



THE COMPASSIONATE FRIENDS



South
Bay/L.A.
Chapter 

A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

JULY 2010 ISSUE

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

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

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

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

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

WHO ARE WE...

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

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

COMING IN JULY...

This month our topic will be **Anger**.

Upcoming Events...

November, 3rd, Remembrance Potluck.

December 12th, World Wide Candlelighting.

TCF Lunch Meeting: join us for lunch at Mimi's Café every Friday at 1:00. (Crenshaw and PCH). ***We need HELP folding newsletters there on the second Friday of each***

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July 7th topic is Anger and Grief. We will begin the July 7th topic with Anger and Grief and then move on to other issues. We've all felt overwhelmed with feelings of anger and/or guilt over the death of our children. We need to find a safe way to express the anger and get rid of the guilt - neither are healthy, but both are common in bereaved parents. This month, we will be sharing ways that help us overcome these feelings. We invite you to share how you are dealing with anger and grief in your own mourning process. As always, you are never required to speak; listening and learning how others cope with these overwhelming feelings will help you in your grief.

A Struggle With Anger



Some time after we have lost a child, we struggle with anger. Initially it may not be there and we may even have a sense of smugness that we don't feel angry, that we've risen above it. I know, I've felt this way. Some may never feel angry, but for others, like myself, it can be very difficult to cope with.

The anger can take many forms. Anger at God (Why does He allow any parent to experience this pain?) If we don't allow ourselves to be angry at God (I may need Him), then we take it out on other people. They did not help enough or they did not call or visit, we think. There is a smoldering ache that sees neglect and uncaring silence. Or, we become very angry at some stupid remark someone has made. "You are lucky he did not suffer." I am not lucky at all, my son is dead!

Sometimes our anger is directed at the person who died, some circumstances more fertile ground than others for anger. Sometimes it is toward other grieving parents, perhaps specifically for supposed neglect. (Why weren't you watching her more carefully?) Often, the anger is against ourselves, for not doing what we feel we should have done. At times it is less specific (Why am I not coping better? or Why am I not over it yet?). For many parents, there is the third party at whom the anger is directed: the murderer, the drunken driver, or medical personnel.

In many cases there is an overwhelming great, big ANGER, with no specific direction. "It's not fair!" But things not being fair did not stop the

anger. When I realized this, I became aware I was taking my anger out in a diversionary channel.

People who had hurt me, sometimes many years ago, and injustices I had suffered, all surfaced, often with great clarity and detail, and my anger became directed toward those people. A justifiable anger, after all because I had been hurt, and it was more comfortable to live with that than the more non-specific anger. Perhaps you can identify with this diversionary anger, too? How do we deal with this anger? It is most important to allow it to be. You are angry, very angry because your child is dead, and it is not fair. Your faith hasn't seemed to help, and people have said stupid things. Visitors have stopped coming. It is okay to be angry about all of this. It is normal, and other bereaved parents feel the same way.

Realizing I was normal and that my feelings and diverted anger were shared by others, helped me to keep balanced. I had a very supportive friend who listened when I ranted and raved over imagined and real hurts. Being able to express those feelings often dissipated much of their force. I could picture in my mind Jonathon, who had died at age 21, smiling and saying, "Let it go Mum, life is too short." For him it was too short.

Because of him, I am choosing to let the anger go. I have read many times in The Compassionate Friends' newsletter to be gentle with myself. Now, as time goes by, I'm learning to be gentle with others, too. Jonathon would be pleased with the progress I'm making.
--Margaret Baird, Kingston, Jamaica

Anger

I get so angry, I think I'll explode;
Someone call or come over to share the load.
I want to go out in the backyard and scream
Someone please tell me it's all a bad dream.
I need to slam all the doors really loud
I know this would not make Mark proud.
He loved me for my soft spoken style,
So I won't slam doors, I'll cry for awhile.
Anger is an emotion I don't handle well.
I feel guilt at first then I say, 'What the hell?'
Anger is normal, so the experts say.
If not, God will forgive me tonight when I pray.
--Kathy Hinkley TCF, Birmingham, NY



Let's Talk About Anger

Your child has died, and on top of all the other new and different feelings that are now a part of your being, you find that anger, too, has reared its head. It isn't hard to find targets at which to direct your anger. They're all around, conveniently waiting for you to single them out. There's nothing strange about this, for you see, anger is a large part of the grief process for many.

Anger isn't considered a good emotion. Many have been programmed from early childhood not to show anger. "Don't you raise your voice to me, young lady, (or stamp your foot, or slam that door)!" As a result, it is difficult for these people to even admit that they are angry, and that somebody must pay! Many will deny this emotion in the groups, but the seasoned, sharing bereaved parent can often sense the rage within those parents and with gentle probing and reassurance, can help a parent to identify what they're really feeling and that it's really okay to feel that way.

