



# THE COMPASSIONATE FRIENDS



## South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

JAN. 2011 ISSUE

EDITOR: LYNN VINES (310) 530-3214

e-mail [Lynntcf@aol.com](mailto:Lynntcf@aol.com)

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

**OUR NEXT MEETING**  
will be Jan. 5th, 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 JANUARY...

This month will be "The Grief Wheel".

Please remember to return your updated information form, or call Lynn at (310) 530-3214 and leave a message and/or corrections.

Picture Buttons of your child are available. 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.

South Bay/LA Chapter of TCF  
P.O. Box 11171  
Torrance, CA 90510-1171  
(310) 953-5230  
[www.tcfsbla.org](http://www.tcfsbla.org)

Chapter Leaders:  
Needed

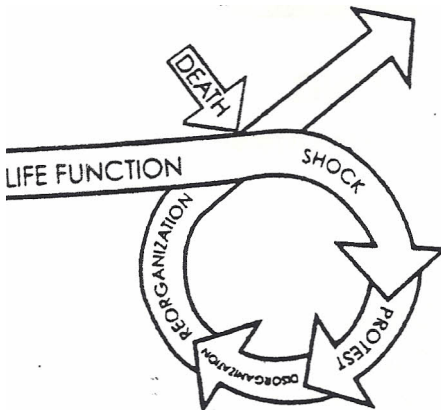
The National Office of TCF  
P.O. Box 3696  
Oakbrook, IL 60522-3696  
Toll free (877) 969-0010  
<http://www.compassionatefriends.org>

## January 5<sup>th</sup> topic will be The Grief Wheel

The Grief Wheel will be the focus of this month's meeting. We will be discussing the various ways we deal with grief and what lies ahead in our journey through grief.

There are many different stages of grief. Each of us will progress through them at our own pace. We like to use the simplistic prop of "The Grief Wheel" to help define how we re-adjust after the death of a child. We frequently refer to the grief wheel in our meetings. Since it is such a helpful way to chart our grief work, we like to offer this topic once a year. Here is a brief overview of what we'll be talking about.

### THE GRIEF WHEEL



This is called the Grief Wheel. It is simply a visual representation of some of the more typical stages of grief. After the initial shock comes a period of anger; then disorganization; and finally a reorganization of our lives as we seek to go on.

Many go back and forth between the stages. But the real point is that eventually we do return to life. But note we do not come out of the "wheel" the same person that we went in. We do go on – but we are changed forever after the loss of our child.

Many people say they go forward on a different and higher plane – finding they are more sensitive to others; have rearranged their priorities in life; or strengthened their faith. Some change careers, do more charity work, or find a cause with great meaning to them. What is important is that we should expect to change – and the changes we make that are positive are things we can do in our child's name.

It doesn't make the hurt ever go away, but it can help us heal.

– Rich Edler TCF South Bay/L.A., CA

### A Journey of Hope by Sascha Wagner

A new widow asked me the other day (in a somewhat disapproving tone), "What do you mean when you talk about hope?" That's a perfectly legitimate question - we talk about hope all the time but we do not often define just what we mean. Hope seems to be such a clear and simple concept, doesn't it? But what exactly does 'hope' mean when you have lost children to death, when you and the world are a bundle of pain, when you feel as if you could never enjoy anything ever again?

Those who speak about hope wish first of all that the pain of your first grief will lessen. While no one can guess or calculate how long the phase of intense first grief will last, it always lasts longer than we want. This is the time when grief keeps you from thinking clearly, when you are confused about almost everything, even about things which have nothing to do with the tragedy. It is the time when you are always tired but can seldom sleep enough, the time when your energy seems to be drained by the sheer effort of staying alive. You find that nothing consoles you - life hurts, feeling hurts.

Whenever that time is over, you may be able to function reasonably well. What griever has not walked around doing a good job at the office, while feeling like an empty shell? At that point you may even be able, briefly, to concentrate on something other than your dead children. There is a small hope then, to wish for a little more strength, a little less pain, a good night's rest. Perhaps this is the time when you can start talking more clearly to someone about the way you feel or what you think you might want to do for yourself and other grievers.

