



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

FEB. 2011 ISSUE

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OUR NEXT MEETING

will be Feb. 2nd, the first Wednesday
of the month at 7:00 P.M.

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

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 FEBRUARY...

This month our topic will be "Mending A Broken Heart".

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

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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Chapter Leaders:
Needed

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February 2nd topic ... Mending a broken heart.

February, the month of love and reaching out to others with valentines. How we view this month now that our children are missing from our lives and our hearts are broken, is up to us. We can wallow in our misery and see no hope for the future, or we can reaffirm our love for our child and proceed to fight our way out of our depressions and pain. This month we will be discussing ways we can begin to mend our broken hearts and relieve some of our pain.

First, we must acknowledge how we all grieve differently and how the family structure shifts after a death. Everyone in the family has the right to grieve independently of each other, and, as a part of the family. After the death of a child the whole family must become restructured. Everyone's role shifts to accommodate the void left by the child's absence. We all learn how to fill that emptiness in different ways. This meeting we will also be discussing different ways to make this transition easier for everyone... including ourselves. Remember, we need to accommodate each other in our grief. And that includes taking care of ourselves so we can be there for the other people in our lives.

Family Ties



Every time a new person is added to the family by birth, marriage, adoption, etc., everyone begins to readjust and reorganize to new roles they must assume. Husband and wife work out the give and take necessary to establish a family system. Mothers and fathers find new roles when children enter the picture, and adjust their sleeping, eating, loving, working, and being.

Brothers and sisters truly learn what sharing and change are all about when a new member is added. Everyone, in fact, becomes a changed individual in this new system. New patterns of trusting and communicating are established. Like the mobile we hang above the crib, the family works toward establishing stability; each part balances the whole.

This family mobile is susceptible to many

forces of change; winds from outside and within. But blown and disturbed, each piece moves and sways until eventually the mobile becomes stabilized once again.

When one of the parts is suddenly removed, as in the death of a child, the very core is threatened. Cut off one of the parts of the mobile and it becomes frenzied, looking for stability and lost balance. It sways to and fro, bobbing and weaving, tilting up and down.

When our child dies, we are inevitably faced with this chaos in the system. How can we seek to balance our ship of life when we, as a part of that system, feel pain, confusion, and imbalance? If we were the anchor before, we find ourselves adrift, unable to hold in the current. If we were the steering wheel, we begin to spin uncontrollably. The propeller shaft is bent; the spare oar is missing; there aren't enough life preservers to go around. How do you save the ship - the mobile - the family?

1. Recognize the part you as an individual play in the family and work at resolving your own losses.
2. Encourage the expressing of feelings in yourself and others. Know that each person grieves in his own way and at his own pace. Give them permission to do so.
3. Understand that sometimes a system cannot re-balance without professional help and seek this help if needed.
4. Watch for obsessive behaviors in your family, i.e. overprotectiveness, overeating, under-eating, alcohol and/or drug abuse, rage and violence, etc., and offer support, sharing, and help for the pain - not the behaviors.

How tragic it is when the ultimate loss, the death of a child, leads to an ever greater loss: the breakdown of the family, the marriage, and/or the individual. You, as part of the family, can work to make sure this doesn't happen.

--From Neenah, WI, TCF '89 Newsletter

*When you find yourself doubting
your capacity to recover,
be patient and realize
that the grief process,
though lengthy,
ultimately does bring healing.*

Ten Healing Rights for Grieving Children

by Dr. Alan D. Wolfelt

Author's note: This Bill of Rights for grieving children is intended to empower them to help themselves heal - and to help direct the adults in their lives to be supportive as well. Someone they love has died. They are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called grief, which is a normal (though really difficult) thing everyone goes through after someone they love has died. The following ten rights will help children understand their grief and eventually feel better about life again. Use the ideas that make sense. Post this list on your refrigerator. Re-reading it often will help children stay on track as they move toward healing from their loss.

1. I have a right to my own feelings about the death. I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or sometimes nothing at all. No one will feel exactly like I do.
2. I have the right to talk about my grief whenever I feel like talking. When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's ok too.
3. I have the right to show my feelings of grief in my own way. When they are hurting, some kids like to play so they'll feel better for awhile. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.
4. I have the right to need other people to help me with my grief, especially grown-ups who care about me. Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.
5. I have the right to get upset about normal everyday problems. I might feel grumpy and have trouble getting along with others sometimes.
6. I have the right to "grief bursts". Grief bursts are sudden, unexpected feelings of sadness that just hit me, sometimes - long after the death. These feelings can be very strong

and even scary. When this happens I may feel afraid to be alone.

7. I have the right to use my beliefs about God to help me deal with my feelings of grief. Praying might make me feel better and closer to the person who died.
8. I have the right to try to figure out why the person I loved died. But it's ok if I don't find an answer. "Why" questions about life and death are the hardest questions in the world.
9. I have the right to think and talk about my memories of the person who died. Sometimes those memories will be happy and sometimes they might be sad. Either way, these memories help keep alive my love for the person who died.
10. I have the right to move forward and feel my grief and, over time, to heal. I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss that special person.



