



# THE COMPASSIONATE FRIENDS



## South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

JAN. 2012 ISSUE

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

**OUR NEXT MEETING**  
will be Jan. 4th, 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's topic will start with Coping with your child's death in the New Year.

Upcoming Events: July 20-22: TCF 35<sup>th</sup> National Conference  
Hotel reservations are filling up fast. Get yours in. See pg. 16 for more information.

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**January 4th meeting ...** This meeting we will be focusing on the new year and what we can do to help ourselves cope with our grief. We managed to get through the holidays, and the new year may seem to stretch on forever without any foreseeable hope in the future. The idea of making a New Year's Resolution may seem too hard, or too trite, but I encourage you to explore the ideas in the following article.

Sometimes we make things harder for ourselves in our grief. We need to remind ourselves how far we have come and take stock of the progress we have made in our bereavement. Sometimes we feel that we are not making any progress in our grief, that the pain will go on forever. This is when it is so important to take a moment to reflect on all the small steps we have accomplished in our grief. What helps we will keep on doing, and what didn't help we will throw out and try something else to see if it works better. Grief is hard work, but let me reassure you that it does get easier and easier.



## New Year's Resolutions for Bereaved Parents

I Resolve:

That I will grieve as much and for as long as I feel like grieving, and that I will not let others put a time table on my grief.

That I will grieve in whatever way I feel like grieving, and I will ignore those who try to tell me what I should or should not be feeling and how I should or should not be behaving.

That I will cry whenever and wherever I feel like crying, and that I will not hold back my tears just because someone else feels I should be "brave", or "getting better", or "healing by now".

That I will talk about my child as often as I want to, and that I will not let others turn me off just because they can't deal with their own feelings.

That I will not expect family and friends to know how I feel, understanding that one who has not lost a child cannot possibly know how I feel.

That I will not blame myself for my child's death, and I will constantly remind myself that I did the best job of parenting I could possibly have done. But when feelings of guilt are overwhelming, I will remind myself that this is a normal part of the grief process, and it will pass.

That I will not be afraid or ashamed to seek professional help if I feel it is necessary.

That I will commune with my child at least once a day in whatever way feels comfortable and natural to me, and that I won't feel compelled to explain this communion to others or to justify or even discuss it with them.

That I will try to eat, sleep, and exercise every day in order to give my body strength it will need to help me cope with my grief. To know that I am not losing my mind, and I will remind myself that loss of memory, feelings of disorientation, lack of energy, and a sense of vulnerability are all normal parts of the grief process.

To know that I will heal, even though it will take a long time.

To let myself heal and not feel guilty about feeling better.

To remind myself that the grief process is circuitous - that is, I will not make steady upward progress. And when I find myself slipping back into the old moods of despair and depression, I will tell myself that "slipping backward" is also a normal part of the grief process and these moods, too, will pass.

To try to be happy about something for some part of every day, knowing that at first, I may have to force myself to think cheerful thoughts so eventually they can become a habit.

That I will reach out at times and try to help someone else, knowing that helping others will help me to get over my depression.

That even though my child is dead, I will opt for life, knowing that is what my child would want me to do.

--from the Brooksville/Spring Hill, FL newsletter

## Happy New Year???

How can it ever be again? How will I ever make it through another year of this torment? When we are hurting and so terribly depressed, it is hard to see any good in our new year, but we must try. First, we must hold on tightly to the idea that we will not always be this miserable, that we will some day feel good again. This is almost impossible to believe, but even if we don't believe it, we must tell ourselves over and over again that it is true - because it is! Many parents whose children have died some years in the past will attest to this. Remember also, no one can suffer indefinitely as you are suffering right now.

Second, we must face the new year with the knowledge that this year offers us a choice - whether we will be on our way to healing this time next year, or still be in the pit of intense grief. We must remind ourselves that if we choose to be on our way to healing by the following year, we must work to get there. That work entails allowing ourselves to go through our grief - to cry, to be angry, to talk about our guilt - to do whatever is necessary to move toward healing.

Third, we must look for good in our lives and find reasons to go on, and accept the fact that our continued suffering will not bring our child back. Some of us have other children and a spouse for whom we must go on. More importantly, we have our own lives that must be lived. Most of us know that our dead children would want us to go on!

No, this coming year may not be a happy one, but it can be a constructive one. Through grief, we can grow and become more understanding, loving, compassionate. and more aware of the real values in life. Let us not waste this new year!