The schedule is different for each person. When we talk about hope, we start out with a wish for your recovery from what may have felt like a mental illness. Except - you need to remember that it was no mental illness at all; it was an almost insurmountable onslaught of pain.

The next step of hope comes when you realize (sometimes with regret) that you will

continue living and that you actually want to do something with the life left to you. Often the notion of doing something in honor of the dead children feels sadly comfortable. This is the stage when you reach out deliberately to speak about grief, to address new tasks, to find the 'small islands of peace' in your sea of pain.

But most of the pain is still there. Rooms are left unchanged, clothing remains hanging in closets, you still cry when you see photographs or when you remember the days before the child died. There is no escape from the awareness of loss, which still dominates your daily existence, no matter what you plan or undertake. This is usually a long phase, and no amount of rational resolve or practical determination takes the ache away. However, you do sleep better.

Next on the journey of hope comes the first signal of comfort. While you still cry and hurt about the loss of your child, you sometimes find yourself thinking of soothing memories; you are even able to smile about things you remember. This is the time when a memory that makes you smile is often followed by tears. Your emotions are alive and powerful - and you realize that your reactions are quite natural. Not all feelings you have at that time are focused on the main event, the death of your children, but you begin to consider realistically that there are many other things in life. As heavy as this phase still is for most grievers, it is a great deal more manageable and gentle than the tearing pain of early grief.

The next step comes imperceptibly – there are moments at first, then hours, when your mind is not preoccupied with remembering the dead children. You can think of other tasks and events without simultaneously thinking about a grief-related memory. Before, you may have been so closely connected to grief that you connected any experience to the children's death, even if an event or a task had nothing at all to do with them. You may encounter a strange, almost surprised feeling like "This has nothing to do with my grief." Such intervals are rare at first, and you never quite reach the point where you can totally divorce feelings and thoughts from your memories. Initially, all grieving parents find such a time difficult to imagine - and the inner quietness actually

arrives before we are able to believe it.

But there is a balance that achieves itself - it gently eases itself into your days and nights. At this time a preponderance of pleasant memories makes itself at home in your heart. You smile at things remembered without crying, you can call up the details of a memory without being overwhelmed by heartache.

These are the most basic stages of hope - there are many fine and varied distinctions, and the stages do not clearly follow one after the other. But when we speak of hope, we generally mean the griever's return to a less painful and more confident form of self.

We are not talking about denying the death or forgetting the child we lost. We are speaking of a change in feeling about them.

Among the things we think of when we talk about hope is the time when we reach the ability to "recall our memories in tranquility." The day when we realize that having children, even if only for a small part of our lifetime, was first and foremost a gift and a treasure. While we will always want to keep the awareness of our dead children, the time will come when we can live in peace, as helpers and friends to others in grief (perhaps deliberately to honor the memory of our dead children) or to find unencumbered enjoyments. When the sense of loss is overcome by a sense of acceptance and peace, when we find new things to do with our life, then we will have completed the journey of hope - from disbelief to struggle to achievement.

Hope is not an easy word for grievers.

But we, more than most others,  
need to understand  
what hope can mean for us.

Hope means finding the strength  
to live with grief.

Hope means nurturing with grace  
the joy of remembrance.

Hope means embracing  
with tenderness and pride  
our own life

and the gifts left to us  
by those we have lost.



## Expectation

There is very little written about expectations in the life of the grieving person. Many times the unrealistic expectations of ourselves and of others can greatly hinder the eventual readjustment for the bereaved. In wishing to "handle it better," we often keep expecting more from ourselves than is possible at this time. When we don't feel better, or act better, and yet think that we should, we become disappointed in ourselves. We have just expected too much of ourselves.

A timetable for grief may be part of the expectation. If I read that one stage took a certain length of time and I wasn't there yet, I would panic that I wasn't "where I should be."

Often, family and friends unwittingly place expectations on us. "It has been 3 weeks," or "3 months" or "8 months" and "you must be better now" and "you must be back to normal by now." These expressed (or even unexpressed) unrealistic expectations of others become a pressure on the bereaved.