Thought for the Day

It is not easy returning to the world of normalcy when your world is so upside-down. It is not easy to stop being a mother or a father to your child who has died. The thought for the day is a word - PATIENCE- patience with yourself who suddenly and powerlessly has been thrown into this horrid nightmare; patience with your spouse who always seems to be having an up day when you are having a down day; patience with relatives and friends who wish to help but seem to hurt, with hollow advice and logical words; and patience with time, for it takes time to adjust, and time can move so slowly. PATIENCE!

--Rose Roen TCF Carmel-Indianapolis, IN

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths.

These persons have an appreciation, a sensitivity and an understanding of life, that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen. --Elizabeth Kubler- Ross

Coping with Grief: Winter Blues

When the weather gets colder and the days get shorter, we often find ourselves feeling low. Some people call this the Winter Blues. When you are grieving, those blues can feel overwhelming. Grief itself *is* hard to cope with, and cold winds and dark nights can make those feelings seem more intense. Here are a few ideas that may help you cope with the Winter Blues:

Winter only lasts a few months. Use this *time to reflect* on your relationship with the person who died. Sometimes in our efforts to deny our loss, we rob ourselves of precious memories.

Reach out to friends or family when you can. Often our isolation is worse because we do not allow ourselves time with others. You are not alone. There are many other people going through a similar experience. Although your relationship with your loved one is special, other people can understand. Take the risk to ask someone over for coffee or tea. Share with them.

Take time to look through picture albums. Gather family to *share stories* when holidays are over and the pressure is off. Make a new tradition during the dreary months of winter for family to gather for an evening of remembering. Maybe other people are feeling the same way and are afraid to talk about it.

Try a *grief support group*. Sometimes all we need is to know other people hear us and understand. A group can help you to know you are normal.

Read: favorite stories, comedies, novels, or information about grief to understand your own reactions better. Somehow reading about topics helps us know we are not alone. You can find grief materials in your local library or hospice office.

Take good care of yourself. Eat right, rest and pamper your body. This goes for any season. Your body is under a tremendous amount of stress in adjusting to this loss.

Since grief affects us physically, paying attention to our bodies is important. Whether you prefer to do things alone or with others,

physical activity helps. Taking a walk, doing simple aerobics, indoor swimming, playing racquetball or other activities can help you keep your body ready for the continued adjustment to loss. Feeling better physically can make a difference.

If you feel sad and *need to cry*, know that this is a normal reaction. You are not weak if you need to show your emotions.

Write a letter to your loved one. Sometimes we need to communicate with them. Going to the cemetery is okay and normal. If the weather prevents that, a letter can be very helpful.

Remember that you will survive this loss. The pain and ache can seem like it will last forever. The intensity will lessen in time, although you will always remember your loved one. Time does not necessarily "heal" all wounds, but it can help us adjust to the change. Take it minute by minute ... then day by day.

-- Sugar Land Southwest Houston TCF Newsletter.



About Hearts

Each of us has two hearts: The one that beats in our chest and sustains life. We know about that one. And the one that is described by philosophers as the residence of our spirit and our consciousness. Most of us probably didn't get to know that one until our loss. Remember the fists that sat in the middle of your chest for the first several months? And you went to the doctor, he did an EKG, and then said, "Your heart is just fine. No-o-o problem!"

The heart that was laid open by the event can't be seen on an x-ray or measured by an EKG. And once opened, it can't be sewn up. We're stuck with it. And better off with it! The COMPASSION lesson is learned when you can control your tears for your own child, but can't control your tears for another's child.

And through this terrible experience, we have all learned that compassion and love, both seated in heart No.2, are the only important things in life. The price has been terrible, but we have learned what REALLY matters, and just importantly, what DOESN'T!

--Bill Glover TCF Atlanta, GA

In February

In February we celebrate the birthday of George Washington and Abe Lincoln. Lent begins. We wonder if the groundhog will see his shadow, and we have Valentine's Day in the middle of the month. Most people think of Valentine's Day as Sweetheart Day. Candy, flowers, and cards are often exchanged. Many times cards are given and received between parents and children as a way of showing love for one another. Valentine's Day is another holiday on which bereaved parents remember the drawings, cards, and gifts received from their deceased child.

Take time out to be good to yourself. Take time out to remember the child who has died. Perhaps you could remember that child with a special flower, a rose or carnation; or perhaps you could do a kindness for someone in need in his or her memory; or send a card to someone in need of help and understanding. Most of all, take time out to tell your living children and your spouse or that someone special how fortunate you are to have them and how much they mean to you.