--Margaret Gerner TCF, St. Louis, MO

## Am I Making Progress?

January is a reflective month. Ice ponds reflect the leaden sky, and the heart reflects the emptiness of a frozen spirit. When will we begin to thaw? When will we feel like we're making some progress in this place of icicles and cold sheets, sunless days and long, empty nights? Will we ever be happy again? Will I ever be

ME again?

January is also the month for making promises, commitments and resolutions (resolutions are FANCY promises). We begin our new year with high hopes, strong wills and long lists of things that will be different this year. To celebrate my commitment to a New Me, I bought a jogging suit, expensive shoes, and a digital watch, complete with timer, pulse meter and M & M dispenser. (You've got to have some motivation!) THIS YEAR WILL, BE DIFFERENT.

We also spend some time looking back over the road we've traveled, and sometimes we wonder if we have made any progress at all. In the beginning, we misplaced car keys, checkbooks, toothbrushes, relatives and important stuff like the TV Guide. We had to begin making lists of everything. We simply couldn't remember anything. I couldn't remember my address, social security number, zip code or my mother-in-law's birthday. (I never could remember that.) I even started making lists of my lists! I knew I was going to be all right when I first discovered I could remember that I had made a list.

You know you're making progress when you can coordinate an entire outfit again. Shoes, belts, ties, purses, even sweaters and jackets often got left, simply because when we were hurting so terribly, we couldn't think about what to wear. Many of us didn't even know the panty hose were on backwards, or the tie was crooked. If you are wearing matched shoes right now, then you are making progress.

You're making progress when you no longer choke when you say your loved one's name. When you can walk down the cereal aisle in the supermarket and not dissolve into tears, progress is being made. When you can enjoy baking HIS favorite cookies or pie or cake again, you are on your way.

When the photographs come back out once more and you can wander through the scrapbooks again, letting the smiles peek through the tears, then hope is returning. When memories, for the most part, bring comfort and warmth instead of emptiness and pain, January grows shorter. When you begin to understand that putting away your loved one's things does NOT mean putting him out of your life, then your step becomes lighter.



Progress occurs when you completely understand that your loved one DIED, but the love you share between you can never be destroyed. Hope begins to return when you can hear laughter again - and some of that laughter is your own.

Recovery is possible once unrealistic hopes for a lost future are given up, grieved for, and moved beyond. Perhaps it is not so much saying good-bye to our loved one as it is saying farewell to the old us and the life we shared. Making progress through grief doesn't mean that you no longer miss your loved one. He is a part of your life forever, but his role in your life changes. Our lifestyle and habits change to reflect a different family landscape.

Now, as you look back, it is amazing to see the life fabric - no longer ripped apart with a gaping hole, but mended with tiny stitches, left perhaps a bit lumpy (like lots of us), but patched with time, effort and love. Old threads and new threads have blended together and have been re-woven into a pattern not quite the same as we had originally planned. It is a tapestry of love, given and received, remembered and shared. Life can become good and whole and complete once again; not when we try to fill up the empty spaces left by loved ones no longer within hug's reach, but when we realize that love creates new spaces in the heart and expands the spirit and deepens the joy of simply being alive. The renewed energy and love we feel as winter turns into spring becomes the memorial to our loved one .... not the grave markers we decorate, not the books we write, not the speeches we give, but the LOVE we share and pass on.

You know you are making progress when all of this begins to make some sense (save this column to read later!). When the shoes match and the car keys are found and the list of lists grows shorter, then you are making progress. Then the laughter can return, and with that magical sound comes the healing of the hurt and the shedding of the band-aid, because the heart is learning to sing again.

January .... the month to check on our progress, to make new commitments - and to start jogging.

Hope springs eternal!

--Darcie Sims, Bereavement Magazine, January 1990 4765 Carefree Circle, Colorado Springs, CO 80917



## Days of Our Lives

Before my son died, life was filled with event after another. The days came and went, one month evolved into another, and the "special" days on the calendar added a new and joyful dimension to our otherwise routine lives. Philip's sudden death changed every part of my life, including the way I now look at the days, the months, the seasons, and those special occasions that previously were times of great anticipation. Now my calendar is not always my friend; rather, it is a guide through my life as a bereaved parent. This is how my calendar now looks:

**JANUARY-** A new year begins, and I am here to see it enter. My son does not have the opportunity to grow, to learn, and to develop as I do. When the new year dawns, I feel guilt because of all I have and all that he is missing.