After the shock and denial, the very pain filled reality hits. This grief is unbearable heartache and sorrow. Unbearable, yet we have no choice. We must go through it. Complicating this stage is the fact that most people expect that by now you're recovering, when in reality you are not. Many find talking about their feelings helps. Generally, thinking them out is not enough, since usually grief feelings can't be intellectualized away or thought away. A common experience of many grieving people is that the people we expect to be most supportive often move away from us just when we need them most. This bewildering phenomenon can be attributed in part to a general lack of knowledge of what grief is, leading to unrealistic expectations being placed on the bereaved person.

Sometimes it is helpful to communicate about our loss with someone new, since some old friends often just want us to return to our old selves again, which is unrealistic on their part.

After the holidays or anniversary of the death. Grieving people may expect that everything will be much better. The New Year is often a time of resolutions – of intending to change some habit or attitude. It is not helpful to

expect to be much better. When things do not get better, we become discouraged. It may be more helpful to consider January 1 as the day after December 31. Without such unrealistic expectations of the New Year, or of the time after the anniversary, it may gradually become a time of healing and growth – not because we expected it, but because we did not have unrealistic expectations. It is important not to have a timetable for grief.

– Author Unknown *Hope for Bereaved*

## Faces of Grief



For bereaved parents, a new year brings feelings of "unfinished business". For most of us time seemed temporarily to stop the moment we learned our child had died. The very order of our existence had died. The very order of our existence had been transposed - our child preceded us in death. The dawning of a new year feels unnatural, for a part of us is riveted to the last days of our child's life, in a year not of the current numerical value. Well wishers that wish us health and happiness only empathize our sense of loss and distancing. The calendar years will continue their numerical ascent and a new number propels us into a new chapter of our lives. We cannot stop time, but we can use it. For time will allow us to remember the details of our child's life, to grieve our loss, and to adjust to our altered lives.

Wishing you Peace in the New Year,  
--Nancy Green TCF Livonia, MI

## I know I am Still Healing

I know that I am still healing. I listened to Christmas carols this holiday season and enjoyed them.

This year my sorrow was muted by the excitement of seeing those I dearly love. The kids were coming home, our son from college and our daughter who lives out of town. Their presence fills the house with noise and laughter, and I am drawn into it. I am grateful. As the New Year approaches, it's difficult, especially for newly bereaved, to think of the future that does not include the missing child.

Making New Year's resolutions may seem

trite. In the past making resolutions was a game you played with self-promises quickly becoming broken. This year, perhaps, serious thinking was in order.

Combining resolutions with determination can help in the healing. With healing comes renewed life. It's worth the struggle. Here are some to reflect upon.

I resolve I am going to try to:

- put the pieces back together
- take care of myself physically
- accept invitations
- try "firsts"
- keep my marriage intact
- give the kids back their mother/father
- cook dinner
- smile
- understand someone's good intentions even though the wrong words come out
- put normalcy back into life
- try to understand that everyone approaches life differently and so too grieve differently
- ride out the low periods
- enjoy laughing without feeling guilty
- understand that grief is unexplainable and therefore not understandable
- not accept any point in healing ... reach for more
- let go
- learn how to deal with those tough questions: How many children do you have? Aren't you over it yet?
- look at other children without feeling pain
- keep from becoming a recluse
- rebuild friendships
- continue when I falter
- seek help. The Compassionate Friends is there.

May the New Year bring peace and hope that you will make it through.

--Evelyn Lanzillotti, TCF Abington Chapter, PA

## The Year Before Last

The holiday season is approaching, and with it comes the New Year. Although for me time has passed slowly, New Years Day will ring in quickly.

I dread this New Years Day because they will look at me a terribly strange way when I get

misty-eyed, and talk about something you had done.

After you first left me, they reasoned when I cried, "He's only been gone a few months." And I would catch that look of understanding in their eyes and found some comfort they knew.

But on last New Years Day, my first thought upon awakening was, Oh God, my son died last year, not just a few months ago, not even this year, but last year. He will never live in this year.

They didn't understand, they didn't reason, that last year, for me, the loss was still new. They thought, "It happened last year, so long ago, why does she still cry?" I could see it in their eyes.