--Lorraine Bauman TCF, Fairmont, MN



The Season of the Heart

This is the Season of the Heart! Yet many of us will be asking how to live during this season with a heart that is broken. Just what is it that our hearts are knowing during these days? What are the feelings that pulsate and ebb and flow? Is it – The Heart that catches its breath on a memory and is overwhelmed? The Heart where hope seems absent? The Heart that feels it absolutely cannot hold one more ounce of pain? The Heart that knows the fleeting smile of a loved one? The Heart that catches a fragment of joy and is warmed? The Heart that knows pain, and keeps on loving? The Heart that is tempted to lie still and lonely?

The Heart that searches for the acceptance of a friend?

The Heart that is one day, suddenly surprisingly single?

Questions arise! Why is a heart red, and why does it have two lobes? A response might be — A Heart is so vulnerable; so easily bloodied. A Heart consists of opposites; changed by sorrow and by joy.

A Heart, when whole, includes all emotions.

A Heart: can lie cold and sad and broken...

A Heart can grow and heal and love ...

We each have our choices to make!

--Marie Andrews, TCF Southern Maryland Chapter, MD

After the Holidays

The holidays are hard on all of us, but the letdown after seems to halt our grief work. As bad as the holidays are, they are filled with people and noise, some laughter and tears. In general, you have to roll with the activity of the larger family.

It is quiet now. It would be a good time to "reach out and touch someone." Maybe with a call or maybe with an old-fashioned handmade Valentine. Think of the people around you that have helped you make it to the place you are today, and let them know they've helped you. It is easier to write and mail kind words than it is to say them face to face. If that just isn't your style, spend some time at the card shop; search out the sentiment that best reveals your inner feelings about your spouse, your children, your relatives, or your friends.

We spend so much time indoors these cold winter days that it's easy to allow ourselves to crawl into an inner shell. Make an effort to come out of yourself. Go to the next TCF meeting with something to share; a card you've received or copy the verse of a card you chose to send to a loved one. Or try to write and decorate a card to your missing child. Prepare for Valentine's Day by binding the lovely cards of past years from your special child. It may take courage to re-read them, and it may bring tears to your eyes, but maybe it will bring a little joy to

your soul; to remember how innocently and sincerely they loved you. Some of us have no card from our special children, but we know the special love of "Cupid" and the "Angel's Arrow". Our hearts have been pierced, too.

--Anne Misel TCF, Niles, OH

Bereaved Presidents



As our 43rd president takes office... Did you know that twenty of our presidents and their wives were and are bereaved parents?

Our 2nd president, John Adams, lost his son Charles, 20, while he was president.

Thomas Jefferson had six children and only two lived to maturity. One daughter, May, 26, died while he was president.

James Moore lost a son two years of age.

John Quincy Adams lost a daughter in infancy; a son died while Adams was president; and another son died five years later.

William Harrison had ten children; six died before he became president.

Zachary Taylor had six children; two died as infants and a daughter died three months after her wedding.

Millard Filmore's daughter, Abigail died at 22.

Our 14th president, Franklin Pierce, lost two sons in infancy. History records his wife's grief so great that he resigned from the Senate. Two months before his inauguration to the presidency, their son, Benjamin, 11 years old, was killed in a railroad accident. Mrs. Pierce collapsed from grief and was unable to attend the inauguration. She secluded herself in an upstairs bedroom for nearly half of her husband's term in office.

Our sixteenth president, Abraham Lincoln lost two sons during his lifetime. Edward, four years old, while Lincoln was in office, and William, 11 years old. He wrote, "In this sad world of ours, sorrow comes to all... it comes with bitterest agony ... " The president's wife, Mary Todd Lincoln, unable to cope with the assassination of her husband and the death of yet another son, Thomas, 18 years old, was confined to a sanitarium. Although she was released after a few months, she was never to be well again.

Rutherford B. Hayes had eight children, three of whom died in infancy.

James Garfield had seven children; two died while still infants.

Chester Alan Arthur's eldest son died in infancy.

Grover Cleveland's oldest daughter, Ruth, died at 13 years of age.

Our 25th president, William McKinley, lost both children: Ida, four months old, and Katherine, four years old. His wife became so overwhelmed with shock and grief that she became an invalid for the remainder of her life.

Theodore Roosevelt's son died at 21 years of age.

Calvin Coolidge had a son, Calvin Jr., who died at 16 while his father was in office.

Recorded in his autobiography, the president said, "When he went, the power and glory of the presidency went with him."

Franklin Roosevelt's son, Franklin Jr., died in infancy.

Dwight Eisenhower's son, Doug Dwight "Icky," 3 years old, died at Camp Mead, MD. In President Eisenhower's autobiography written in 1969 (49 years after Icky died), he stated, "With his death a pall fell over the camp. When we started the long trip back to Denver for his burial, the entire command turned out in respect to Icky. We were completely crushed - it was a tragedy from which we never recovered. I do not know how others have felt when facing the same situation, but I have never known such a blow. Today when I think of it, even as I now I write of it, the keenness of my loss comes back to me as fresh and terrible as it was in that long, dark day soon after Christmas, 1920."

Our 35th president, John F. Kennedy and his wife Jackie lost their two-week old son Patrick in 1963 while he was president. The Kennedy' first daughter was stillborn.