**FEBRUARY-** How I miss the Valentine made by tiny hands and lots of glue, and the "I love you, Mommy" prompted by his dad. Do children still make silhouettes of Lincoln and Washington to tape on the refrigerator on President's Day?

**MARCH-** In the south, the trees are beginning to bud and daffodils are bobbing in the gentle breeze. I remember when he picked every one in the yard and offered them to me in his chubby hand. Then he blew his nose into them, trying to sniff their fragrance. Daffodils now make me sad.

**APRIL-** Easter and spring symbolize new life. Oh, how I wish his life was here with me. There are no new Easter clothes to buy for him and no eggs to gather in his basket. His chair is conspicuously empty at Easter lunch.

**MAY-** As soon as the Easter displays are taken down, Mother's Day displays go up in the stores. I can wear a red rose that day because I rejoice that my own mom is still living, but how can I show the world that my heart is broken because I am a mother who has lost a child?

**JUNE-** The last day of school arrives and I wonder what he would want to do with his summer. Vacation provides a nice relief, but the homecoming is so painful that I wonder if it is worth the trip. My heart breaks for my husband because he lives through Father's Day without his precious son.

**JULY-** The fireworks are beautiful in the sky and I wonder if Philip can see them. I miss him at the parades and cook-outs I didn't get to teach

him about our nation's birth.

AUGUST- It is now time to buy new school clothes, new crayons, and a back-pack. The mall seems crowded with blonde, blue-eyed boys.

SEPTEMBER- The new school year begins and I see children all around me in various stages of anxiety, getting ready to meet new teachers and new friends. I see boys and girls parade down the street to and from school, but my son is not among them.

OCTOBER- Halloween- what would he want to "be" this year? He Man? A ghost? Thundercat? When the small children knock at my door for treats, a lump forms in my throat.

NOVEMBER- Sitting around a bountiful table with all of the relatives seems to make his absence even more pronounced than before. For three years after Philip's death, I was thankful that I had him for even a little while. This is still my hardest time.

DECEMBER- Christmas and Hanukkah are family-centered occasions that cater to our children. What should we do with his stocking this year? What would Santa be bringing him if he were alive? Will I be able to sing the carols this year? His special ornament is on the tree and the memories of his two Christmases are bittersweet.

With a calendar so loaded with special time and special events, no wonder we bereaved parents are constantly on a roller coaster. It is understandable that at every meeting of The Compassionate Friends, parents can be heard saying, "It has been a hard month". When you add to these months the day of our child's birth, the date of his/her death, and birthdays of other family members, the days of our lives seem overwhelming.

It has been four years since Philip died, and I can honestly say that the days, months, and special occasions do get easier to bear. I do believe, however, that it is unrealistic to think that they will ever be the same.

--Elaine Grier, Philip's Mom

## Grief is UNIQUE

People in families can grieve quite differently. Maybe a mother needs to cry a lot, but a father needs to work out. Sometimes a younger sister may keep playing as if she doesn't know a

person died. An older brother may want to spend all his time with his friends, but perhaps a middle brother may want to stay around his house and family. Even twins can really be opposite in their feelings: one twin might be so mad that he wants to fight and fight, while the other one might try to do everything perfectly to make his family feel better. Maybe Dad wants Dave to be just like his brothers. Dave isn't interested.

George usually feels like talking on Sunday, but nobody else in his house seems ready to talk. Someone in the family wants to have lots of pictures of the baby around, but another person doesn't want to see them. Grandma can't bear to hear Daddy's name, but the kids love to hear stories about him. Sue, who is twelve, feels better when she can visit the grave, but her other sisters never want to go. John wishes they could do fun stuff again but his Mom doesn't want to do anything. Maybe there are differences in your family, too.

It is hard when people feel differently about the same thing. It would be lots easier if everyone felt exactly the same at the same time, but people are unique in their feelings in their grief. If your family has different needs and wants, you'll have to figure out some compromises that will be OK for everyone. Try making a list of things that you like to do and things you don't want to do. If everyone makes a list of things and reads it to each other, you can work out if there are any changes you can make to try to help each other. At least it will help you understand why the people in your family act or say the things they do. It's not easy, but this is a time when lots of patience is needed. Be easy on yourself and on each other.

--Barb Coe, TCF, Greater Ozarks, Norman OK

## A Solitary Journey



Grief is a solitary journey.

No one but you can know the gaping hole left in your life when someone you know has died.

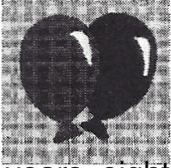
And no one but you can mourn the silence that was once filled with laughter and song.