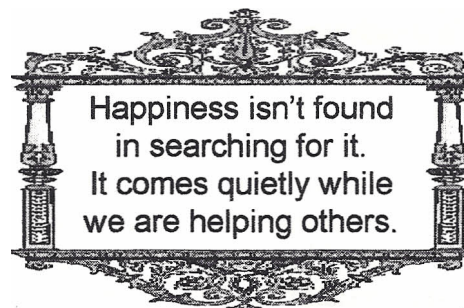
This New Year's Day, will it be different? Will my first thought upon awakening be, Oh God, my son died the year before last, not a few months ago, not this year or even last? He will never live in this year.

Will they even listen, should I not look them in the eyes, for fear that I shall see, why is she still crying? It happened so long ago. It was the year before last.

Those words that we use to describe the passage of time, a few months, this year, last year, the year before last. They don't know that time stands still for me.

Will they understand that's why I cry?  
Don't they know my son just died ... the year before last?

-- Author unknown, St. Paul, MN TCF newsletter



## Thoughts from a Parent Who Lost an Older Child



Perhaps I had my child longer than you had yours, but thirty-eight years does not seem long. Perhaps there are more memories to hold in my heart, but I know yours are just as dear to you as mine are to me. Even if your memories are of only one or two days. Your dreams for your child are gone. So are mine. Never did I imagine that I would have to deal with my child's death instead of him having to deal with mine. In thirty-eight years there was time to give me a legacy of three grandchildren. This is a very special blessing, and one that I do not take for granted. My mission is to sustain the relationship with my three granddaughters who now live three thousand miles away from me.

My child died from a terminal illness that is not one of the "acceptable" diseases. My child died of alcohol and drug addiction. The tools for remission of this disease are placed in the hands of the person who has the disease. Even with the help of four treatment centers, the recovery was not to be.

One day at a time, my recovery is taking place. The pain after two and one-half years has gone to a place where it can be tolerated. My story and my age may be different from yours, but the bottom line is the same – my child has gone to a place where I cannot go, and I miss him so much. The pain of grief is still there, but I am living life one day at a time enriched because my son came through my body into my life.

--Helen Godwin, Orange Park/Jacksonville, FL

## Place in My Heart

Hannah Elisabeth came into my life on a bright and sunny day. She was a tiny bundle that smiled and cried in a baby's way.

She became a part of my daily routine and quickly took a place in my heart. She was one of the cutest baby girls, and we all thought so from the start.

I held her, I rocked her, and sang her a song. I fed her, changed her, and laid her down for a rest. I did all the things a mother would do.

I know I was giving her the best.

But then one day in my usual way, I put little Hannah to bed. And since that time my life has been filled with pain, sorrow and dread.

For you see, that day a year ago when I assumed everything was all right, I found little Hannah in such a way. No time will ever take that sight away.

They said it was SIDS. There was nothing I could do. But that hasn't helped me deal with my thoughts. I am still oh so blue.

With God's help, I seem to be coping. My faith and prayers are the key. My family and friends have been at my side. Their love and patience to guide me.

You may think from what I have said that Hannah was my little daughter. But no, she was not related to me. I was her daycare provider.

--Marjorie Crueger Minnesota

## It's Not Your Fault

Depression leading to suicide is like a cancer. It starts quickly, unseen, unnoticed, slowly changing, slowly draining energy and spirit until it reaches a point where life is no longer possible, and the body must cease to function. So it is with depression. The mind reaches a point where life is no longer bearable, and the mind must bring life to an end.

The surviving loved ones are no more the blame nor the cause of a person's depression and suicide than they are of causing the start of a cancer. The surviving loved ones are not more capable of stopping the depression than they are capable of stopping a cancer.

As the survivors, you must bear the sorrow and the grief, but not the guilt. For it was not your fault.

--Ray Kulp TCF, Sonoma Chapter, CA

So much guilt within my soul

Why didn't I see...

Why didn't I say...

Why didn't I do...

I'm not even sure if it would have helped

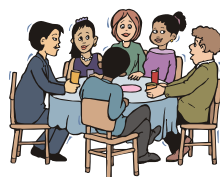
And changed your thinking or your fate

But there'll always be that nagging doubt

If only I had...

--Karen C. Kimball TCF Hingham, MA

## Friends and Family...



### How to Help Me Grieve

"Be There for Me" - I feel alone, in pain. I need a friend.

"Share My Sorrow" - Speak from your heart. I have to talk about my feelings.

"Touch Me" - I need a hug, your hand, your love.