George H. Bush and his wife Barbara lost their daughter Robin -- a sister of the current president -- at 3 years old to leukemia.

--Author Unknown

Guilt: If Only ... If Only ... If Only ...

You may hear yourself using those words. Most parents whose child has died have periods when they feel guilty. A part of the guilt is wanting to undo what has been done ... to stop time ... to redo a day or a minute that might make a difference. Our culture teaches people to be hard on themselves and blame themselves when anything goes wrong. We tend, then, to feel responsible when children die, too. "If only I had kept him in longer... If only I had been there... If only I had known... If only... If only." We are people who want answers. It goes against all our beliefs, hopes, and dreams when children die. You will search and look for answers to questions which sometimes have no answers.

Feeling guilty is one way of getting some kind of meaning into a situation which makes no sense, of trying to answer the unanswerable "WHY" questions. When you feel guilty, recognize it for what it is ... a sense of guilt and a searching for an answer. If you could have prevented your child's death, you would have. You and your family are not to blame.
 --From the booklet *Children Die*, by Joy and Mary Johnson, Reprinted from Ft. Worth, TX TCF newsletter

Whose Child Is This?

Whose child is this?
 That I've come to receive
 A child to miss
 That parent's will grieve
 Whose baby is here
 That died today
 Sent off with tears
 To heaven to play
 Whose angel was taken
 From their mother's arms
 To a safer haven
 With no more harm



The hurt will seem long
 In time it will heal
 Meanwhile be strong
 It seems so surreal

The time that it takes
 To see them again
 Your baby will wait
 Till you have been sent
 To God and his children
 Happy and loved
 Straight into heaven
 And the stars above
 --Written by: Sierra Valencia, San Antonio, TX

To Parents Who Have Lost A Child To Suicide

Parents of siblings of a young person who has completed suicide face an almost overwhelming burden of emotions. It is one of the cruelest tragedies that can happen to a family. To pull oneself out of the emotional wreckage is a mighty struggle. Each parent can be utterly devastated and unable to be supportive to their mate or to surviving children. Other family members are, shocked and unable to cope with the event. They do not know how to console or help us. Our friends wonder "how could such a thing happen?" They, too, do not know how to help us. We struggle with the "whys"... the unanswered questions and painful memories.

We who count ourselves as survivors... we've made it a year, two years, and some of us are in the third year... would like to share a few thoughts: First, you are not alone. We understand whatever you may be feeling for we have been there. Suicide can intensify the feelings of shock, denial, guilt, anger, depression... all a part of the grief process.

The course of recovery is up and down. Give yourself plenty of time. You need a great deal of support, at least through the first years. The suicide of one's child raises painful questions, doubts, and fears. We can find ourselves in a spiritual crisis. We question our beliefs and may feel cut off from God. Through sharing with others and listening to others who have walked the same path, you may gain some understanding of your reactions, and learn some ways to cope.

-- JoAnn Dodson TCF, Louisville, KY

For Friends and Family ...



I Know You Are Listening to Me When

You come quietly into my private world and let me be.

You really try to understand me even when I am not making sense.

You grasp my point even when it is against your sincere convictions.

You realize that the hour I took from you has left you a bit tired and drained.

You allow me the dignity of making my own decisions even though you think they may be wrong.

You do not take my problem from me, but allow me to deal with it in my own way.

You hold back from giving me a word of "good advice."

You do not offer religious solace when you sense I am not ready for it.

You give me enough room to discover for myself what is really going on.

You accept my gift of gratitude by telling me how it makes you feel good by being helpful.

--Glen Crawford, TCF, Perth, West Australia

Newly Bereaved ...

But The Pain Is Getting Worse

When your child dies suddenly or unexpectedly (and even though you had been told that your child was terminally ill, it was still unexpected, wasn't it?) something called shock takes over. I believe shock is nature's way of protecting you from the full impact of the pain of all that you've lost. I don't think a body could physically stand all of that at once, so nature does a kind thing and wraps you in a protective cocoon - it keeps out much of the pain. This allows us to continue functioning and do the necessary things involved with the solemn task of making plans for the final rites of someone you love. You may have found yourself able to be the "host or hostess" and taking care of others during this time. People may have commented on how well you were doing and admiring your great strength openly, never

understanding that it was your cocoon doing its job.

Some parents' protective coating lasts longer than others, but sooner or later this shield starts disintegrating, and it is when the pain starts creeping in that the griever will try to provide his or her own cocoon. They will deny the death by pretending in some way that it didn't really happen, i.e. .. "He's not dead, he's visiting with Grandmother," or "She's playing with her friends," or "He's at school," or "He's at work," or "She's in her bed asleep." They're somewhere, but they're not dead. That's called denial, and it's a normal thing for some people. It's an effort to extend the effect of nature's cocoon.