Anger isn't an emotion that just goes away if not admitted. It simply buries itself in the sands of your being. There it festers and gnaws until you become an ugly, twisted person who is no longer able to have satisfactory relationships with yourself, much less others.

The healthy way to deal with anger is to admit it, first off, and to know that you're not a bad person because you are angry. The second thing is to identify why you are angry, and the truth of that is you're really angry because your child is dead (and that's more than a good enough reason). Third, you need to recognize those who are the targets of your anger. You may find yourself angry with people who just happen to be convenient.

For instance: the doctor or nurse who showed no obvious compassion at the time of the death; the emergency medical people who didn't get ... there fast enough, you think. The Compassionate Friends organization if, for instance you felt in the beginning that your grief was private and you saw our efforts to extend a helping hand as an intrusion, or maybe we spelled your name wrong; the people around you who you thought would know the right thing to say or do to ease your pain, but who failed you instead because they didn't understand your needs; or your spouse because

he or she can't make it better and is grieving totally different from you (maybe even demanding that you do it his/her way), or because there was buried anger within your relationship with your spouse from things or situations that had nothing to do with your child's death, but is now surfacing.

If there was suicide involved, it's easy to blame your child's spouse or girl or boyfriend. "If only they had treated him/her better," you think. The anger-no rage,-that comes from the fact that your child was murdered. The knowing that someone deliberately took your child's life; no accident here. It was intentional. That's an anger that is more easily understood, and there's no problem identifying it. Besides murder, there are also convenient targets of law enforcement people who do their jobs poorly, you think, or the opposing attorneys who try to make your dead child the culprit. If your child was killed by a drunk driver, you may have many of the same targets as one whose child was murdered. Often the offender is merely slapped on the wrist, or if he was also killed in the wreck, though he has received the ultimate punishment, you still may feel frustrated that you were denied his day in court.

Maybe you see your God at fault because your child is dead. Do you feel He failed you, and you are angry about that? Have you admitted that to Him, and felt free to wrestle with it?

The list could go on and on. I am sure you have several targets of your own to add to the list. We find many outlets for anger which is better, some say, than blaming yourself totally and living with the depression of that. The important thing is to admit the anger that is inherent in the situation and get it out in the open. Bring it to TCF meetings and talk about it or share it with a trusted friend who may not understand it, but who can hear it without making you feel guilty for being angry.

Sometimes there are things you can do to help you express and then let go of this anger. Some people find it can be dispelled by telling the person, either face to face or by letter, just why you are angry. Some letters need only be written and never mailed for often it is the act of expressing your frustration that allows you to let go of it. If your child died a violent death and from your experiences you see a need for changes in our laws and system, it can be a tremendous help

to work for these changes and have something meaningful occur because of your anger.

Nobody in TCF says you shouldn't be angry. Instead, they encourage you to admit, identify, recognize, and express it, knowing that you may not be able to let go of it right now. You are encouraged however, to have a goal of doing what is necessary to express and dispel it and reach out toward the time when you can let go of the anger.

As long as you choose to be angry, know that you are denying yourself any pleasure that is left out there for you, for happiness and anger do not walk hand in hand. You have been hurt enough, you deserve whatever happiness you can find, and there is some. Make letting go of anger your goal and start today working toward it. It is a kind thing that you do for yourself-and you do deserve kind things!

--Mary Cleckley TCF Atlanta, GA

About Handling Grief

I always wonder whether we should speak about "handling grief". Grief is so much like a force of nature, like an avalanche, or an earthquake or a tornado. Such a force of nature handles US...and we can only react to it. No matter how much we know and how well we prepare, we are never quite ready for grief. If we keep in mind that grief is handling us, instead of expecting it to obey our own plans, chances for positive survival are much better. True, "handling grief" is only a word - yet this concept can inadvertently convey the wrong idea at the worst possible time. Otherwise, we and our friends could well expect us to follow more traditional good manners in the face of unbearable stress. That would further drain our severely reduced emotional and mental resources. By acknowledging that grief handles us, we can retain a better grip on reality. If we accept the fact that grief is the master here, and a difficult master at that, we can learn to respect grief's power and begin our healing work with a more useful perspective.

I can only bite off chunks of grief in bits and pieces. How else would I manage to get out of bed?

