



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

JULY 2011 ISSUE

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

OUR NEXT MEETING
will be July 6th, 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 start with Vacations After The Loss Of A Child.

Upcoming Events: World Wide Candle Lighting Dec.11th.

Picture Buttons of your child are available. Call Ken at (310) 544-6690.

TCF Lunch Group meets for lunch at Mimi's Café every Friday at 1:00. (Crenshaw and PCH). All members are invited.

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July 6th Meeting... Vacations After the Death of a Child. This month we will start the meeting by discussing how family vacations change after the death of a child, and then move on to different subjects.

Not all vacations are tension-free or without problems, but after the death of a child, the mere thought of going on vacation may seem overwhelming. You need to realize that grief goes with you in your suitcase, on the airplane, or in the car. At the same time, bereaved families need to build new memories of good times together with their spouse and/or surviving children. This meeting we will be sharing ways to cope and the benefits of actually making yourself go on a vacation after the death of your child.

Vacations Are A Challenge

I'll bet that you never dreamed that there would be a time when you would not welcome vacation from work ... and the daily hassles of routine living. If you are a newly bereaved parent, you are probably not looking forward to the slow pace of summer, cook-outs, softball, and all the hoopla of summer, which probably includes a vacation or getaway.

Surrounded by summer fun, a bereaved parent need only to look around, and there are painful memories everywhere. When we are faced with all the living, loving, happy families with their children, the anger boils within, and we feel cheated. So this year we don't feel like going back to the beach cottage we visited for years or the favorite mountain retreat where we laid around for a week or two and relaxed, or the family-oriented amusement park where ... the kids had to ride every ride and see every attraction despite the temperature.

Those of us who have lost adult children also don't look forward to time away. Yes, we fear our memories, too much time to think— too many young people with their families and friends. We don't want to feel the emotions and pain this conjures up.

Yes, vacations can be a challenge to those of us who are newly bereaved and those of us who have been at it a long time. It takes effort to make plans and even feel good about going away ... and it won't ever be the same again



without your loved one. While there are many suggestions to follow, ultimately all of us have to determine what is best for us.

For Brenda Holland and her family for the first few years, she consciously changed some of her routines in order to deal with her fears. She could not visit the same places she and her family visited when their son, Todd, was with them. So they tried new experiences, with new people, and in new places. That isn't to say that there were not some down times; however, the faster based vacations worked better because "I could not allow myself too much time to think."

For the first few summers, Brenda had to "dig in the yard, repaint lawn furniture, rearrange the garage, and took on a multitude of busy projects that were put off for lack of time. That was a better vacation for me, then forcing myself to go somewhere and be miserable."

If you can find some enjoyment and relaxation, relish it... you deserve it, and it does not mean you don't care. It simply means you are healing. After nine years it has gotten much easier. Now, I walk down the beach and enjoy the solitude, or laugh when I see a toddler, or listen to the joy of kids laughing. It warms my heart. Yes, I miss Todd, but I know he enjoyed every minute of this season. I know that's what he would want for me... and thank God I can do it once more!

--Brenda Holland TCF Concord, NC and Barbara April, TCF, Pittsburgh. PA

Summertime and Vacations Are Coming

There is not a lot written about vacation time even though this can be a very difficult time. I remember so well the first July vacation we took after Ruthie's death in April. I could not face going and "leaving her" and going to all the places we had been in the past with her. That is one of the first - here are some hints that may help if you are dreading vacation time. By the way, there is never a time that you don't think of vacations past but the memories get less painful and you begin to forge new memories.

WHERE DO WE GO? There is no good answer for that... Yes, if you go where you have always gone on vacations, memories will flood in. But if you choose a totally new place, we found that you just wonder how she would have liked it here, what would she have done, etc. So, you make your

choice and expect the feelings and plan for them!

WHAT DO WE DO IF WE VISIT

RELATIVES? Talk to them. Tell them that it is hard and that it is all right to talk about your child when they see that you welcome hearing the name and having them share memories they have, everyone can relax.