It is the nature of love and death to touch every person in a totally unique way.

Comfort comes from knowing that people have made the same journey.

And solace comes from understanding how others have learned to sing again.

--Helen Steiner Rice



## A Permanent Fixture, Like the Pain in Your Chest...

Who knows why it took me three years, eight months, and 12 days to remove the remains of a balloon from the mantle and picture frame? "Grief has its own schedule."

It was such a small thing. A foolish thing. The remains of an old navy blue balloon with white polka dots on it.

For anyone who wants to know what happens to an inflated balloon after three-plus years: it shrinks, even so gradually. The air that was forced into it leaks out, bit by bit. Within a few weeks, it begins to resemble a "before" picture for a facelift ad. After several months have passed, it's beyond restoration. Not even a Hollywood lift-and-tuck wizard could rejuvenate this shriveled prune. And if the prune happens to be attached to several long silk ribbons, the overall effect is even more wretched. So wretched, in fact that you think about getting rid of it, but can't. It's not the right time yet.

Next, the rubber begins to disintegrate, although it's not clear exactly when this happens. (A person who dusted the living room mantle with greater frequency could be more precise.) If the rubber happens to be in contact with something, say a picture frame, it adheres. Permanently. From a distance, it might be an artistic paint spatter. Up close, it looks like the cat dined on something interesting and then had second thoughts. As for the part that isn't pasted in the picture frame - it ends up stuck to the mantle, a small lump of withered rubber.

Her aunt saw her blow up the balloon. I wish I had. She sat, so her aunt told me, on the kitchen floor with her legs splayed out in front of her, a little sweaty and flushed from her bike ride home, blowing it up and then attaching it to a bottle of wine with long silk ribbons.

It was the middle of August. In my mind, she sits on the kitchen floor, her long hair falling across her face as she gets the ribbons just right, demonstrating her gift for making everyday objects look beautiful.

She must have been wearing one of her hideous pairs of baggy, khaki shorts. A white T-shirt, probably, with a slightly quirky environmental message. Boots, sandals. An assortment of silver rings. I saw her a few minutes later when she gave the bottle of wine

to her father and me for our anniversary, but I can't really remember what she was wearing.

The bottle of wine sits in a little cupboard, gathering dust. She died in an accident three days after she gave it to us. We have never been able to think of a reason to open it. The balloon, well, it ended up draped over a framed picture on the mantle.

And there it stayed for three years, eight months, and 12 days.

During sporadic cleaning gestures toward the mantle, I would touch it; mark its progress toward demise. Somehow, that which she had held in her hands became sacred. Her breath remaining in this little sac of rubber. Maybe a year after she died, an acquaintance wondered if I knew about the strange substance pasted on the picture frame and mantle. Yes, I knew. Her friends, noticing the clutter of boxes, clothing, old stuffed animals, papers and books still in her bedroom gently suggested that I might like some help, disposing of these things. No. I wouldn't. Another year passed, and another.

The navy-blue-and-white blob was a permanent fixture. A bit like the pain in your throat and chest, just there, part of our lives. It no longer looked like a balloon, but we knew what it was.

And then, one day, I picked up the picture frame and examined it closely. An exploratory scratch with one of my fingernails - no, old rubber doesn't come off. I inspected the lump on the mantle. Yes, it could be removed, although a small stain would always mark the spot.

It took another week, and then it was time. In a flurry of activity the picture was removed, the frame thrown out, a new one purchased and the mantle cleaned. It didn't feel right or wrong. Just sort of matter-of-fact. The idea of saving a scrap of the decayed rubber flitted through my mind and was met with "and what are you planning to do with it?"

I have no idea why it took three years, eight months, and 12 days for the right moment. I don't know why her green knapsack still sits on the floor of her bedroom packed with the same items as the day the police returned it to us. And I don't need to know why. That's just the way it is. Maybe the knapsack will always sit there. Or perhaps another right moment will come, and I will recognize it.

Grief experts like to talk about process and

stages - a movement toward some resolution. In other words, you're supposed to be going someplace. Interesting theory, but irrelevant when you're on the inside looking out. All you can manage is to live from moment to moment, to endure, and, most of all, to trust your instincts. There's no road map that tells you where you're supposed to be going, or how long the journey might take. You have to discover the path for yourself. If it takes a lifetime, so be it.