-- Desire' Aguirre



To Sink or Swim

To sink or swim are not the only alternatives in life. Many survive - just by FLOATING. There were many times after my son died that I did feel as though I was sinking below the waves of grief and I was just too exhausted to try and swim to the other side of that lake of pain. It was at those times that I just simply FLOATED. By floating, it may have taken me longer to reach the shore than it would if I had tried to swim; besides, the shore seemed just so far away that I wouldn't have made it by swimming anyway. But by just floating along with the current, I did not sink and the other side is getting closer all the time.

--Verna Smith TCF, Ft. Worth, TX

Pain ... Will It Ever Go Away?

I sit here wondering if the man is alive who drank from the bottle of intoxicating beverage which impaired his thinking straight, or seeing straight, the end result being that our daughter lost her life. Will the pain ever go away?

Why, oh why did this man choose to drown or seek solace in the bottle? It has brought a lot of heartache to us who have survived her. Will the pain ever go away?

She was a pretty young lady who had so many, many plans for life. It was a joy to be with her. Will the pain ever go away?

There is hardly a day I do not think of her, and the pain is always there. Will the pain ever go away?

I only wish that those who drink and drive should be made to serve time in the emergency room at a hospital, so they can see the results of what they do to the innocent ones.

Will the pain ever go away?

--A heartbroken father, Edward D. Broadsword, whose daughter was killed 25 years ago. (as seen in MADDVOCATE, a magazine for victims and their Advocates)

Grief and Vacation Time

Vacation time, like holidays, can be especially painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind at a hideaway tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to locales where we had vacationed with her at one time, I thought Williamsburg might be off my list forever since we had an especially happy holiday there with her and her younger sister. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have elapsed and the searing pain has eased, maybe I can let the happy memories we shared in Williamsburg heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations to be best at places we had never been before. The sheer stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have particularly enjoyed, we didn't mention her. We did, but it seemed less painful than at home. One caution: do allow enough time for sleep. Otherwise, an exhausted body will depress you. Charles and I have found that an occasional separate vacation (or weekend) is helpful. This, too, is an opportunity to change our stride, to experience the world a little differently. One experimentation with this may have stemmed from a reevaluation of priorities. Life is too short to miss a trip associated with a special interest. A writer's workshop that might bore Charles is no longer off limits to me, anymore than his going alone to a postal convention. Allow yourself space since you are not grieving at the same rate. When I go by myself, I take only my memories, not his and mine, and any response to them is different. I have often found this helps straighten out my thinking.

We've said it a hundred times: you have to find your own way, your own peace. Let vacation time be another try at that, but do give yourself a



break in choosing the time and locale where that can be accomplished. Don't be afraid of change; it helps with your reevaluation of life.

--Elizabeth B. Estes TCF, Augusta, GA

Just for Today

Just for today I will try to live through the next 24 hours and not expect to get over my child's death, but instead learn to live with it, just one day at a time.

Just for today I will remember my child's life, not his death, and bask in the comfort of all those treasured days and moments we shared.

Just for today I will forgive all the family and friends who didn't help or comfort me the way I needed them to. They truly did not know how.

Just for today I will smile no matter how much I hurt on the inside, for maybe if I smile a little of my heart will soften and I will begin to heal.

Just for today I will free myself from my self-inflicted burden of guilt, for deep in my heart I know if there was anything in this world I could have done to save my child from death, I would have done it.

Just for today I will honor my child's memory by doing something with another child, be it my own, or someone else's, because I know that would make my child proud.

Just for today I will offer my hand in friendship to another bereaved parent, for I do know how they feel.

Just for today I will allow myself to be happy and enjoy myself; for I know that I am not deserting him by living on.

Just for today I will remember that even death cannot take away the special love we shared and

Just for today I will accept that I did not die when my child did; my life did go on; and I am the only one who can make life worthwhile once more.

-Author Unknown



The Dirty Green Van

It wasn't always littered with chocolate snack pudding tops, Barbie doll clothes, and colorful Skittles. Once it sat in the car dealership-new, shiny and green. The sticker price appealed to us even though owning a van, to me, did not. But Baby Number Three was on the way and a larger vehicle made sense.

We drove this 1995 Dodge Caravan home to our crowded garage. From there it took us on countless trips to the grocery store, the beach, the mountains, and home from the hospital after Benjamin's birth.

Daniel liked riding in his car seat next to Baby Ben. He could not only make his brother laugh, but watch the traffic below. Once, in a particularly tiresome intersection I noted that there was a lot of traffic and as though on cue, both Daniel and his older sister Rachel flawlessly recited a poem from a book. The first lines spoke of being in a situation with noise and cars and the last line said ... But way up high a balloon floats by, quiet as a breeze. Daniel was only three and when he said "breeze" it sounded like "bwweeze. "

The green van was not without scratches, for shortly after owning it, I caught Daniel etching on one of the doors with the tip of a green dart. I reprimanded him. I didn't know that one day I would hold those markings - his artwork - priceless.