"Let Me Grieve" - Listen to me, I need to cry. We all grieve in our own way and in a different time frame.

"Keep Their Memory Alive" - It's always on my mind. I have so many memories.

"I Need Your Help" - Help me, phone me, pray for me. Do whatever you can.

"Don't Desert Me" - Don't desert me after the 1st or 2<sup>nd</sup> week. I need you especially on holidays.

"Take Care of Yourself" - I need to depend on you.

"Help Me Heal" - Involve me, listen to me months later. I need your interest and invitations.

"Be My Friend" - Don't be afraid of me or my grief. It's OK to cry.

Lastly please don't criticize me till you walked in my shoes, instead, "Pray For Me."

-- Vivian Sagert reprinted from TCF & SIDS newsletter, Idaho Falls Chpt. newsletter

## Newly Bereaved ...

### But You're Absolutely Normal!

Grief is a normal reaction to loss, and it shows up in many ways you might not expect. If you've:

- been angry with doctors or nurses for not doing enough,
- been sleeping too much or not enough,
- noticed a change in appetite,
- felt no one understands what you're going through,
- felt friends should call more or call less or leave you alone or invite you along more often,
- bought things you didn't need,
- considered selling everything and moving,
- had headaches, upset stomachs, weakness, lethargy, more aches and pains,

- been unbearable, lonely and depressed,
- been crabby, cried for no apparent reason,
- found yourself obsessed with thoughts of the deceased,
- been forgetful, confused, uncharacteristically absentminded,
- panicked over little things,
- felt guilty about things you have or haven't done,
- gone to the store everyday,
- forgotten why you went somewhere,
- called friends and talked for a long time
- called friends and wanted to hang up after only a brief conversation,
- not wanted to attend social functions you usually enjoyed,
- found yourself unable to concentrate on written material,
- been unable to remember what you just read, you're NORMAL.

These are all common reactions to grief. They take up to two years (or more) to pass completely, but they will pass. You'll never forget the person who has died, but your life will again become normal. Even if it is never exactly the same. Take care of yourself. You will heal in time.

--Joanne Bonelli TCF Greater Boise Area, ID

## Welcome...



### About Being Strong

Many people are convinced that being strong and brave means trying to think and talk about "something else."

But we know that being strong and brave means thinking and talking about your dead love, until your grief begins to be bearable.

That is strength. That is courage. And only thus can "being strong and brave" help you to heal --Sascha

Editor's note: This poem is all too true. It takes tremendous strength and courage to manage to rebuild your life after the death of your child. We at Compassionate Friends understand the need to talk about your loss in order to come to terms with it. We encourage you to attend the

meetings where you will be with other bereaved parents who talk and share the love and the pain of losing their children with one another. By sharing the pain, by talking about the loss, and by being in a supportive and understanding atmosphere, we all heal together.

## Helpful Hint ...



Q. How can I get to the place where joy and loss live together? How can I get past this pain?

A. First, we don't get past the pain. We must go through it. We can't go around it or over it or under it either. The path to healing through loss, which means the path to wholeness, requires that we incorporate our pain. To incorporate means to literally take the pain into our body (corps). We get to that place where joy and grief can live together by becoming whole. The process of healing, whether from a physical illness or from a catastrophic life disturbance is a transformational journey. We are changed in the process. The goal is not to be the "way we were" once again, the goal is to be more than we were before, to include more of life. Ultimately the goal is to include loss in our love and trust of life.

--Deborah Morris Coryell, The Shiva Foundation,

## Book In Review...

### ***Stars In The Deepest Night: After the Death of a Child*** by Genesse Bourdeau Gentry

STARS IN THE DEEPEST NIGHT is my gift to bereaved parents.. The poems in this collection come as close as I could get to putting in words my feelings of grief, heartbreak, despair, loneliness, reconnecting, hope and healing after the death of my daughter. Bereaved parents say this book is a "source of comfort, reflecting [their] own thoughts and pain perfectly." Many carry it with them wherever they go. As more than one person has said, "I have read every book I could find on this subject. I have never seen anyone capture the feelings of a bereaved parent as well as you have." They also say it "should be required reading for everyone." I agree. For family and friends who don't know what to say or do, this book will be invaluable. It is also the perfect resource for therapists and others who work with bereaved parents.