It works for a while for some, but eventually that protective coating also dissolves and slowly but surely you find yourself dealing with depths of pain you've never known before, and it's frightening. You know you have about all the pain you can handle, and you don't know what you'll do if it gets any worse. You have then reached what could be described as dealing with the real reality of your loss in all its complexity. It doesn't get any worse than that. It won't be better for a time, but you've touched bottom for now.

It's very easy to understand why the newly bereaved see reaching this point as a negative thing. This is when the TCF telephone friends get the most calls (and the time varies from person to person, from a few weeks to some months), and the parent says, "I think I am losing my mind." And why not? Here they are, getting further away from the actual death, but the pain IS getting worse. That surely seems like a negative, but those of us who have had the necessary time from our own experience, or who have had time to observe the experience of others, see this as a positive thing. When people tell me this has now happened to them, it tells me that they've come a long way. They've come through the shock and denial and are now dealing head-on with what must be dealt with before their grief will soften.

You can't start healing until you've allowed yourself to feel the hurt of the loss of someone you loved better than yourself. So, if you've reached this place in your grief, see it as a positive, for it means you have forsaken

unproductive things and have made a giant step toward your journey to a place where the pain eases and you learn to live with your loss. We, who are further down the road of grief, encourage you to reach for the plateau where we are. It's easier here. We can tell you honestly that the pain is now better, not worse.
 --Mary Cleckley TCF Atlanta, GA

Welcome...



We Compassionate Friends Are:

- C**aring, crying, crippled friends.
- O**utraged with life, having outlived our children.
- M**eeting once a month to meditate; miserable
- P**arents all, whether natural, step, or grand.
 Pained, pale, paralyzed, pathetic ... from
- A**ll walks of life. Agonized and aggrieved.
- S**haring memories. Shocked. Seeking support.
- S**ad, yet sympathetic.
- I**ndividuals: isolated.
- O**ld and young, oppressed opening our hearts.
- N**ice people, you and I.
- A**lienated from society, no one really understands.
- T**ragedy has struck, tears flow, time our enemy.
- E**mptiness inside.

- F**rail, fallen people; floundering through the day.
- R**ipped off, raged. Recalling and remembering.
- I**nconsolable at times.
- E**nduring pain and loneliness. Emotional.
- N**ot wanting to let go.
- D**evastated. Longing to die to ease the pain.
- S**eeking answers.

My Compassionate Friends.

I'm sorry we had to meet this way.
 --Sharon K. Robertson Mount Vernon, OH
 Editor's note: Many bereaved parents can identify with the preceding feelings. TCF is a place we meet to try and overcome some of these overwhelming emotions. We invite you to attend our meetings and find out for yourself how beneficial they can be.

Book in Review ... 

Helping Children Cope with the Death of a Brother or Sister, by Kathy LaTour. This book is designed to aid parents in understanding how children react to the death of a sibling. This book is also helpful to the children who are grieving. Kathy's straightforward insights and suggestions are based on the loss of her own brother. With chapters of special problems relating to a specific type of death, Kathy has many first hand accounts from the many siblings she has interviewed. This book is available in our chapter library.

Helpful Hint ...



True Words

"You will not always hurt like this" -
 These words are true.
 If they do not reach your heart today,
 do not reject them: keep them in your mind.
 One morning - not tomorrow perhaps,
 but the day after tomorrow, or the month after
 next month ...
 One morning the dawn will wake you
 with the inconceivable surprise:
 Your grief will have lost one small moment of its
 force.
 Be ready for the time when you can feel for
 yourself that these words are true:
 "You will not always hurt like this."
 --Sascha, from the book, *Wintersun*

With our love...

We created you, With our love...
 We cared for you, With our love...
 We nurtured you, With our love...

We honored you, With our love...
 We buried you, With our love...
 We remember you, With our love...

--Alive & Otto Weening
 TCF, Cincinnati, Ohio

To Honor You

To honor you, I get up every day and take a breath. And start another day without you in it.

To honor you, I laugh and love with those who knew your smile and the way your eyes twinkled with mischief and secret knowledge.

To honor you, I take the time to appreciate everyone I love, I know now there is no guarantee of days or hours spent in their presence.

To honor you, I listen to music you would have liked, and sing at the top of my lungs
With the windows rolled down.

To honor you, I take chances, say what I feel, hold nothing back, risk making a fool of myself, dance every dance.

You were my light, my heart, my gift of love, from the very highest source. So every day, I vow to make a difference, share a smile, live, laugh, and love. Now I live for us both, so all I do, *I do to honor you*.

--Connie F. Kiefer Boyd in loving Memory of Jordan Alexander Kiefer, TCF Atlanta, GA

Poem from the Heart

Let no man say they are gone,
although physically absent, they remain with us forever.

They live on in us and are as much a part of our lives as any living child.

They became a part of us the moment we knew a child was to be born.

And every day thereafter, they have been an influence on our lives.

Their suffering has been our suffering,
and their joys have been our joys.

The smiles they wore are still undimmed, and their goodness bright as gold, not dulled by time or distance but forever filling our hearts and minds.

We are so much richer for having been blessed with their lives for whatever time we had

together.