The green van is where I first noticed the bump on Daniel's neck. The green van took us to the hospital. It drove us to the beach after Daniel's first round of chemo. The middle seat was where clumps of his hair fell out as Rachel whispered, "Oh, Mommy, it is so sad." And then one day in February, the green van had one less passenger. Every time I got in it, I would wonder where Daniel would be sitting, what he'd be wearing, and how he'd be interacting with his siblings, especially his newest sister, born three months after his death. I purchased a bumper sticker that reads "Loved and Remembered, Our Son, Daniel Paul Wisler" and placed it on the right rear bumper. This way, I thought, the little boy who laughed and recited poems will always have his name on the dirty green family van.

Once a stranger kindly asked me about Daniel after studying the sticker at a parking lot.

The van drives our family of five to the cemetery, known to us as Daniel's Place. We place picnic blankets, a frisbee, and a pinwheel on its seats, where Daniel used to sit. From his grave we send balloons with attached messages into the summer sky every August 25-the day Daniel was born. One afternoon after we'd placed a new floral arrangement on the marker and added a candle, Ben asked, "Does Daniel know that we do all of these things?" It was then that from the van we watched a rainbow bending over the cemetery.

Although the van has had its share of mechanical work and I am sure that the local Tire King has gotten enough from my credit card to send at least two children to college, the vehicle still runs well. It sounds like a tank and does have nearly 110,000 miles. There was a time my husband asked if I'd like to trade it in for the newest Dodge Caravan model but when I stroked the door with the etchings, he quit asking.

Up until two weeks ago, this faithful family tank had never been in an accident. But due to all the local highway construction, it was rear-ended by a small truck whose driver was probably wondering how he was going to get onto Interstate 40 by merging into quickly-moving traffic after adhering to a stop sign placed on the entrance ramp. All on a rainy afternoon. "I always said this stopping and merging on this highway was an accident waiting to happen!" I cried to both the driver of the truck and the policeman. How could I fault the truck driver when even the officer agreed the Department of Transportation should not allow for such dangerous road ways.

But it was the best kind of accident, one where everyone involved gets to drive away, no one is hurt (my three- Rachel, Ben, and Liz-were with me), and the damage is mild. "At least Daniel's bumper sticker wasn't harmed," I said noting the dented trunk. "I just hope that when the shop fixes it they take good care of that sticker, too."

I don't know how much longer the old Dodge is going to run. I know that a wise shopper and investor would have traded it in

years ago-before the 100,000 miles, before the accident, and during a season when we were more financially equipped to handle a new car payment. But these days, I've seldom let wisdom take over sentiment.

Sometimes, when all is calms which is rare, I can hear a whisper from somewhere in a seat behind me But way up high a balloon floats by, quiet as a bwwweeze."

Who would have known the comfort of a dirty green van?

--Alice J. Wister, TCF Marin Co., CA newsletter

From the Desk of Rev. Rubey



On the Fourth of July our country celebrates Independence Day. We remember the occasion when our country threw off the shackles of oppression for the values of freedom and self-determination. We are far removed from that era and so we do not fully comprehend what life was like under an oppressive and authoritarian regime. The Fourth of July is generally a time for barbecues and family get-togethers, and we remember this day with fireworks to recall the war that brought us the beginning of this great nation that we are.

People who have completed suicide were at war with themselves. They battled. They fought, and, in a sense, they won their battle. They have become independent of the pain, desperation, and despair that shackled them. This condition imprisoned them and left them a prisoner to their pain of depression, despair and hopelessness. Their act of suicide completely devastated all their survivors. There are the questions of whys and wherefores. There are the guilty feelings of what did I do or not do that brought them to the threshold of suicide. Maybe for a moment, consider the independence that they have obtained through this act. They no longer hurt. They no longer despair. They are once again made full and integral. All they wanted was freedom, independence, and separation from their pain. Their victory is the world's loss and our loss. Survivors are paying a horrible price for the independence of their

loved ones. Survivors asked themselves, "What could be so bad to end your life? Was not my love enough to keep them alive, to want to live?" The only way survivors can appreciate the prison of endless and hopeless pain is to view the world through the prism of their loved one.