WILL I FORGET HIM/HER? Don't fear! You will never forget just because you are away from home. Don't be afraid to talk about him/her and let them be a part of things.

TRAVELING COMPANION. Remember that you can not really leave your grief at home when you go on vacation. It will go with you. Plan for it and pack for it. Don't over schedule the days and activities - you won't feel like doing as much, perhaps, as usual and you may tire more easily. Take along some reading material- perhaps on grief but some light reading too.

Just remember that bereaved families and people need a respite from the daily stresses of work and of life and grief. Also know that often the anticipation is worse than the actual event. If you have been through Christmas, a birthday or death anniversary, etc., you may remember that the weeks or days before may be worrisome and you may not be sure how you will get through it, but suddenly the day is there and over and it wasn't as bad as you expected, even if it was bad.

So just decide when and where the vacation will be, plan ahead, and go. Allow yourself to enjoy it! Often we feel guilty if we have a good time. Remember how much your child enjoyed trips and like and know that she or he would want you to do the same!

--Betty Ewart, National Bereaved Parents Newsletter



The Journey of Grief

When a child dies, parents and other family members begin a journey. Too often this journey is down a path that we've never been. We don't know what's ahead or where the journey will end. We are frightened.

Although every journey has a different map, most people on these journeys make stops at the same places, although not in the same order or time frame.

The journey starts upon notification of the death. Our first stop is usually a place called **Shock, Denial, and Numbness**. Here things don't feel real. We think, "This can't be true, it's not happening to me. I'll wake up soon and this will all be a terrible dream." While here, we may go days and weeks with little or no feelings of any kind, just zombie-like numbness. We function, but it's like being on automatic pilot. We do very little thinking – just existing.

We often stop at a place called **Anger**. We are so mad. Mad that we did not, somehow, prevent the death. Mad that the pain is so intense and nothing takes it away. We blame God, for after all, He could have aborted this death with no more than a whisper of His breath. We lash out at people we love. We have little tolerance here for others. We're mad that others go on enjoying life and don't notice us in our despair.

We may experience intense pain as we leave this place. As the numbness wears off and the reality of the loss settles in, we start to feel again and the feelings are painful. It hurts. How can we go on with this pain? It's unbearable and non-relenting. No one seems to understand. We feel alone even though we're among friends and family. Our journey continues.

In our search to find a way to deal with this anger, sometimes the journey brings us to another destination called **Depression**. Here, this anger turned inward drags down our will to live. Some of us sleep all the time trying to escape while others can't sleep at all. Some of us stop eating, while some of us eat all the time. We find ourselves doing almost anything.

Some of us have to stop for a while at **Guilt**. Some don't stop because they are unaware that they have this feeling because it hides behind such feelings as: "What if" "If I had only" "It's my fault because ...," etc., and we don't associate those feelings with guilt. Because we don't, we don't deal with it. When there is some "real" guilt, this needs immediate attention, but for the majority of us, our guilt is imagined. Being honest with ourselves, we know that we did all that any loving, caring parent would do under the circumstances we were in at the time of our child's death. We acted like responsible parents. Now, we can move on.

Move on to where? It would help if this journey were as predictable as it has been described. The

truth is, some of us will stop at other places along the way. Some of us will stay longer in some places than others and most of us will vacillate back and forth among the stops. We make one stop forward and slide back three. Some of us travel longer than others— but that's ok, too.

We keep on going. The quest for peace becomes a passion, and we must find it. Eventually, we do and the journey ends. We find a resting place called **Healing and Recovery** where we once again find enjoyment in life and experience peace.

What does "ending the journey" mean? For many of us, ending the journey means remembering without the pain, remembering the life instead of the death. The grief, that pain and suffering experienced from the loss, is lessened or gone. We are changed, and yes, we will always be bereaved, but we won't always be "in grief". Healing has taken place.

Avoiding the journey will only postpone the healing. Grief must be experienced for healing to occur.