## Nightmare

In the still dark hours of night  
When sleep eludes,  
Horror thoughts swirl through my mind  
Terrifying,  
Unbidden, uninvited- Why? How?  
The suffering, the torture  
Of those few brief moments  
Before death overcame all.  
The images are too cruel to bear  
My mind screams in agony  
Till tears come and release the pain  
And calming numbness dulls my mind  
--Athalie Tysoe, Mother of Jennifer Gay Tysoe

## Random Reflections

It's been a year now and the books say  
I should be getting back to "normal."  
But I still can't pass your picture  
On the bookcase without touching your face.  
I still was up in the night sometimes:  
And can almost hear your voice in the quiet.  
I still run to the window when the  
Dogs bark at night with the hope  
In the back of my mind that somehow  
You've wandered into the yard.  
I still whisper your name into the wind  
When I walk down our lane in the still of evening  
and strain to hear an answer.  
When I'm troubled and upset I still talk to you  
like I always did and  
Imagine the advice you'd give me  
I still stop on our dark country road sometimes  
And turn off the car engine  
And lights and wait and hope that  
I can see or hear you.  
It's been a year now and the  
Memories are still so vivid  
That I can almost touch them.  
It's been a year now and I now know  
With all my heart that your  
Presence will never fade in my mind.  
--Tammy Walmann TCF, Miami County, KS





# 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 - 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  
 Ann Beresford Cox  
 Born: 12/61 Died: 4/92  
 Mother: Barbara Cox

Marika Critelli  
 Born: 3/78 - Died: 11/09  
 Father: Michael Critelli



# Our Children Remembered



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.

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

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: 7/02  
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



# Our Children Remembered



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 Cragger

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

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: 6/2009  
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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Daniel Andrew Peterson  
Born: 1/4/78 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: 11/2/68 Died: 1/09  
Mother: Kathleen Shortridge

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

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

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

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

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

# Our Children Remembered

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  
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 Tayl

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 Duied: 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 Venson  
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

## Our Children Remembered

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 Zelick

Born: 11/85 Died: 6/10

Parents: Joe & Linda Zelick

## Year End Donations...

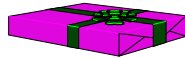
We thank the following families for their year-end donations to our chapter:

Virginia Veal, in memory of Gregory Earl Veal

Pat Fuentes, in memory of Peter J. Fuentes

Sandra Snowden in memory of Jeff Snowden

## Birthday Tributes...



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

Sorry, no birthday tributes were submitted this month.

## For Siblings...



**A Sibling Dies** by © L. Nicole Dean

It is January first. My heart twinkles once again because the holidays are over. How can a season of light bring so much dark? Thirty years ago, on Christmas morning, my brother died in our home by suicide in a very violent manner. He was 23; my other brother was 24; and I was 19 years old. Our family of five was irretrievably shattered.

Don, my brother who died, was so much a part of us. He brought so much joy in his living and then so much pain in his dying. Who am I to grieve him still? The memories well up every December like a deep dark night unbidden. Anger, sadness, rejection, guilt become my Christmas ornaments. "Give me back my family - give me back my Christmas, you creep, Give

me back your laughter," I want to shout at him. Who am I to miss him? Who am I to rage when he was the one in the grips of a pain so untenable that he could not speak of it, but only act upon it? Who am I to cry? Well, I'm entitled. I'm a survivor after all. One doesn't get there on a water slide, if you know what I mean.

When Christmas rolls around, I do my dance with grief once again. Some years, it's a waltz; other years a tango. It doesn't seem to matter if it's two, twenty or thirty years since my brother died, I get out my dancing shoes. I don't go looking for pain like some wacky masochist. It finds me.

Some years I announce - around November 25th, "I'm over this." I act accordingly. I shop for Christmas Cards and don't go near my dancing shoes. It doesn't matter. They find me. And after all, it's not like I didn't have therapy. I've had dance therapy, art therapy, regular therapy, travel therapy, friendship therapy, biofeedback/hypnosis therapy, creampuff therapy, swimming therapy, forgiveness therapy, spiritual community therapy, law school therapy ... Law School therapy? The fun had to end somewhere.