Survivors generally view the world through the eyes of hope and temporary pain and a resolution of some of life's challenges. People who complete suicide see no end and are totally helpless and hopeless in their pain. People who complete suicide have surrendered. They have thrown up their arms in despair and in submission to their pain. Their pain won the battle and conquered these spirits, here and now. Your loved ones are in a land where there is no pain, there is no battle, there is no suffering, there is no hopelessness, and there is no despair. Their battle is over. They have won their peace, their long sought peace.

Survivors are battling another battle, the battle of grief. Unfortunately, this battle will not be won where there will be independence from the pain of grief, but there can be and there will be peaceful coexistence as long as the grief process is taking place. Along with giving the person the right to complete suicide, very often there is the need to forgive them. These people made an unwise choice. Their act has permanently altered a family system and has deprived a family of the joy of the deceased person's presence.

Survivors are left with the enormous weight of grief, questions and permanently unanswered responses. The whys and wherefores plague survivors. Oftentimes anger arises at the person who has completed suicide. In order for this to resolve itself or to subside, survivors should forgive their loved ones. This can be a healthy resolution to the anger that has the potential of consuming survivors.

As we progress in the summer months, hopefully we will remember our LOSS family who are new to the grief experience and who are spending their first summer and summer gatherings without their loved one.

--Rev. Charles T. Rubey is founder of LOSS (Loving Outreach to Survivors of Suicide)



There Aren't Always Happy Endings

We are new parents. We had a baby five months ago, a six-lb., 130z. girl who we named Emma Viola Miller. My husband and I did not send out birth announcements introducing our new bundle of joy. We haven't changed any diapers or had 3 AM feedings. We did not receive any cards of congratulations in the mail, only notes of sympathy.

You see, our daughter's heart stopped beating just before she was delivered by cesarean section, and she could not be revived. Our baby was born dead.

If you are pregnant or have a young baby, you probably stopped reading this after the first paragraph. I know, because that was me five months ago. I didn't want to think about bad things happening to any babies. I would only read the funny, light-hearted stories about pregnancy or the books and magazines with advice on what to eat or how to exercise.

Our lives are defined in these terms now: before we had Emma and after Emma died. Before we had Emma, we were just like you. The happiest day of our married life was last fall when we found out I was pregnant. We were the couple next door who smiled when neighbors talked about "little tax deductions." We spent weeks painting and decorating a nursery. We were the couple next to you at Lamaze class, practicing breathing techniques and cracking jokes about labor and delivery. That was us, picking out baby furniture and buying the perfect layette. There we were, registering for my baby shower and talking endlessly to each other about what our post-baby life would be like. We felt our baby kick and move and stared in amazement at the ultra-sound pictures. I was asked my due date so often that "May 1st came out of my mouth like a recording. I talked to other pregnant women in the bathroom at work, comparing due dates, and sharing a common bond. Now, I am the one those women avoid, choosing a different bathroom for fear of running into me. I am the mother for whom it didn't work out. We are the couple down the street whose

baby died.

Instead of announcing happily, "It's a girl!" in the delivery room, a neonatologist whom we'd never met leaned down and explained to us with tears in his eyes that our daughter was dead. Instead of picking out birth announcements, we made funeral arrangements. We had to decide whether or not to have an autopsy performed on our newborn. My husband held Emma and looked down at her, but her eyes remained shut and her lips were blue. He clutched her to his broken heart and wished with all of his 31 years that he could make hers beat. We left the hospital in the dark of night; with me being pushed in a wheelchair out a back corridor so as to avoid the nursery. The last words in my hospital file are: "Baby to morgue."

A baby's death is something that makes many people uncomfortable and causes them to react in disturbing ways. People who five months ago passed me in the hall and said, "Any day now!," scurry by with a quick, "How ya doing?," dreading that I might answer something other than the requisite, "I'm fine." One woman I know said, I know what you're going through-- I got divorced last month." Several people have remarked to us, "You're young, you have lots of time to have more children." Worse, though, are those who say nothing.

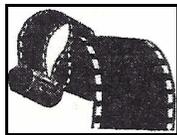
Our daughter, whom we loved as much as we've ever loved anyone, has died. We are heartbroken. Please acknowledge our loss and by doing so, validate her existence on this earth. If you don't know what to say, say simply, "I am so sorry". Please do not think that because it has been several months, we are "over it." If you could walk in our shoes for five minutes, you would discover that there is no "getting over it." We have lost a part of us that will always be missing, someone we loved and dreamed about and wanted so badly that we couldn't believe our good fortune in being pregnant. Now, even though we may smile and laugh and act "normal", Emma has left a hole in our lives that still five months later, can take our breath away. Yes, we have "moved on" with our lives, but we are really only going through the motions.