The rubber blob is gone, and we don't miss it. But the little girl, and then young woman, with the long, honey-colored hair, still inhabits our house and our memories. Jumping off the dock at the cottage, her tiny body encased in a life jacket, plus two ski belts for insurance. Turning cartwheels across the living room. Throwing open the front door so hard it bounces off the radiator, and shouting, "I have just had the worst day of my life!" Studying at the dining-room table, a cup of herbal tea and her cat beside her for comfort. Sitting on the kitchen floor, attaching a navy-blue-and white balloon to a bottle of wine with long silk ribbons.

--Sylvia Pegis Santin Toronto, ON, Canada

## The Conspiracy of Silence

Does anyone know what to say to us,  
When our loved ones die?  
Losing them to suicide  
Now that's the crowning blow!  
There seem to be no words to help,  
No pat or easy answers.  
Instead, there is either silence,  
or talk of anything else.  
I guess we need to say it first,  
To talk about our loss;  
And connect ourselves  
back to a world of loving,  
but imperfect people.  
-Carol Bredberg



## How Do You Describe a Mother's Love?

How do you describe a mother's love.  
It's anxiously awaiting the birth of your baby,  
feeling it kick and move inside you.  
It's a love so fresh and new.

How do you describe a mother's love?

It's letting him nurse until he falls asleep, then kissing his eyelids and tiny lips before putting him to bed.

How do you describe a mother's love?  
It's being patient when the crying won't stop, and feeling as if the tears were your own.

How do you describe a mother's love?  
It's watching him sleep at night,  
marveling at the miracle you took part in creating  
- wondering how you ever lived without him.

How do you describe a mother's love?  
It's knowing you'll do anything for him  
that you have a bond, not just now, but for  
always.

And nothing, not even death itself, can separate a child from a mother's love.

--Kami (Hamilton) Clark, TCF/McMinnville, OR

## Newly Bereaved ...

### A Whole New Beginning

After what we've been through, it's only natural to be bitter and angry AT FIRST. What you choose to feel after you've begun to recover is up to you. Do you want to see the world as an evil and ugly place where innocent children die every day? You can. Or do you want to see the world as a place where children are born and nurtured every day? They are. Do you want to see people as luckier than you because all of their children are alive? Or do you want to feel grateful that others who are in your shoes founded and run TCF? Do you want to picture your child as lying in a box underground, or as running in beautiful meadows- free from the pains and worries that accompany life?

You can, to a point, choose how to feel. You can dwell on the dark side of life and feel angry, sad, scared, and lonely for the rest of your life. Or you can choose to find things to be grateful for, even through the pain. You can find the things to be happy about, despite the death of your child. I don't expect you to ever be glad that your child died, but can you be glad that his/her pain is over? Can you be glad that you have other children, or a spouse, or that the sun came up today?

You just survived those holidays that you were dreading so much. Use that knowledge to tell yourself that you are stronger than you thought. Decide to count your blessings, instead of your losses. It doesn't mean that you left your child behind. It is a tribute to your child that you can reach out to people in a whole new way because of the sensitivity that you've gotten from this. Would your child want you to hide under the covers and let life pass you by? I don't think so.

I know how much it hurts to lose a child. It's been almost six years for me, and it still hurts often. I also know that I've discovered a whole new me who is stronger than I ever thought that I was. I know that helping others helps me. I know that I was put on this planet for a more important reason than to acquire the shiniest car or the biggest house.

Let's make this brand new year a whole new beginning. Let's see the good in the world and make sure that we are part of that good.

--Kathy Hahn TCF Lower Bucks, PA

## Friends and Family ...



## It's The Thought That Counts

Often in times of trouble  
we don't know what to say  
so we choose to say nothing,  
and sometimes run away.  
When friends are really hurting,  
we don't know what to do,  
so we offer weak excuses  
or say we're hurting, too.  
It really doesn't matter  
what kind of gift we bring;  
we only need to be there  
even if we don't bring a thing ..  
It truly is amazing  
what a hug can do,  
when heartache numbs the senses,  
and friends depend on you.  
There's comfort just in knowing  
that you are not alone,  
when tears are overflowing,  
and hearts are cold as stone.  
It's the loving prayers of others  
that balance our accounts,  
for when we measure love,  
it's still the thought that counts.

--Clay Harrison BPUSA, Bridgeport, WV

## Welcome...



## We're Alike, You and I

We're alike, you and I. We've never met. Our faces would be those of strangers if we met. We would barely perceive the others presence if we passed on our walk through the mists. We're unknown to each other until the terrible words have been spoken:  
"MY CHILD DIED."