Seriously, losing a sibling is heart wrenching and no laughing matter. It took me ten or fifteen years to truly laugh again, let alone make light of myself. That just happened this year. No doubt, because I am writing of it, rather than speaking of it, which I rarely do. It feels safer to write. Other than to therapists, I've spoken of his death to three people in thirty years. Who could understand, I felt, and why diminish his being or expose myself?

I adored my brother Don - he made me laugh like a monkey. I adore both my brothers; as a child they were my world. Not very healthy perhaps, but it worked for me. Home life was chaotic and quite frightening because my father was more than a little nuts. My mother's energy was spent containing his insanity and keeping our bodies and souls together. She was part steel, part angora.

We never spoke of Don after his death. The community ostracized us; my father took a trip down devil's lane, and my mother mourned my brother until the day she died. I'm sad to say that we never had Don's picture in our home again, because the pain was too severe. It seems we could not get past it. We went to our

separate corners and quietly mourned. It was different years ago; so much remained hidden. Self-healing groups were non-existent, shrinks were stigmas, and the Catholic Church unforgiving.

I couldn't save him. I was the last person he talked with on Christmas Eve. For months, I barely spoke and relived the shock daily. I ate a lot. Death by mashed potatoes. That was sure to bring him back. I retreated into a private world for several years where if I wasn't dead, I'd sure like to have been. This is grief. And it does soften over time. It softens like water softens rock, in its flowing, gentle, rushing, mysterious way. It softens like a sweet whisper of a memory that lulls you to sleep, knowing that love knits the bones of despair together, tighter, stronger, more curious, more delicious than ever before. Knowing that the fires of your being burn the dross of despair. Knowing that the chamber of the heart is strong beyond measure and can take it and transform the pain into joy. Joy for having known this person, for a day or ten years or two months. Joy for having the courage to be. For knowing yourself in many garments. For taking a risk to love anyone again: a neighbor, a friend, a cat, a lover, a stranger, yourself. The broken heart opens and mends itself. In the middle of the night, when no one is there but many are listening. Joy seeps into me. After all, I'm entitled. I'm a survivor.  
 -- TCF Marin County & San Francisco Chapters

**How Does It Feel? What's It Like?**

It's like:

- A hole with no bottom
- A hill with no top
- A road with no bend
- A night with no end

- It's as if it's not happened
- It's as if it's not true
- It's as if it's a dream
- Yet a numbness seeps through

- There's a feeling of emptiness
- A gap to be filled
- There's a feeling of loneliness
- That cannot be stilled

They say times a healer

How long will it take?  
 I can't see it ending  
 It's a permanent ache

Life has no meaning  
 Yet it has to go on  
 I find it so hard  
 To feel so alone

No one will ever know  
 The depth of my sorrow  
 I just have to trust  
 There'll be a better tomorrow

May God give me strength  
 To keep on going  
 To get through this pain-  
 to feel real again

I'll never get over it  
 Of that I am sure  
 But I'll give time a chance  
 And hope for a cure.

Time's without end  
 Love is too  
 I'll never forget you  
 I'll always miss you  
 --Stella Kelly (after the death of her brother)  
 Submitted by Pat King, TCF, Seattle, WA

**For Grandparents...**



**I Try to Cope with the Loss of my Grandson...**

I took the day off because it was Stephen's first birthday. Not that I knew what that meant when I woke up that morning, I just knew I couldn't go to work. Since his death, I struggle to focus or plan anything; let alone what to do with my day off. Daily, I try to cope with the loss of my grandson, which is usually close to impossible. Knowing that there's no explanation for SIDS doesn't help but on his birthday I did not want to waste the day wallowing in my own misery. I've done enough of that. I wanted his birthday to be a positive remembrance of how important his short life was to all of us.

I planned on planting a bush to commemorate this day. But the process felt a

little superficial, like something that I'm supposed to do, not something that I wanted to do. I did it anyway; I bought a beautiful baby blue butterfly bush. It did feel therapeutic to plant it, but at the same time I couldn't imagine myself planting a bush every year on his birthday. What would my yard look like 18 years from now? Would the neighbors be saying, "Look at the crazy lady with all the weird plants growing everywhere!"? Watching this plant grow over the years seems like enough for me. I guess I really wanted a tradition I could continue in memory of him that was a little more personal for me.