Do not assume that by having another baby in the future, everything will again be right in our world. The fact is, we now inhabit a different world we did not choose. We are the parents of a child who is not here. We go to the cemetery and water flowers on her grave. We look through the box where we keep locks of her hair and the blanket she was wrapped in at the hospital, and that is all we have of her. Other children will be wanted and loved, but Emma will still be missing.

Fortunately for us, we have friends and family members who should be nominated for sainthood for the love and support they have given to us. And occasionally, someone we do not even know particularly well will express their feelings of sorrow to us in such an eloquent manner that we cry grateful tears.

Having a baby has brought changes to our lives that we didn't imagine were possible. Please be aware that while having a baby is the most wonderful experience in the world, it doesn't always have a happy ending.
--Kristi M. Hays-Miller, *Chicago Tribune*, 1996

Newly Bereaved ...



Pictures

I set them out, I put them away ... I get them out and start to go through them filled with wonder that the daughter pictured there is no longer going to call or walk in the door or send a card filled with love and humor - cards that brightened my day, made me laugh and always prompted me to call her and give her a big hug when she walked in the door.

Pictures. I get them out. I run my hand over her face, lingering on her lips, remembering "kissy face mom." And suddenly, overcome with grief, I pull that picture to me and kiss her and tell her how much I love her and how very much I miss her ... and then I look again, and see her eyes - eyes that sparkled and twinkled with mischief though at times filled with deep reflection. She was a sensitive, intuitive young woman who possessed wisdom and insight much beyond her years. She "left us" when she was only 24.

Pictures. At times I hate them. They show

me what I don't have. They bring back memories of a time when Jody was healthy and happy. A time when life with her was a joy. I am not yet to a place in my grief healing where I can remember those times very well. I'm still filled with memories of her illness, pain, and death, and I'm still at the place that I want all of those horrible memories to be a bad dream - a dream that I will wake from, hearing Jody's voice calling me to come outside so that we can take some ... pictures.
--Patty Fallon, TCF Central Oregon

For Friends and Family...

Five Years Ago Today

Please God, make them remember that it was five years ago today.

-make them understand that the memories don't go away.

-bless them, with ears to hear and hearts that care.

-enable them to listen while I share.

-shelter them that they may never know my pain.

-help them to help me know that her life was not in vain.

-help them to remember, Lord, that I wish that she was here.

-to understand that I still feel her near

-to see beyond my smile and the words, "I'm okay."

Please God, just let one remember it was just five years ago today.

--Nancy Brubaker TCF, Bradenton, FL.

Helpful Hint...



Taking a vacation without your child with you can seem overwhelming. One family came up with an unique idea of including their departed child on their yearly vacation. First, they start by writing a short note describing how their daughter loved flowers and sharing the beauty of with others. By attaching it to a packet of flower seeds and leaving them where someone else was sure to find it, they felt they were sharing a part of their child with someone else. Now on each vacation they look forward to finding the perfect lace to

"plant" their gift to another in their child's memory.

--TCF National conference sharing session

Book in Review...



Letters to Sara: The Agony of Adult Sibling Loss by Anne McCurry (As reviewed on Amazon.com)

Anne McCurry has accomplished something really unique in her creative tribute to her beloved older sister. Using the style of letter-writing to portray her deep, agonizing loss, she effectively draws a picture of not only the important, much too-young life that was lost, but also conveys such a strong sense of her own personal loss.

The Fourth of July

The Fourth of July is now spent without you,
This favorite day is now only dark and blue.
The day with picnics has only clouds and rain
No sun will shine to ease this pain.
The BBQ sits abandoned and cold
No longer used for your treats of old.
No swimming, no baseball, no games do we play
No ice cream or watermelon makes pain go away.
The fireworks display does not seem as bright
The colors are dull and give off no light.
This is the part of the day that you loved most,
With star bursts and rockets that flew higher than the rest.
The Fourth of July, this party each year
Is now just a day, this has become so very clear.
It gives me no joy without you here.
Your holiday of choice - we miss you my dear.
--Karen Lynch

Imprint

When a child is new, we take her footprint
When she is young, we take her handprint
When she is grown, we take her fingerprint
But when she is gone, she leaves her heartprint
-Marilyn Limond, TCF Brentwood/Santa Monica, CA

I Will Be

If you think of me as gone forever,
I will be.
If you think of me as sadness and tears,
I will be.
If you think of me as your broken heart,
I will be.
That's not what I want to be, but,
I will be.
If you think of me as memories to cherish,
I will be.
If you think of me as laughter and joy,
I will be.
If you think of me as your healing heart,
I will be.
That's what I want to be,
please, let me be.
--Rob Anderson, Sugar Grove, IL

You're Still Here

At the finest level of my being,
you're still with me.
We still look at each other,
at that level beyond sight.
We talk and laugh with each other,
in a place beyond words.
We still touch each other,
on a level beyond touch.
We share time together in a place,
where time stands still.
We are still together,
on a level called Love.
But I cry alone for you,
in a place called reality.
--Richard Lepinsky from the book
Chicken Soup for the Grieving Soul. -Stories About Life, Death, and Overcoming the Loss of a Loved One (Chicken Soup for the Soul) by Jack Canfield (Author), Mark Hansen (Author)

"Trying to hide
or escape our grief
is often more painful
than experiencing
grief."

