as I have many times before
How incredibly lucky I am to have met all of you
And how my life would have been very different had I
not.

That need I have, that desire if you will,
For my feelings to be accepted by people who
"understand."

The nods as I am talking in our group signifying,
"Yes Nancy, I know what you mean,
I get it, I feel the same way."

Those nods, the hugs after our meetings,
the friendly faces who share the same pain
But are trying like me to survive, means so much.
Everyone who comes through the door of the church
for our meetings, to share, to cry, to listen.
How do you measure what that means
To a person grieving for their child. It is impossible.

But I can tell you this,
If it can be measured in a small way
by things as simplistic as

The Compassionate friends
Being able to laugh with your other children
Or being able to go to the grocery store without crying.
I am forever grateful to everyone in this room
For opening their hearts and sharing their lives,
which has allowed me to do these things and more.
We give each other this gift of unconditional support
and strength.

Strength that can be so hard to find on our own.
So, for me, when I think about the importance of our
gathering together tonight,
I think about the gifts you have all given me
and how thankful I am to receive them.
We have created something special here tonight.
Something our children can be so proud of.
We honor them as we support each other through our
compassionate friends.

-- Nancy Fisher, TCF South Bay L.A., CA

For Siblings...



The first Christmas after my 12 year old sister
Ashleigh died, we didn't know what to do to

remember her or to do something special for her.
What we ended up doing was so special to all of us! It
made us all feel that she was with us that day and
always. My grandma bought a little tree, and
decorated it with sunflowers and white lights.
Then each family member brought with them a
special ornament that reminded them of
Ashleigh. We each showed our ornament and
talked about why we had picked it. It worked
for us really well. I wanted to share this in the
hope that maybe this will be helpful to someone
else Thank you!

--Sarah Bruner , Older sibling of Ashleigh
Nicole Bruner, January 1984 - October 1996

There Are Times

There are times
When I see a fiery sunset
Or the silver glow of the moon,
And I see my brother,
And feel the peace that he still exists.
But these times are few,
And most of what I see is - What he is missing.
Cry now, my silent tears,
Cry softly, so no one hears.
They don't know the pain I go through
Day after day,
And through the years -
Alissa Roder, TCF Pikes Peak, CO

For Grandparents...

Happy Birthday, Jesus

It's just a few days before Christmas, God, and
I really need to talk to you about my mother.
Her name is Stephanie. About two months ago
I saw her all dressed up in a beautiful gown.
She was a bridesmaid at her sister's wedding.
She had the prettiest long red hair that she
wore in a ponytail, and she seemed so happy
that day. She said she didn't feel well, but she
didn't look sick.

Well, God, you know the rest of the story,
how she kept going to the doctor and was told
she only had a cold. But she didn't get better
and even after she was in the hospital for a
long time, she didn't get better. She died, God,
and I don't understand about that.

I saw her in the hospital the day before she
died, and she didn't open her eyes. She didn't
know I was there. My sister, she's eight, said

something to her, and I saw a tear run from my mother's eye. She must have heard Ashley even though she seemed to be asleep.

The next day, I was talking to my dad. He was crying. I asked him if he was sad and he said, "Yes." I told him I was sad, too, and I was going to be sad until Mommy came home. He told me Mommy wasn't coming home. I said, "Then, I'll be sad forever."

My sister was in her bedroom with my grandmother. They were talking and crying. My grandmother said that she was sad, too, because my mother was her little girl. I knew my mother was 28. I guess I never thought about her being somebody's little girl. She was my mommy.

You see, God, I'm just too little to understand why everybody says that Mommy is in a better place now and that she has no pain. They say that she is an angel and that she is with you and that she will always watch over me. But, God, I want her back. I want her here with me. I want her to tuck me into bed, to hug me, and kiss me.

Everybody is singing *Jingle Bells and Santa Claus is Coming to Town*, and people are happy all around me except in my house and my grandmother's house. Everyone is trying to make things happy for me and my sister, Ashley. But we don't know how to feel or what to feel, God. We just know that we want our mommy back.

I'm too little to understand about the funeral, and I am not going to go. I do know that Mommy's going to wear that beautiful dress that she wore for the wedding, and when she gets up there to heaven, God, you will know what I mean when I tell you how beautiful she is.

I'm sad, God, because she won't be here for Christmas. But maybe she can sing *Happy Birthday* to Jesus up there and pretend.

Someday, when I grow up, maybe I'll understand.