We're alike, you and I. We measure time in seconds and eternities. We try to go forward to yesterday. Tomorrows are for whole people, and we are incomplete now. The tears after a time turn inward to become invisible to all, save you and me. Our souls are unanswerable prayers:  
"GIVE ME BACK MY CHILD."

We're alike, you and I. The tears that run down your face are my tears, and the wound in your souls is my pain, too. We need time, but time is our enemy for it carries us farther and farther from our lost child. And we cry out:  
"HELP ME."

We're alike, you and I. And we need each other. Don't turn away, but give me your hand and for a time we can cease to be strangers and become what we truly are, a family closer than blood, united by a bond that was forced upon us -  
- but a bond that can make us stronger, still wounded to be sure, but stronger for our sorrows are shared.

-- Judy Dickey TCF, Greenwood, IN  
Editor's Note: Each of our meetings is different. Sometimes someone will ask the questions that you are struggling with, and their advice is invaluable. Other times you may choose to share with us how you handled a particular aspect of grief. We are not professionals, but fellow bereaved parents. The opinion of each member is how they are feeling at the time. Our emotions run amuck while grieving. There is no "cure" for the pain we experience with our grief. Yet, we are here to support each other as we come to terms with our losses. We ask you to join us and to try and attend three meetings before deciding if TCF is for you.

**Kindness**  
**is a hard thing to give away-**  
**It usually comes back!**

**Helpful Hint...****Parents (Celebrate)!**

Did you know every time you speak your child's name or someone speaks to you about them you are celebrating their life?

Our kids were loaned to us for such a short time. Don't hide the fact they were here. If you feel people shut you out because you mention your child's name, remember the time they were here and what they accomplished in their lifetime. Speak your peace, don't be afraid because a friend or relative does not have the courage or courtesy to hear you.

Every time you write a poem or a letter for your child you are celebrating that life. They whom have died left a mark on this Earth. They have touched so many lives. Sometimes we never hear about these things.

I know in my heart every child who died has some legacy he or she left behind. Look at us, the parents who are grieving, have felt that impact.

Please share your stories. These kids have a lot of stories to share even though they have passed over. Make a small effort while you are here to celebrate their lives. Help another child, smile, give someone hurting a hug or just make an effort for yourself. Take a walk, go to church, get a new hairdo. Our children are not forgotten. We keep them alive by talking about them. They have left us many memories.

Help us remember and to know them by sharing their lives!

--Marie Welsh TCF, Sugarloaf, PA

**Book in Review ...**

THE WORST LOSS, by Barbara D. Rosof. How families heal from the death of a child can depend on many things. The age of the child, how the child died, and the family structure affect the healing process. This book is a "must read" for down-to-earth practical advice to guide families through healing after the death of a child.  
-Review by Cheryl Groth

**Unbroken Link**

There are moments in my grieving  
where deep in my heart  
the love I have for my son  
and the love he has for me come together.  
And in those moments there is an  
understanding that turns my sadness into joy  
knowing that we will be together again.  
For love is eternal  
the true reality which cannot be extinguished  
-Andrew McLean, Father of David Nelson McLean

**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 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 Byrd, in loving memory of  
Jordan Alexander Kiefer

**The South Bay/L,A, chapter of The  
Compassionate Friends thanks the following  
people for their Year End Donations:**

Michael & Rita Dykstra in memory of Scott  
Michael Dykstra

Yvonne Oneal in memory of Randall James  
Prudhonne Sr.



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

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

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

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

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

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

Brandon Armstrong  
Miscarried: June 1995  
Mother: Cheryl Stephens

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

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

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

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

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

Christopher Barnhart  
Born: 11/77 Died: 4/07  
Parents: Ron & Susan Mother  
Sister: Stacy Pierce

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

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

Vincent Beagle  
Born: 11/82 Died: 5/10  
Mother: Angela Beagle

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

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

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

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

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

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

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

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

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

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

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

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

Lawrence Tom Brennan  
Born: 11/86 Died: 12/10  
Parents: Manuel & Lisa Jo  
Hernandez

William Joseph Britton  
Born: 3/62 Died: 7/85  
Mother: Jean Anne Britton

Sayumi Claire Brower  
Born: 9/08 Died: 9/08  
Parents: Scott & Maiko  
Brower

Devon Leigh Brown  
Born: 5/90 Died: 3/92  
Mother: Heidi Brown

Eric Michael Brown  
Born: 11/65 Died: 9/00  
Mother: Beverly Young

Benjamin Matthew Brytan  
Born: 10/84 Died: 6/96  
Mother: Karen Merickel &  
Robert Brytan