--Brook Noel



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

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 Barcenas
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

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

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 Bryan
Born: 10/84 Died: 6/96
Mother: Karen Merickel & Robert Bryan

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

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

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

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

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

Joseph Francesco Michael Curreri
Born: 9/80 Died: 10/07
Mother: Karen Curreri

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

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

**Our Children Remembered**

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: 2/62 Died: 4/10
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 Fraze
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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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 Luthé
Born: 11/76 Died: 1/98
Parents: Jeff & Lorraine Luthé

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

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

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

**Our Children Remembered**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Our Children Remembered**

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

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

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

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

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

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

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

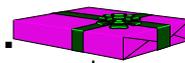
Amy Woolington
Born: 10/85 Died: 1/07
Parents: Pam Weiss & John
Woolington

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

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

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

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:
Tiffany Diane Lamb
Corkins
July, 1979 - August, 2005**



Dear Tiffany,

You were 16 in this picture, 27 when you were married, 30 when you had your first baby boy, 32 when you had your second baby boy, and 35 when you died.

This would have been your 40th birthday, my beautiful daughter. We would have given you a surprise party. We would have lavished you with love, gifts, appreciation, and lots of hugs and kisses. We all miss you, you left a huge hole when you died. Your legacy of love, kindness, compassion, strength and hope we are all carrying on.

Your two boys are growing up to be exceptional people. Your brother has a baby girl who so reminds me of you. He and his wife expect another baby in October.

We all miss you. Your mom misses you every day. Look for the balloons on your birthday!

Love, Your Family

**A Birthday Tribute to:
Eric Douglas Vines
July 1977 - July 1991**



Dear Eric,

At the balloon liftoff last month, a friend brought me a very unique butterfly for my collection. While admiring it, a lady overhearing our conversation, asked why I collect different things with butterflies on them. The following poem pretty much sums up why I started collecting butterflies.

In talking to her I realized one of the reasons I continue to enjoy them so much is the inner peace I feel when a friend gives me one, or I find one that is as unique as you are, and I immediately feel that inner

connection with you.

I feel so blessed when after nineteen years without you here, special people remember and acknowledge your spirit with a butterfly for my collection or a donation to TCF. It reinforces the love we share that can never be broken by death. Happy Birthday my precious Eric.

Love, Mom

Butterflies

I've always thought the butterfly to be so beautiful and free.

This delicate creation now has a precious, new meaning to me.

The caterpillar signifies our existence here on earth,

The cocoon is our death awaiting our rebirth.

The butterfly in its beauty is a symbol of greater freedom.

A small, but glorious glimpse into Heaven's Eternal Kingdom.

I look upon this living creature with renewed faith and hope.

It gives me strength to face another day, and courage to help me cope.

--Cherry Austin, TCF Newman-Coweta Chapter., GA

For Siblings...



The House That Josh Built

My older brother (by 13 months) Josh and I had always wanted a dog, but our dad's pat reply was "Wait until you are older." When our next door neighbors announced that their St. Bernard was about to give birth to puppies fathered by the Emerson's roving black Great Dane, we were ecstatic! Since the pups were going to be "free" and we were now 12 and 13, Dad surely could not refuse.

After much coaxing, Dad finally agreed, but there was one stipulation - we had to build a dog house for the pup. That would be no problem for two guys who had built bird houses in Industrial Tech. School was out for the summer, and we began our task. We drew up the plans, pulled out all the scrap lumber from the garage and set about to build the house. Mr. Emerson even gave us some leftover shingles for the roof (I think he was feeling guilty about the escapades of his Great Dane.) We had the greatest time building that dog house together. Mom would even bring lunch out to us on occasion.

On July 20th Moby Dick came to live with us.

He thought he had the coolest dog house in the neighborhood. What fun we had with Moby that summer and fall. October 20th started out as just any other day. Josh and I had just come in from feeding Moby, and we were sitting down to breakfast. Suddenly, Josh fell from his chair. The resulting seizure lasted for what seemed like an eternity. All efforts to revive him failed. Josh died in Mom's arms. My whole world fell apart that day. Nothing was the same at our house after that. Moby became my best friend. He seemed to understand each time I crawled into his dog house to cry. He would lick my tears and muzzle into my arms.