Stevie

--Nirginia Yurqevich sent a note that said, "I have an aunt (also my godmother) who lives in Jacksonville, Florida. Because of the holidays and football play-offs, she could not get a flight to be at Stephanie's funeral. She wrote this poem from my grandson's point of view (he was only 4 last year when Steph died and turned 5 on Christmas Day)."

TCF 2012 National and International Conference... The Compassionate Friends/USA, is pleased to announce that,



in conjunction with the 35th National Conference, it will also be hosting The Compassionate Friends 5th International Gathering. The combined conference will be held July 20-22, 2012 in beautiful Costa Mesa, California.

Because many people will be traveling long distances from countries around the world, special excursions are being planned for before and after the conference, so everyone is invited to combine their stay with visits to some of California's great attractions.

You can now make reservations for the conference hotel. Although The Compassionate Friends has arranged a room block for the conference that includes every room within the Hilton Orange County/Costa Mesa hotel, we recommend that you reserve your room early if you wish to stay at the host hotel. Because our national conference includes the International Gathering, there is little doubt that all rooms will be filled. Room charge is \$129 per night plus tax of approximately 11%. The room block is available July 17-24. You can also receive the special room rate July 14-16 and July 25-27, but subject to more limited availability. Rooms are King Size (holds 2, roll-away bed available for \$10 per night) or double queen (maximum 4 per room).

To reserve your room online, please go to Online Reservations at

www.CompassionateFriends.org.

Please note that the first night's deposit is required at the time you reserve your room. Should your plans change, this deposit will be refunded as long as the room is cancelled at least one day prior to the start of your reservation. You can also call your reservation directly to the hotel at 714-540-7000. Room block reservations will be taken until June 26th or until the room block is sold out, whichever comes first. If the room block sells out, as we anticipate, we will advise you regarding overflow hotels.

We Need Your Help... The 2012 Conference Planning Committee has started planning for next year's conference. Our chapter is in charge of the Volunteer desk, and the Hospitality and Reflection Rooms.

Because it will be held so close to home, we strongly recommend that you start making plans now to attend. We will let you know when registrations can be made for the conference. Right now, we are looking for people to sign up to volunteer at the conference. There are many jobs, both big and small that need to be done. Could you sit at a table and answer questions? Restock refreshments in the Hospitality Room? Help put together a video of children's pictures? Can we count on you to help?

We would love to include as many members of our chapter as we can to help the conference be a huge success. This is a rewarding undertaking that we can do to honor our children and to help the newly bereaved... Please help us make this one of the best conferences TCF has ever had. Please call Kitty Edler at (310) 541-8221 or E-mail her at KittyEdler@aol.com for more information.

TCF Now on Facebook ... Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. Or, you can log into Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

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

The National Office of TCF has an ongoing support group for parents and siblings online. For a complete schedule and to register for Online Support, visit <http://compassionatefriends.org> and follow the directions to register.

Healing the Grieving Heart... Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family. "Healing the Grieving Heart" can be heard on the Web live at www.health.voiceamerica.com every Thursday at noon EST and are also archived on the TCF national website. Shows are also broadcast at 11 a.m. EST Sundays on a number of radio stations across the country and streamed online simultaneously at www.HealthRadioNetwork.com

Welcome New Members ... We welcome our new members to our chapter of TCF. We're sorry you have a need to be with us, but we hope you feel you have found a safe place to share your grief and will return. It often takes a few meetings to feel at ease

in a group setting. Please try attending three meetings before deciding if TCF is for you. Each meeting is different, and the next one might be the one that really helps.

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

Thank You ... Thank you to all those who donate to our meeting basket or send donations to our chapter. Since there are no fees or dues to belong to TCF, your donations keep us functioning, and we appreciate your help.

Birthday Tributes... During your child's birthday month, you may place a picture and either a  short personal message, poem, or story about your child in the newsletter. (Less than 200 words, please.) Do not cut your picture. We will block off unused areas. If it is a group photo, identify the person to be cropped. This tribute is an opportunity to tell a short story about your child, so we will be able to know them better. Photos must have identification on the back. Enclose a SASE in order for photos to be returned by mail. (Please do not send your only picture.)