Robert L. Buckner  
Born: 2/92 Died: 3/03  
Parents: Brad & Cindy  
Buckner

Tony Burack  
Born: 12/63 Died: 12/87  
Parents: Rita & Herb Burack

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Sarah Elizabeth Cooper  
Born: 10/95 Died: 8/00  
Parents: Mark & Sandra  
Cooper

Tiffany Corkins  
Born: 7/70 Died: 8/05  
Mother: Nancy Lamb

Hugo Ignacio Corbalan  
Born: 4/84 Died: 5/08  
Mother: Isabel Acosta

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



# 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Miranda Howells  
Born: 8/91 Died: 11/09  
Father: Walter Howells III

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kalin Marie Keech  
Born: 10/90 Died: 6/09  
Richard & Kris Keech

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

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

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

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

Colby Joshua Koenig  
Born: 6/84 Died: 1/10  
Parents: Cindy Tobis & John  
Koenig

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

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

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

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

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



# OUR CHILDREN REMEMBERED



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

Shannon Quigly  
Born: 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Elizabeth D. Szuccs  
Born: 4/72 Died: 6/11  
Parents: Delores & Frank Szeus

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

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

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

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

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

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

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

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

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



**Our Children**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Remembered**



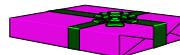
Cristofur Daye Wroten-Kennedy  
Born: 2/75 Died: 9/01  
Mother: Dusty Wroten  
Father: Joe Kennedy

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

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

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

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



**Birthday Tributes...**

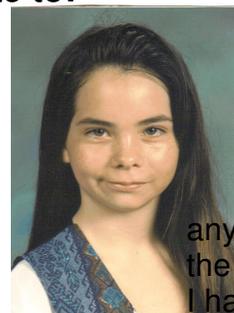
In honor of your child's birthday, we welcome you to submit a birthday tribute. Though your child is no longer here to buy a present for, think of this as a birthday present about your child. This tribute is an opportunity to share your child with us all. (We thank you for any birthday donations that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

**A Birthday Tribute to:**

**Alicia Hayes**  
1/81 - 5/96

Dear Leashie Bean (AKA Alicia),

This birthday marks that you've been gone longer than you were with us here on Earth. You died so young at 15. I remember worrying about this year, specifically, early after we lost you. Many odd thoughts go through your mind when you're overwhelmed with grief, initially. Not many make



sense. I wanted to thank you for changing my life, in a positive way. I didn't know what an advocate was, but it appears I like being one. Life is a journey. We never know what path may be set before us. I've learned to embrace the reality of life and find ways to cope and ways to give back. We are \*definitely not glad\* that you died; however, we have found a new appreciation for life. I love seeing little children at the market with their mommies as they are tickled in the checkout line, as I used to do with you and Monique. It makes me smile and remember your sweet beautiful little face. I try to find happiness in the simple things nowadays.

The friends we've made through The Compassionate Friends have enriched our lives so very much. I lost my best friend, Cindy, when we lost you. It's odd. She didn't want to come around anymore. On the bright side, I have a new best friend now. Her name is Eileen, and you may have already met her son, Adam. We both believe in heaven and that we will see our loved ones again. Hopefully you both will greet us with open arms, big broad smiles

and laughter. Still love You so much, and  
 you sis Mooey is doing very well.  
 Love Mom, Dad and Monique

## From Our Members...



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

### Emma

Sometimes I feel you pounding on my heart to let you in. I can almost hear you say, stop crying, stop being sad, you can't feel me with all these emotions. So I try real hard to stop crying and being sad and sometimes, just sometimes, I feel a warmth on my heart, like a little hand or a little kiss, and I know it is you, saying I love you, and I miss you too

--Nancy Fisher, South Bay/L.A., CA chapter

### For Grandparents...

*I dread no more the first white in my hair. Or even age itself, the easy shoe, the cane, the wrinkled hands, the special chair. Time, doing this to me, may alter too, my sorrow into something I can bear.*

--Edna St. Vincent Millay

### For Siblings ...



### My First Five Years as an Only Child

I've been without my brother for five years. I guess the hard part is over now. Sometimes I think I have aged 30 years in the past five. In a strange way, these past five years have been the best and worst years of my life. I have accomplished the many things of a typical young adult learning to drive, graduating from high school, going to college, and starting a career.