--Chuck Prestwood TCF, Jackson, MS

Choices

We don't give life. We don't take it away. We are not the ones who decide. This choice is not ours. We may say that we "gave birth" to our child but in reality a child is given to us as a gift at their birth. There are no warranties, no expiration dates, and no written set of instructions in a booklet. We do the best we can with what we have and what is "given."

*A child is given to us
as a gift to care for.*

*A child is given to us
to teach and love.*

*A child is given to us
to keep safe as best we can.*

*A child is given to us
to keep as healthy as
medicine will allow.*



We don't take this challenge lightly. All of our caring and love is poured into our children. We have moments of being proud parents and our moments of despair when things go wrong. Through every illness, bump, bruise, fever, cuts, and even the hurt feelings, we care and love.

There are no manuals to tell us if we are doing the right thing. We pray and hope and try some more.

When tragedy and pain overtake our lives at the time of the death of our child, there is still no book to tell us where all of these things should go. The love of our child does not stop when they are gone from our sight and now reside in their Heavenly home. Our emotions are not just cut off at this point. We grieve, and grieve, and grieve some more. We understand it was not of our doing, we did not take them away, and we could not stop their passing.

Knowing the choice was not ours to make, we did the best we could with what was "given", and we go on. We try to turn our pain and our unused parenting skills around to reach out to those new to the grief and gather strength from those who have been there. We search for ways to constructively use this energy so the hole in our heart does not make us emotionally bleed to death.

The choice we do have now is to keep our child's memory alive by what we do, say, think, and feel. There are always times when you have to try harder than others but with each good deed done, each hug shared, each kind word and each smile, our child will be remembered one more time in your soul. To go on for our children is a choice we **DO** have.

--Bonnie Harris TCF, Richmond, VA In memory of Kimberley Paige Harris, Daughter and Friend.

Parting Is Not Always Such Sweet Sorrow

In February of 1990 my 14-year old daughter, Bridgette, died suddenly. One situation that I found very difficult was sorting through her personal belongings.

Knowing that we all grieve in our own way, you should never feel that you have to go through your child's belongings if you do not want to. You will know when and if the time is right. If you do decide that the time is right, the following are some suggestions that you may find helpful:

Golden Rules/Getting Started

1. **DO NOT PUSH YOURSELF.** When my daughter first passed away I never thought I would touch anything in her room. Three months later I

found myself going through her personal items. My normal spring cleaning and rearranging a room or two helped me get in the mood.

2. TAKE ONE STEP AT A TIME. Do not expect to do it all at once. As you begin sorting through your child's possessions, do not get upset if you cannot part with any of his or her belongings. It took me three attempts just to be able to stop crying long enough to go through them.

3. ASK FAMILY MEMBERS OR CLOSE FRIENDS TO HELP. Having someone there to help is a good idea. I invited a friend to help me go through my daughter's hat and t-shirt collection. She sat and listened to the stories about how and where we acquired each hat and t-shirt. It was so much fun talking about my daughter and having someone there to listen. After it was all over, she thanked me for letting her help!



4. THE DECISION ON WHAT YOU WANT TO KEEP SHOULD BE YOURS. Do not feel guilty about what you want to do. I sold my home approximately a year and a half after my daughter passed away and once I began packing, I found that there were many items that I did not want to move. If you decide you want to part with some of your child's belongings, I suggest that you get them out of the house on the same day or very soon after. I found that if I left the items in my home more than two days after I had initially gone through them, I was going through them again and again.

Remember, letting go is very difficult.

5. SET A PLAN FOR ACTION. Set up a schedule and write down the items that you would like to go through. It gives you something to start with. Be sure to note your progress! It will make you feel better.

For Those Items You Decide To Keep:

1. FIND NEW USES AND NEW PLACES.

My daughter's red wagon was converted into an indoor garden. A favorite worn-out sweatshirt of hers became a pillow cover. I had some of her gold jewelry melted down and made into a pendant that I wear often. A shelf in the guest room proudly displays her doll collection, and her shell collection is in the family room. One wall of my study proudly displays her pictures.