During the next few months as people came to our home, Mom would take each one to the kitchen window and show them "the house that Josh built" for his dog. She never mentioned me. That was 2 ½ years ago. Moby has grown to the size of a small pony and is the only coal black St. Bernard in the county. Having him is like having a piece of Josh living with me. Maybe someday Mom will remember what fun Josh and I had building the dog house together, but for now it will remain "the house that Josh built."

--Author Unknown

For Grandparents...



James

My dear grandson - I think of you in silence, I often speak your name. I feel again the bitter blow that never should have come. Each day when I wake, I know that you are gone. No one knows the heartache as I try to carry on. My heart still aches in sadness: my secret tears will flow. No one knows what it means to lose you - no one will ever know. My thoughts are always with you, your place no one can fill. In life I loved you dearly, in death I love you still. They say time heals everything, but I know that isn't so, because it hurts as much today as it did a year ago. Your resting place I'll visit and place flowers there with care, But no one can know the heartache when I turn and leave you there. With love from Grandma Hafer --Reprinted from Friends and Families of Murder Victims, Inland Empire Chapter CA

From Our Members...

What is the point of being sad,
 She is not sad,
 She is healthy and happy and very loved,
 Just as we are.
 When I am sad, she is sad,
 So, I will be happy like her.
 —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. Or, you can log into Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

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

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

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. It replaces "Healing Grieving Heart" and can be heard at 9 a.m. PST on Thursdays on the Web live at www.opentohope.com and 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: July 1st for August birthdays), otherwise they will appear if space permits or in the following month's issue.

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

Kitty Edler	(310) 541-8221
Karen Hlavaty (infant loss)	(310) 326-9701
Karen Merickel	(310) 375-2498
Richard Leach (grandchild)	(310) 833-5213
SIBLING PHONE FRIENDS	
Kristy Mueller	(310) 373-9977
Joey Vines	(310) 534-4339



Sue Gardner (sibling leader) (310) 316-3777

Regional Coordinator

Susan Hawkes (818) 249-7786

Memory Book... Our chapter has an ongoing Memory Book. Each child is given a page in the book. Pictures, poems, or a tribute you choose that will help us to remember your child can be included. Feel free to add your picture to the Memory Book

at any of our meetings. This is one way we can meet and remember the new members' children.

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

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



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

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

(310) 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.Livealone.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.

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

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

A SPECIAL THANKS TO:

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

STEERING COMMITTEE OFFICERS

CHAPTER LEADERS: NEEDED

SIBLING LEADER: Sue Gardner

NEWSLETTER EDITOR: Lynn Vines

PROOF READER: Crystal Henning

TREASURER: Ken Konopasek

CARDS: Crystal Henning

WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Laurie Gray

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

In loving memory of Chase Feldkamp, May 2005 - March 2006. With love and life-long support to Buddy, Jess, Cash and Karstein as they continue in remembrance of their son and brother, Chase.
Love, Oma and Opa

In loving memory of Eric Douglas Vines, July 1977 - July 1991. Happy Birthday in Heaven. We remember you on what would have been your 33rd birthday. Grandma and I will continue the tradition of going to Mimi's for a birthday dinner. We love and miss you.
Love, Mom, Kelly and Joey

To my sister Peeper, Another missed birthday along with many days missing you...

To my sister Peeper, whose nickname was given from our dad, we all had one but yours stuck for your lifetime. This is your third birthday since you have gone, along with many moments throughout the day that I miss sharing with you. Although we come from a large family, you are the one who, when we were young let me tag along with you (not always by choice!), protected me from the bullies on the block, watched over me at the pool everyday in the summer. When we grew up you still watched over me, walked me up the stairs at the college, giving me guidance when I was lost, and knowing that I resented it, always treating me like I was 10 years old, because you said it was your right. You were a hospice nurse with huge compassion for all that you've met and touched many lives in such a comforting way. I miss you everyday. You were cheated of life with the disease of Lupus, for that I am so sorry. I am looking out for your son as you looked out for me sis. I know you're in a better place, no pain, no heartache, for that I am grateful, but sad. Love you Peeps, your little sister, Suebee.

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.

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

Nonprofit Org.
STD Permit 223
U.S. Postage Paid



Perhaps they are not the stars,
but rather openings where the love
of our lost ones pours through
and shines down on us
to let us know they are happy.

– Change of Service Requested –



June 2010



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.