We are strengthened through their having endured the hardships accompanying their illness with such valor.

They are with their Lord now and yet are not gone from us.

Their lives are our lives, and while we live they shall continue to live, safe and secure within our hearts.

Urging us on when we falter, and laughing with us when the world shines round about.

No, they are not gone. They live within.

--Alice Longwell, TCF Greenville, SC

Thinking

It's 4:00 in the morning
And once again I can't sleep
I miss you so much ... my feelings
Oh, they go so deep
I wonder and wonder

Time after time,

What it was I could have done

To have kept you mine.

Instead the messengers of death came

And they took you away, I'll never forget

That fateful day.

My heart was numbed

My mind ceased to think ...

if you had stayed talking with me longer

Could I have kept you from death's brink?

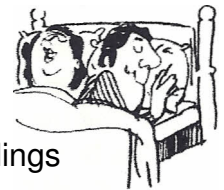
It's a useless question

I ask myself time after time,

For God allowed, only, twenty-three years

For you to be mine.

--Andrea Martelli, TCF Greater Cumberland, NJ



The temptation is to allow death
to claim more than its share,
and leave us to our anger and powerlessness.

The challenge is to engage in life again
with renewed energy
and embrace the new days
with a gentle, welcoming spirit
--Molly Fumia, *Safe Passage*



Our Children Remembered



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

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

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

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

Benjamin Richard Anthony
Born: 5/78 Died: 2/05
Parents: Wayne & Carolyn
Anthony

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

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

Brandon Armstrong
Miscarried: June 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

Tristina Ann Beale
Born: 12/80 Died: 9/08
Mother: Kathy Beale

Frank Becker
Born: 11/61 Died: 8/07
Parents: Al & Louise Becker

Kimberly Belluomini
Born: 10/62 Died: 10/00
Parents: Joyce Anderson &
Ronald Assmann

Sammy Bloom
Born: 2/59 Died: 12/82
Parents: Lois & Sam Bloom

Kurt Boettcher
Born: 12/71 Died: 06/95
Mother: Carolyn Boettcher

Todd Boettcher
Born: 2/79 Died: 10/79
Mother: Carolyn Boettcher

Alan Bolton
Born: 11/63 Died: 3/06
Mother: Helen Eddens

Kevin Border
Born: 11/88 Died: 11/09
Mother: Kelly Border

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

Renee Bouchard
Born: 3/75 Died: 5/06
Mother: Susan Bouchard

Tamara Lynette Boyd
Born: 12/65 Died: 12/00
Parents: Gloria & Gayle Jones

Jazzelyn Braga
Born: 11/08 Died: 5/09
Father: Leonard Braga

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

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

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

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

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

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.

**Our Children Remembered**

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

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

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

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

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

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

Amy Elizabeth Dodd
Born: 1/74 Died: 7/002
Mother: Kathleen Dodd

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Funk

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Gwizdala

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

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

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

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

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

Jennifer Nicole Hower
Born: 6/75 Died: 12/04



Our Children Remembered



Brother: Jeff Hower

Mother: Lucille Jones

Born: 9/64 Died: 6/08
Mother: Gloria Swensson

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

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

Thomas Sean Jordahl
Born: 7/67 Died: 4/03
Mother: Lynda Orr

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

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

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

Jeff Joyce
Born: 2/68 Died: 4/01
Mother: Wadene Duffy

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

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

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

Lance John Juracka
Born: 10/69 Died: 4/06
Parents: Frank & Nancy Juracka

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

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

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

Heather Mary Kain
Born: 6/83 Died: 2/10
Mother: Maura Kain

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

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

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

Edwin J. Kaslowski
Born: 11/67 Died: 7/96
Mother: Carolyn Kaslowski

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

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

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

Emily Matilda Kass
Born: 6/95 Died: 3/06
Mother: Susan Kass

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

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

John Joseph Iacono
Born: 5/02 Died: 5/04
Parents: Nancy & Anthony
Iacono

Scott Ira Kaufman
Born: 4/68 Died: 7/95
Mother: Renee Kaufman

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

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

Ben Francisco Inez de la Cruz
Born: 1/71 Died: 11/91
Parents: Francesca Inez &
Emmanuel de la Cruz

Douglas Drennen Kay
Born: 3/72 Died: 9/06
Parents: Steve & Diane Kay

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

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

John E. James
Born: 6/62 Died: 9/93
Parents: Marilyn & Lupe
Arvizo

Kalin Marie Keech
Born: 10/90 Died: 6/2009
Richard & Kris Keech

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

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

Kalaea Jennings
Born: 4/07 Died: 9/07
Parents: Nacio & Maria
Jennings

Kathryn Anne Kelly
Born: 12/72 Died: 1/91
Parents: Dick & Timmy Kelly

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

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

Melissa Gale Jetton
Born: 5/58 Died: 7/84
Parents: James & Cathie Jetton

Timothy Michael Kerrigan
Born: 4/68 Died: 8/02
Mother: JoAnna Kerrigan

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

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

William Jimenez
Born: 3/94 Died: 5/04
Sister: Adrianna Jimenez

Sean A. King
Born: 7/63 Died: 12/07
Parents: Catherine & Michael
King

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

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

Daniel A. Jones V.
Born: 5/92 Died: 10/09
Father: Daniel A. Jones IV.