Tributes must be in by the 1st of the month preceding your child's birthday month or at the prior meeting. (Example: Dec. 1 for Jan. 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: published 9 times a year. Articles for all types of grief. Subscription fee. Bereavement Publishing, Inc., 4765 Carefree Circle, Colorado Springs,

CO 80917

OUR HOUSE/BEREAVEMENT HOUSE: 1950 Sawtelle Blvd., Suite 255, L.A., CA General bereavement and bereavement for children. (310) 475-0299

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

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

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

LOCAL TCF CHAPTERS



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

PROOF READER: 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 Brandon Armstrong and Dominique Oliver ... not a day goes by where I don't think of you or miss you. You two are the guiding force that makes me want to live, not just exist...
Love, Mom

In loving memory of Ramsay M. Downie II, Feb. 1964 - Oct. 1999.
Love , Mama

In loving memory of Andreas Wickstrom, Dec. 1983 - Dec.2001. Andreas, A decade of love, pain and sorrow, which is called grief. Grief that will be with us a lifetime. It will change in its intensity and enormity, lessen and deepen, yet will give you more access to life. Open you hearts, with more mercy for yourself and others. All of it is a reflection of love. I know that I loved you before, I love you now and I love you forever.
Happy Birthday my Love, Mom & Pop

In loving memory of Baby Luke. This is our fourth year without you. We miss you everyday. We know you are watching over the family – We will make you proud.
Love, Mommy & Daddy

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

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

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

In loving memory of _____
Birth date _____ Death date _____ Sent from _____
Tribute _____

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

Dear Compassionate Friends,

Each year we try to update our mailing list to make sure you still want to receive our newsletter and to give you the chance to receive it online if you would prefer. ALL OF THIS INFORMATION WILL BE TREATED STRICTLY CONFIDENTIAL. Please simply fill out the form below and return as soon as possible to P.O. Box 11171, Torrance, CA 90510-1171. We don't want to delete anyone who still wishes to receive a newsletter, but we must hear from you. Please mail this form, e-mail www.Lynntcf@aol.com or call Lynn at (310) 530-3214 to respond.

There is no charge for this newsletter. However, The Compassionate Friends runs entirely on donations. If you would like to make a year end donation to help with our newsletter, postage expenses or library materials, please include it in the response envelope. Since our chapter depends upon voluntary contributions to cover operational costs, donations are very much needed and appreciated.

IMPORTANT: Compassionate Friends is a "support group", which means that we help or "support each other". The best way our chapter can survive is for bereaved parents to help other bereaved parents. If you feel that you have reached a point in your own grief where you might be able to give of yourself, WE NEED YOU! Please consider volunteering to help in some way. We will call and discuss how you can help.

Thank you, The Compassionate Friends, South Bay/L.A. Chapter TCF

My information is correct on the mailing label _____ and in the Our Children Remembered section _____ of this newsletter. If updated needed, please print clearly:

Your Name _____ Phone (____) _____ e-mail _____

Address _____

Please add/correct my child's information in the "Our Children Remembered Section" of the newsletter. Child's name _____ Birth date _____ Death date _____

Parent's name _____ OR Sibling's name _____

____ Yes, I want to help... A donation is enclosed in memory of _____

____ Please e-mail my newsletter. My e-mail address is _____

____ I would like to add my child's tribute on our TCF website (Crystal will e-mail you instructions)

____ Please continue to send the newsletter. OR ____ Please delete my name from the mailing list.

____ I am willing to volunteer in helping my chapter in some small way in memory of my child.

Please call me to discuss how I can help.

____ I am willing to come share ideas at the next steering committee meeting. (Please send me a reminder by phone or by e-mail at _____)

Thank you for taking the time to respond so we may update our mailing list.

We appreciate your help.

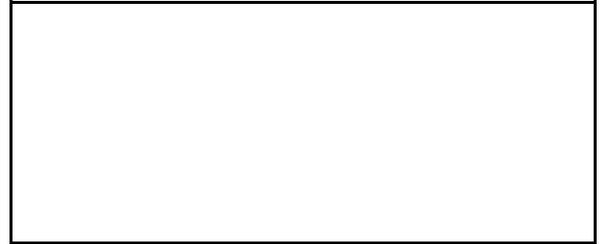
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*A Hug
is the perfect gift
one size fits all.
And nobody minds if you
Exchange it*
-Irven Ball

- Change of service Requested -



December 2011

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

We come together from all walks of life, from many different circumstances.
We are a unique family because we represent many races, creeds, and relationships.
We are young, and we are old.

Some of us are far along in our grief, but others still feel a grief so fresh
and so intensely painful that they feel helpless and see no hope.

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

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

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

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