2. KEEP THEM NEAR AND DEAR. I bought a cedar chest that is filled with many little

remembrances from my daughter. I organized some of the remembrances in clear storage boxes that I labeled so that they are easy to go to. The cedar chest is a beautiful addition to my home and it keeps many loving memories secure and near.

3. PACK THEM AWAY. There were some items that I needed to keep, if only for the comfort of knowing that I still had them. For these items, I packed them securely in boxes, labeled the boxes, and then stored the boxes in a safe, dry place.

4. RECYCLE ITEMS. By recycling I mean changing which items I leave out. My daughter collected small boxes, Teddy bears, sea shells, and other items. Sometimes I will have the Teddy bears out on my bed or maybe her little boxes arranged nicely on my dresser. I find it comforting when I get to go through one of her collections.

****NOTE**** I keep a 3 x 5 card catalog with cards listing all of her items and where they are. This saves time and panic when I need to locate something of hers.

For Those Items You Decide To Give Away:

1. KEEP THE MEMORY. Parting with many of my daughter's possessions was extremely difficult. I knew that once they were given away, it would be hard. I wrote down my thoughts and notes about the items on 3 x 5 cards. I also took a picture of some of them. I filed these in my 3 x 5 catalog. Now, whenever I want or need a memory, I just go to my file and pick one.

2. SHARE THE MEMORIES. I gave many of my daughter's belongings to friends and other family members. I gave her school jacket to the second grade teacher that she adored. Some of her girl friends had an extra hole put in their ear in order to wear one of her earrings. I know that they will treasure these items always.

3. SPECIAL OCCASIONS AND HOLIDAYS. Holidays and family affairs are always so hard to get through without your child. Some of her handmade Halloween costumes were given away as presents along with a picture of her in the costume. They made for special and unexpected presents. The children loved receiving the costumes, and it helped me to get through Halloween.

Her pearl earrings were given to my best friend's daughter for her First Holy Communion. It is still very difficult to attend these events without my daughter. As the little girl went around and showed everyone her earrings, I felt my daughter's

presence there with us.

My mother received her birth stone ring. It was over 12 years old and had been resized at least five times. I wrote a story to accompany the ring and gave it to my mom for Christmas.

Although it was difficult to part with this ring, my mother takes great pride in wearing it. That has helped her to deal with the loss.

4. RETURN ITEMS TO THOSE THAT GAVE THEM. Whenever I gave any items back to the people who originally gave them to her, they were overjoyed. Over the years some of my daughter's school friends had given her little stuffed animals, posters, and other gifts. I asked the children if they would like to have these items back, and they were so appreciative of my kindness. I know it helped them with their grief.

5. NOT FOR PROFIT ORGANIZATIONS. There are many not for profit organizations that help others. You may have some organizations that you are fond of or maybe one that your child chose to acknowledge. Whichever agency you choose, most are very grateful for any donated items. All donations to non-profit organizations are tax deductible.

Remember, there is no right way or wrong way when it comes to dealing with the loss of a child. Each person is unique and so is each person's grief. Maintain a network of honest friends and/or family members whom you can talk to. Above all, remember to be patient with yourself. You have been through a very difficult experience.

--Louise Marie Gaskin TCF, East Aurora, NY



Stereotypes and Suicide

One of my deep sources of pain and sadness is my inability to vividly convey the essence of my son to those who did not know him in life. His vitality, his vivacity, his talents and charisma - not even two thousand words can come close to portraying the exact quality of his brilliant smile; his characteristics, his quirks, his uniqueness keep evading my best efforts. Should I ever be able to find the eloquence to capture him in words, I know the world would stand still and grieve, for the loss is monumental.

To have him blanketed by stereotypes and dismissed as a suicide statistic, is one aspect of

suicide survival I cannot accept. His was not a disposable life. So, I brazenly speak of my son's suicide, to break down the wall of silence and misunderstanding that surrounds this taboo subject. I sadly understand those parents that will not admit publicly the cause of death.