Kay Dee Kinney-Palser
Born: 6/87 Died: 6/99
Grandmothers: Diana Palser &
Kay Kinney

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

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

David B. Jones
Born: 3/50 Died: 3/01

Keith Konopasek
Born: 1/63 Died: 7/95
Parents: Ken & Mary
Konopasek

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

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

Susan Ann Kruger

**Our Children Remembered**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Daniel Andrew Peterson
Born: 1/4/78 Died: 5/13/85
Mother: Gay Kennedy

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

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

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

Shannon Quigly
Born: 112/68 Died: 1/09

Mother: Kathleen Shortridge

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

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

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

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

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

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

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

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

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

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

Parents: Michael & Frances
Ruggera

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

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

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

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

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

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

Shaulamit Rose Scher-Gilfert
Born: 12/17/08 Died: 12/17/08
Mother: Aliza Scher
Grandmother: Adrienne Scher

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

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

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

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

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

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

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



Our Children Remembered



Sievers

Gerald Slater
Born: 2/71 Died: 894
Parents: Bob & Gwen Slater

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

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

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

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

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

John Teresinski
Born: 12/67 Died: 1100
Parents: Beverly & Victor
Teresinski

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

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

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

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

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

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

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

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

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

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

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

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

Serena 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

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

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

Kevin Zelik
Born: 11/85 Died: 6/10

Parents: Joe & Linda Zelik

Year End Donations to our chapter:

Gail Megaloudis Rongen in memory of Nicole Megaloudis

Bruce & Karen Sakura in memory of Andrew Sakura

Barbara Cox in memory of Ann Cox

Robert & Shirley Hashimoto in memory of Robert Hashimoto Jr.

Denis Dues in memory of Jabari Uko

Stephen & Marlene Young in memory of Whitney Young



BIRTHDAY TRIBUTES...

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.

Sorry, no birthday tributes were submitted this month.

For Siblings...

Brother-Sister Bond Showed Itself on Valentine's Day

A couple of years after my son Michael died, I was sorting through some things which I had saved from our children's school years. I came across a Valentine card which depicts a little girl surrounded by heart symbols. "Stuck on you Valentine!" the card reads. On the back of the card is seven-year-old Michael's hand-written signature. The card was to his big sister Kelly.

The emotional bond between Kelly and Michael was formed very early. Almost three years older, Kelly was excited about the prospect of welcoming her new brother into the

world. When I was pregnant with Michael, we didn't know the baby's gender in advance. "It's not a girl," Kelly had insisted. "He's my brother, and his name is Michael!"

The relationship between our two children was not unlike that of many other healthy siblings. Kelly and Michael were daily companions and playmates during the early years. They had their bouts of sibling rivalry, too, which on some days would drive me insane!

Their love for each other was solid, however. On one particular evening, after a day of almost non-stop arguing between the two of them, while they were lying in their beds I heard, "Night Mike, I love you!" "Night Kelly, I love you!"

At age 19, Michael died in an automobile accident while Kelly was away at college. Kelly has had to learn how to be an only child. She has had to define for herself a new identity, a difficult task as a young adult. I am confident that the bond which was formed between them will remain forever.

Kelly is married and shares her new home with her husband and an adorable Pug named Otto. They occasionally spend a weekend at our house and sleep in Kelly's old bedroom, where Michael's "Stuck on you Valentine!" card can still be found on the night stand as a symbol of a bond that will never die.

By Anne Dionne – TCF Online Community Services

For Grandparents...



Dream

By "Elijah's Gram

I am drawn quietly to his grave to check on him just as I'd have been drawn quietly to his crib;

I trim the grass around his marker and dream of trimming his soft brown hair.

I place some flowers by his name and
 dream of him smelling them in my yard.
 I hold his memory in my heart as I dream
 of holding him in my arms.
 I go quietly to visit Elijah's grave, as I used
 to go quietly to check on him napping.
 I tenderly wipe the dirt and grass off his
 marker, as I tenderly would wipe his face,
 after he'd eaten.
 I linger there at the cemetery to be near
 him, as I would linger rocking him, long
 after he'd fallen asleep.
 I buy things to take him where he now rests,
 as I bought him things to give to him,
 his smile was my reward.
 I drive away slowly with tears in my eyes,
 as I cry for him in silence, as each day
 passes by.
 I hold him now warmly in my broken heart,
 till the day comes that he can run
 into my open arms.
 --South Suburban Chapter Evergreen Park, IL

From Our Members...



Dear Adam,

I think about you everyday, every minute,
 every second, and I never want those feelings to
 go away. I miss you so much. I miss hugging
 you, talking with you and making sure everything
 is going well for you. And I'm sorry that I did not
 get to say "See you later" or that "I love you and
 how proud I was to have you as my son."