I fidgeted and surfed the internet for nothing in particular. All I usually want to do on my off days is sew. It's my favorite hobby so naturally I turned to surfing for baby quilt patterns when I came across an article about Project Linus. Project Linus is a non-profit group that takes handmade quilts and donates them to sick or traumatized children. And there it was - a reason to do what I love best - make a quilt... and I could do it in memory of Stephen then give it to Project Linus so a sick baby could have it...and I could do this every year. It was the perfect idea!

I was excited and ready to get started. I found a simple pattern then I immediately took a trip to the fabric store. I enjoyed choosing the cheery baby print fabrics. I got home and started to work on the quilt top and in no time I had it done. I machine quilted the layers so putting it together also went quickly. I finished the entire project in just one day. I hadn't felt this inspired or focused in a long time and knowing that I was helping someone else was just as therapeutic as the sewing.

Handing the quilt over to the people at Project Linus gave new meaning to my grandson's birthday and when I told my daughter how I spent her baby's day she was thrilled. Not only will this become a birthday tradition for me, my daughter will join in the quilt making next year. A new tradition has begun from a journey through my sadness and love for our little SIDS baby boy. I am so very glad I took the day off.

--By Kathleen B. Grom For more information on Project Linus go to <http://www.linusidaho.org/>

## From Our Members...



(Poem in memory of Emma, by Nancy Fisher)

I have been spending a lot of time hiking in the foothills of the Santa Ana Mountains near our home.

I love the quiet and peacefulness of my walks. I am acutely aware of my senses as I take step after step.

I open my heart to the nature around me. I look for you in everything I see and hear and smell. My sadness and grief seem to dissipate as I walk.

I hear a beautiful bird with yellow on her belly. Her song is soothing; she is alone, following me. I think of you.

I see a flower growing by itself on the edge of the trail. Its color is vibrant, its shape perfect. I think of you.

I take a deep breath. The air is fresh, its scent difficult to describe. The smell is sweet, subtle... It makes me feel good. I think of you.

I see a tree that has been burned by the fires, but upon closer observation I can see new growth— some green sprays among the burnt limbs, life where there was none before. I think of you.

A butterfly appears. It's dancing in the wind, flying around me, teasing me, talking to me. I see you!

After awhile I start to get tired. This journey is difficult; I am fatigued. Sometimes I feel like quitting. I don't want to see or hear or smell anymore. I want to stop. But I don't.



I keep moving one step at a time,  
one foot in front of the other...  
sometimes small steps.

I think of you.

My life has parallels to my hike.  
Sometimes I want to give up.  
But like my hike, my life is a journey.  
I can't stop or quit; I must go on.  
I must continue to see and hear and smell and  
feel one step at a time.  
That is my journey, my destiny, and it is not  
finished yet.  
There is so much more.

I love the quiet and peacefulness of my walks.

I think of you.

–Nancy Fisher TCF South Bay/L.A., CA

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

**The Open to Hope Show:** 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, can be heard at 9 a.m. PST on Thursdays on the Web live at [www.opentohope.com](http://www.opentohope.com) and [www.thegriefblog.com](http://www.thegriefblog.com) and archived on the TCF national website.

**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: Jan. 1st for Feb. 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 phone committee.  
Kitty Edler.....(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) 658-4339

Sue Gardner..... (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) 953-5230 Parent support group & newsletter for bereaved parents and siblings.

**TCF National Newsletter:** For all bereaved parents and siblings. *We Need Not Walk Alone*

www.compassionatefriends.org or toll-free phone number (877-969-0010).

**TORRANCE MEMORIAL HOSPITAL:** Individual and group bereavement support (310) 784-3751

**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 call Toll-free: 888-604-4673.

**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.

**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 Tamara Lynette Boyd, December 1965 - December 2000. Happy Birthday Tamara!

Love, Mom & Dad, Kory, Dwayne, Myesha, and the rest of your loving family

In loving memory of Michael A. DiMaggio, October 1954 - July 2001.

Love You Forever- Mom

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

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

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

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.



*Legacy*

*Memories are a legacy*

*Of hope and courage,*

*left to help us go on*

*when the giver is gone*

--Change of Service Requested--

## January 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.