My first encounter with the public reaction to suicide was three months after my son's death. I attended my first "bereavement support" meeting. It was a group for bereaved parents. I entered that room and watched it fill with about thirty persons. The meeting started, the clockwise introduction began: "name, child's name, date of death, cause of death." As I heard parent after parent introduce their child and the many causes of loss, the litany was chilling: drowning, cancer, murder, car accidents, physical abnormalities, and finally more than two thirds around the circle it was my turn - at the word "suicide" the collective gasp that echoed in my ears will never leave me. I physically felt alone in this room where I had come to seek solace, understanding, help. Even in my semi-comatose state of those first few months, I knew I could find no identification and support within this group.

As time has passed, and I've regained some consciousness - I am constantly tripping over the stereotypes that envelop suicides. As I review my school's "crisis" policy in regard to suicide, the words "drug abuse, conduct problem, problems with the law, broken homes" leap out of the written page. As I read clinical studies regarding suicide and suicidal behavior, the same words can be found. In looking over prevention leaflets, the sentence "loving, supportive families", leap out resounding with accusation. In speaking with "professionals" I've heard their bias as they speak in amazement of those in a social class they do not easily identify with suicide. The director of "Family Services," in speaking of a recent suicide, actually used the phrase, "he was a member of the tennis set, not one you would think of as a likely suicide." A religious person finally whispered to me how he saw suicide as cowardice. Our churches and established religions nervously skirt around the issue. I have never heard a sermon on suicide from the pulpit.

At a recent conference of the Compassionate Friends, in one of the sharing workshops, I encountered a mother whose child died of drug overdose. She came to the suicide workshop

wanting us, the suicide survivors, to confirm for her that she did not belong there. I had met others who were just as defensive and insistent - "my son's death of drug overdose was clearly an accident not a suicide!!!" - and these very people would be shocked if I told them how insensitive and hurtful their words are. Most people want to be kind, they want to be understanding, they want to be supportive. The actual reactions, however, often fall short of these goals. I have come across the "curiosity seekers," the "accident gapers," the fearful, the "gregarious emotion" seekers and finally the defensive.

Death is a reality most do not care to deal with. Our society has sanitized it as much as possible and removed it from the home to the hospital and funeral parlor. The only way to "Saran Wrap" suicide and render it "politically correct" for a society skirmish about life issues, is either to render it irrelevant or disposable.

So I find myself introducing my son to strangers with a mini-resume. My 20-year-old son, Alexey, an extremely intelligent, sensitive, talented, gifted young man, with many friends and strong family ties, hanged himself. I am not trying to be cruel in removing the security and luxury of people to distance themselves and dispose of my son's act. I am convinced that until these stereotypes are removed, the status quo will continue even when the statistics scream for attention. There is something wrong, very wrong, occurring. Until we can look at suicide clear-eyed, we will not be able to reach the understanding necessary to lower its occurrence.

A wise Rabbi said, "A person cannot offer hospitality, if s/he is not at home." So, I speak out, so that our society can finally feel at home with suicide and only then can it offer hospitality. All people within a society are affected by the stereotypes. No one is immune, not the professionals, not the well-intentioned nor the well-disposed. We, the suicide survivors, are left with the task to educate. Our loved ones have made us "the experts," and if we don't lead - how will anyone ever follow?

-- ©Letizia Grasso, borrowed from TCF Marin County, CA newsletter

The Things We'll Never Get To Do



Now as we plan to celebrate the Fourth of July, I can't help but think about how we'll never get to see your excitement at watching the fireworks in the sky. There are so many things we'll never get to share with you. You were taken from us too soon, We'll never get to show you the man in the moon. We'll never get to see you learn to crawl or pull yourself up, or teach you to drink from a cup. You'll never get to take your first baby steps or feel the tickle of grass under your little feet, We'll never get to share with you your first ice cream treat. You'll never get to have your first birthday cake. Those first day of school pictures you'll never get to take. We'll never get to hear the first song you learn to sing, never get to show you a beautiful butterfly as it flutters it's wings. We'll never know the first words you might have said, We'll never get to hear you say "Goodnight Daddy" as we put you to bed. Your brothers will never hear you say their names or pronounce them in a funny way, giving them both nicknames to make fun of some day! They'll never get to teach you how to catch a ball, or how to ride your first bike and catch you when you fall. During those two months and six days we had the chance to hold you and tell you how much we loved you. We never knew you would not get to hug us back and tell us that you loved us too. When your father and I heard your first cry when you were born, our thoughts were about all of the things we wanted to share with you. Now all we think about are all the things we'll never get to do.