Love, Mom

P.S. You are the best son a mom could have!

--Eileen Guyman

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.

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@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 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: Feb 1st for March birthdays), otherwise they will appear if space permits or in the following month's issue.



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

Kitty Edler (National Board member) (310) 541-8221
 Karen Hlavaty (infant loss) (310) 326-9701
 Karen Merickel (310) 375-2498
 Richard Leach (grandchild) (310) 833-5213

SIBLING PHONE FRIENDS

Kristy Mueller (310) 373-9977
 Joey Vines (310) 534-4339
 Sue Gardner (sibling leader) (310) 316-3777

Regional Coordinator

Susan Hawkes (818) 249-7786

Memory Book... Our chapter has an ongoing Memory Book. Each child is given a page in the book. Pictures, poems, or a tribute you choose that will help us to remember your child can be included. Feel free to add your picture to the Memory Book at any of our meetings. This is one way we can meet and remember the new members' children.

Library Information ... At each meeting we have a library table. It is on the honor system. Many of you have books you got when you were newly bereaved and may no longer need. Perhaps you would like to donate books on grief that you found helpful. If you wish to donate a book to our library, please let the librarian know so we can put your child's name on a donation label inside the book.

Newsletter... For those of you who are receiving the newsletter for the first time, it is because someone has told us that you might find it helpful. We warmly invite you to attend one of our meetings. Please let us know if you know of someone who could benefit from our newsletter which is sent free to bereaved parents. We do ask that professionals, friends, and family members contribute a donation to help offset the costs involved. If any information needs to be changed, or if you would like your child included in the "Our Children Remembered" section, please contact the editor.

Additional Grief Support...Bereavement Organizations and Resources:



The Compassionate Friends So. Bay/L.A.,CA:

(310) 368-6845 Parent support group & newsletter for bereaved parents and siblings.

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

TRINITY CARE HOSPICE: Bereavement Coordinator Gayle Kirma (310) 257-3567

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

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

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

BEREAVEMENT MAGAZINE: published 9 times a year. Articles for all types of grief. Subscription fee. Bereavement Publishing, Inc., 5125 Union Blvd., Suite #4, Colorado Springs, CO 80920

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

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

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

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



LOCAL TCF CHAPTERS

Brentwood/Santa Monica Chpt. TCF:

(310) 889-7726 meets -2nd Thurs.

Central L.A.: 2nd Wed. at 7:00 P.M. meets in Inglewood, (323) 769-5537

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

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

Orange Co./Anaheim: (714) 993-6708

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

Ventura Co. TCF: (805)981-1573 1&3 Thurs.

Verdugo Hills: (818) 957-0254 4th Thurs.
San Fernando Valley: (818) 788-9701 2nd Mon.

A SPECIAL THANKS TO:

Post Net Printing for their help in printing our newsletters each month and to Reverend Karl Johnson and the Neighborhood Church for the use of their facilities for our meetings.

STEERING COMMITTEE OFFICERS

CHAPTER LEADERS: NEEDED
SIBLING LEADER: Sue Gardner
NEWSLETTER EDITOR: Lynn Vines
PROOF READER: Crystal Henning
TREASURER: Ken Konopasek
CARDS: Crystal Henning
WEBSITE: Crystal Henning
NEW MEMBER FOLLOW-UP: Laurie Gray



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

In loving memory of Eric brown, 11/65 - 9/00. You are loved and missed more each day. I understand you're suffering.

All my love, Mom

In loving memory of Fred Kushner, Kitty Edler's father.

Pauline Cleary Basil

In loving memory of our beloved son, Jonathan "Jamie" Paul Schubert, 7/65 - 12/06, who dedicated his live to Justice, often becoming a warrior for the most vulnerable and needy.

Love, Mom & Dad.

In loving memory of Annemarie Pellerito, 9/73 - 8/93. Anne's smile still glows in our hearts. Her courage despite daily life-threatening struggles remains a guiding beam for all who knew her.

Love, Mom & Dad

In loving memory of Kevin Zelik, 11/85 - 6/10. We'll miss you greatly this Christmas, Kevin. You are always in our hearts and prayers so you are never far from us. We love to look at your pictures and see your smile. Thank God for our 24 years together.

Love, Mom and Dad

In loving memory of my beautiful sister, Rachael Suzanne Hoyt, 2/70 - 1/95. You are with me always.

Love, Laura D'Anna

In loving memory of Victoria Winchester, 2/57 - 2/84. You are loved forever.

Love, Mom

With sincere gratitude and deep appreciation, we acknowledge the generosity of the previous individuals and

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

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

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

In loving memory of _____

Birth date _____ Death date _____ Sent From _____

Tribute _____

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

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

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February

*Let this cool and gentle month
Of the heart
Remind you
Not only of lost treasure,
But also of riches (past and
present)
In your life.
-Sascha*



February 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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