Every one of my accomplishments has been clouded by the fact that my brother George is not here to share each milestone, and is not achieving any more milestones for himself. He was cheated of so many things. He will never graduate, get married, have children or travel. He will never grow old, and I will never have a

brother to grow old with. I'll never have nieces and nephews.

The sibling relationship, usually the longest relationship of one's life, has been cut short for us. In these five years, although I have learned to accept that he is not coming back, the difficult part is dealing with it day by day.

My relationship with George ended just when we started to become friends. The childish fights and other annoyances of having a big brother were changing to real conversations and to having an occasional ally.

I am angry about all the things that we have missed and all the things that will never be, and I guess I always will be. Five years heals a lot of wounds, but the hurt will always be there, no matter how many years pass. In these past five years, I have been forced to grow up too fast. I have been forced into a new outlook on life. I have felt lonely and alone. I now realize that I will never be the same person as before. Maybe I am a better person because of what I have been through. Five years ago I never thought I would survive, but I am still here dealing with it every day. I don't know what the next five years will bring, but at least I have made it this far.

--Kristin Steiner. TCF. Staten Island,

### TCF 2012 National and International

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

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

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

are King Size (holds 2, roll-away bed available for \$10 per night) or double queen (maximum 4 per room).

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



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

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

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

**TCF Now on Facebook ...** Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at [www.compassionatefriends.org](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 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](mailto:crystal@tcfsbla.org) and she will help you with the steps to create your own tribute.

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

**Healing the Grieving Heart...** Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family. "Healing the Grieving Heart" can be heard on the Web live at [www.health.voiceamerica.com](http://www.health.voiceamerica.com) 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](http://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: Jan.1 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 with someone that understands and can share your pain. The following friends are on the telephone committee, and are available to talk whenever you need someone who understands.

Cheryl Stephens..... (323) 855-2630  
Kitty Edler..... (310) 541-8221  
Karen Merickel..... (310) 375-2498  
Richard Leach (grandchild)..... (310) 833-5213

#### **SIBLING PHONE FRIENDS**

Kristy Mueller..... (310) 373-9977  
Joey Vines..... (310) 658-4339  
Sue Gardner..... (310) 316-3777

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

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

**Newsletter...** For those of you who are receiving the newsletter for the first time, it is because someone has told us that you might find it helpful. We warmly invite you to attend one of our meetings. Please let us know if you know of someone who could benefit from our newsletter which is sent free to bereaved parents. We do ask that professionals, friends, and family members contribute a donation to help offset the costs involved. If any information needs to be changed, or if you would like your child included in the "Our Children Remembered" section, please contact the editor at (310) 530-3214.

#### **Additional Grief Support .... Bereavement Organizations and Resources:**

**TCF National Newsletter:** For all bereaved parents and siblings. Published quarterly; subscription fee. Contact TCF Inc., P.O. Box 3696, Oak Brook, IL

60522-3696 (630) 990-0010

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

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

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

www.Alivealone.org

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

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

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

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

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

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

#### **LOCAL TCF CHAPTERS**

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

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

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

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

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

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

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

**Verdugo Hills:** (818) 957-0254 4th Thurs.

**San Fernando Valley:** (818) 788-9701 2nd Mon.



#### **A SPECIAL THANKS TO:**

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

#### **STEERING COMMITTEE OFFICERS:**

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

PROOF READER: Becky Jordan

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens



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

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

In loving memory of Rachel Suzanne Hoyt, 2/70 - 1/95. Thank you for the gifts of life and love that you gave to so many. I love you and miss you.  
Always your devoted sister, Laura

In loving memory of John E. James, 6/62 - 9/93. Love, love, love. It never dies.  
Love, Mom & Lupe

In loving memory of Chad Michael Husinga, 10/74 - 12/95. It has been sixteen years now; we love you and miss you every day. You will live in our hearts forever.  
Love from Mom, Dad and Kristin

In loving memory of Alicia Hayes. Happy Birthday. Never forgotten and never far from our hearts and smiles.  
Love, Mom, Dad and Mo

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.

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

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## For The New Year

Where there is pain,  
let there be softening  
Where there is bitterness,  
let there be acceptance  
Where there is silence,  
let there be communication,  
Where there is loneliness,  
let there be friendships.  
Where there is despair,  
let there be hope. -Ruth Eiseman

–Change of Service Requested–

## JANUARY 2012

### Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

We are young, and we are old.

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

Some of us have found our faith to be a source of strength,  
while some of us are struggling to find answers.

Some of us are angry, filled with guilt or in deep depression,  
while others radiate an inner peace.

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

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

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

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