--Peggy Wills TCF, Lawrenceville, GA

Newly Bereaved...

To Those Who Really Hurt

KNOW ... that your grieving is the most difficult thing you will ever have to do.

UNDERSTAND ... that part of grief is bad days and bad nights. And intense pain and terrible sadness. You must ACCEPT this as part of your healing.

But, KNOW ALSO ... that there are gifts in your grief. They are not easy to find. And you will earn them with your tears. As you think about it... deep-within your heart you KNOW that this is true.

THIS is why you can endure it. Slowly ... you will find new patterns. You will force yourself to take first steps. You will accomplish little victories (None of us will tell you it was easy).

GRIEVE WELL, my friend. For grief well-grieved is truly life well lived. And once accomplished, you will discover untold new dimensions in your life ... BECAUSE a child died.
--Shirley Melin TCF Aurora, IL

For Friends and Family...

Don't Tell Me's



Don't, Please don't tell me I'm richer for having had him. I am too busy being the poorer for having lost him.

Please don't tell me there is a light at the end of the tunnel. What tunnel is that? My only tunnel vision is consumed with blackness right now.

Please don't tell me I'll understand it all one day. PROMISES. PROMISES. There's nothing like here and now explanations.

Please don't remind me he is in a better place. My maternal instincts have been grossly abused so that he can be there.

Please don't tell me spring will come and birds will sing again. Right now, I only hear they're out of tune, and they jar my no longer musical ears.

Please don't bother to remind me I'll be reunited with him one day. My life is here and now and his face is conspicuous in its mind tearing absence for the world's millions.

Please don't tell me things could be worse. I

am saturated with the present bleak winter of my grief, and if there's worse than this, then STOP THE WORLD, I WANT TO GET OFF!

Do Remind me that if I can do but one small act of kindness, give one dot of comfort, be value to just one other on this strife thorn earth, then I can give no greater gift to my lost child.

--TCF, Greene Co. Chapter, Paragould, AR.

Welcome...



Dear Compassionate Friend...

Of course you know my name.

You're the friend I met some months ago, we feel inside the same.

Those first few moments and words of that meeting one October night, I felt so afraid of what to say, can't someone make it right?

But when each and every parent gave their stories from the heart, I knew I wasn't alone anymore and this could be at least a start.

And now as time is passing and we're learning together to cope, My life will never be the same, but at least I know there is hope.

Together we'll face this road of grief, make it a beginning, not an end.

So this poem with love I give, to you dear compassionate friend.

--Debbie Hefflinger TCF, Waterville/Toledo, Ohio

Editor's note: The South Bay/L.A. chapter wants to help you in your grief. Being surrounded by other bereaved parents who can offer advice and model that it is possible to survive the pain of losing a child, is helpful to many. We invite you to join us at the next meeting and see for yourself how talking and sharing with other bereaved parents can be.

Book Review...

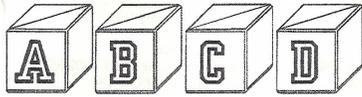


Lean On Me Gently Helping the Grieving Child,

by Doug Manning. Excellent for parents who want to help their children grieve while grieving themselves. It includes information for children and grief, plus tools, and resources.

Code: LOGO Price: \$5.95

Order from Centering Corp. (402) 553-1200

Helpful Hint...**Remember Your ABC's**

Avoid negative sources, people, places, things, and habits.

Believe in yourself.

Consider life from every angle.

Don't give up and don't give in.

Enjoy life today, yesterday is gone, tomorrow may never come.

Family and friends are hidden treasures, see them and enjoy their riches.

Give yourself time, don't push too hard.

Hang on to your dreams.

Ignore those who try to discourage you.

Just do what you feel is right for you.

Keep trying, no matter how hard it seems, it will get easier.

Love yourself first and most.

Make time for yourself and your family.

Never lie, cheat or steal; always strike a fair deal.

Open your eyes and see things as they really are - even when they are painful.

Practice patience - as best you can.

Quitters never win and winners never quit.

Read, study, and learn about what's important in your life.

Stop blaming yourself

Take control of your own destiny.

Understand yourself in order to better understand others.

Value your memories, but build new ones.

Wait for healing, it will come.

Xpell negative influences.

You are unique of all God's creations, nothing can replace YOU!

Zero in on your target and go for it!

--From the Internet

How come our saddest sadness comes from what used to be our most joyous joy?

If Only

So much guilt within my soul

Why didn't I see...

Why didn't I say...

Why didn't I do...

I'm not even sure if it would have helped

And changed your thinking or your fate

But there'll always be that nagging doubt

If only I had

-Karen C. Kimball

TCF, Hingham, MA

Out of Ashes

When my child died ashes are all that remained

The ashes that symbolize my unbelievable pain

The ashes of all my future hopes and dreams

What else could be left, nothing it seems

But even in ashes there's one ember that still beams

The memory of my child's smile and how it gleamed

Those embers like his laughter have such a glow

Soon only the love, not the hurt will make the

flame grow higher

And the warmth of his love will take me out of the mire

I guess the old Fable of the Phoenix is true

For out of ashes you can rise too

From these burnt ashes the warmth of his love still glows

And I keep him alive as from me to you his love flows

Yet out of ashes love will survive

And keep both me and my child alive

--Jackie Rosen TCF, Miami, FL

Always

Remember you still have a child.

He is no longer with you.

He is simply in a different place.

You will always be his mother or father.

And he will always be your child.

Nothing can change that!

--Author Unknown



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

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

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

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

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

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

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

Brandon Armstrong
Miscarried: June 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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 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

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

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

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

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

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

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

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

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

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

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

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: 1/4/78 Died: 5/13/85
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: 11/2/68 Died: 1/09
Mother: Kathleen Shortridge

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

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

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

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

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

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

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



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

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

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

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

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

Dominic Roque
Born: 8/2002 Died: 1/2009
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: 12/17/08 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: 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Serena 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

 **OUR CHILDREN
REMEMBERED** 

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

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

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

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

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

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

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

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

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

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

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

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:
Eric Douglas Vines
July 1976 - July 1991**



Dear Eric,

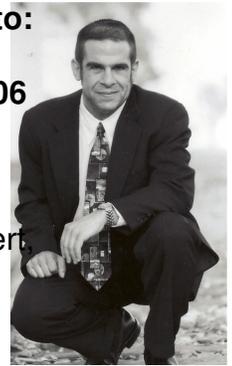
Twenty years...I never could have imagined living another twenty years after you died. It would have been too unbearable to even consider. But you know, with hard work, I not only managed, but actually found a way to incorporate your memory into my life in such a way that at times I find myself wondering how I managed to keep all that love... yet let go of all that pain.

I remember the first TCF conference I went to where I talked with another mom who had lost her son some five years before. I was amazed that she seemed so normal. She advised me to talk to you and ask for your help when I was fighting my overwhelming feelings of grief. I started asking myself "What would Eric say about that?" By listening with my heart, I often came up with ways to get through the pain...and it got easier and easier the more I did it. I'm sure you had something to do with keeping me sane when I thought I would go crazy... Keeping me plugging along when all I wanted to do was give up. Thank you for that.

As your birthday approaches, I try and remember all 14 of them that we shared as a family. I want to thank you for being the wonderful son you always have been. And to wish you Happy 34th Birthday!

We Love you, Mom

**A Birthday Tribute to:
Jonathan Schubert
July 1965 - Dec. 2006**



In loving memory of our son Jonathan "Jamie" Paul Schubert, an attorney and councillor for The Supreme Court of the United States. He was called by colleagues "a warrior in the fight for justice for the most vulnerable." To celebrate your life's work, we've established an annual scholarship to a worthy law student, loan assistance for public service attorneys, and Law for Kids programs in your name.

We miss you and love you always,
Mom, Dad, Dirk, Gwen & Rob

**A Birthday Tribute to:
Tiffany Diane
Lamb Corkins
July 1970 - Aug 2005**



Happy Birthday dearest Tiffany! This would have been your 41st. You are so missed by your family. I wish we could be getting together again for your birthday.

These months are hardest for me, remembering. You were such a beautiful, smart, loving girl. So good to your little brother, so good to your friends. We all miss you very much.

Your two boys are 8 and 10 now, they are as wonderful as you were. Your brother has two beautiful children now and I am a very happy grandma, loving them all, spending as much time with them as possible.

I talk to you all the time. I feel you around me often, missing ;you all day everyday. I treasure my dreams of you when I can see you and hug you. Look for the balloons, more and more every year. We celebrate your life and that we know and love you.

Love, Mom

For Siblings ...



The Beginning of Summer

My junior year of high school ended yesterday. It was the first day of the summer outdoor swim season. I groaned as I fumbled for the raucous alarm clock at 5:30 a.m. Despite the cool temperature, the sun was shining brightly, and I looked forward to the summer swim season and my summer internship in Washington, D.C. The early morning swim practice was followed by a rehearsal for the senior graduation exercises. Then, since I was not yet acclimated to the summer's rigorous long distance practices, I took a much needed nap. Several hours later my brother awakened me with a warning that afternoon swim practice was about to begin.

Returning home to get ready for ushering duties at the graduation ceremony, I noticed a bright red, shiny new mountain bike parked in the garage. Only then did I realize the significance of the day - it was my twin brother and sister's eleventh birthday. I was so preoccupied with my own schedule that I had completely forgotten this important day. I ran upstairs to wish my brother a happy birthday and to apologize for my memory lapse.

That evening when the graduation ceremony was over, I drove to a florist and purchased a red rose. I drove west towards the Midwestern sunset, which had colored the horizon a deep crimson. Finally I left my car and wound my way through the trees, marble blocks, and flower arrangements. I came to the stone which was dated "June 2, 1978 - November 20, 1981" and placed the rose gently upon it.

I stood at the grave site in the late evening sun. It was the moment between the darkness of the early evening and the last waning rays of a vivid sunset that still hugged the horizon. What a spectacularly beautiful sunset - as pretty as my baby sister. Perhaps the loveliness of the evening was my sister's way of thanking me for the rose, and the rose was my way of easing my pain.

--Jonathan Eden, Chicago, IL

For Grandparents...



Grandparents: Forgotten Grievers?

I was leading a grief support group, as I have been doing for the past eight years. This particular group was an unusual mix of losses. Although each one takes on a character of its own, this one's flavor was definitely variety. I struggled to find the right words to soothe the hearts of two parents, two grandmothers, a

granddaughter, a sibling and a wife- all at the same time.

We had been meeting for several weeks, and I had become well acquainted with a couple who were grieving the death of their teenage son. The boy's grandmother, who was visiting from out of town as the parents struggled to adjust to their loss, attended each of the meetings with them.

Each week the parents poured out their pain as the grandmother patted them lovingly and daintily dabbed at her own eyes. At first, I thought how wonderful it was that she was able to be with them and how blessed they were to have her to lean on in their time of need.

I became cognizant of the importance of loving families in desperate situations. One evening this grandmother spoke to us directly from her heart, however, and opened my eyes to her pain, as a grieving grandparent. This grandmother, Ann, had suffered the death of her grandson. Because I am a grandmother myself, I know the love felt for a grandchild is unlike any other. It is a pure and unselfish love that makes your heart feel perpetually like the first time you fell in love. When Ann lost her grandson, she suffered a heart-wrenching wound, but, in addition to her own pain, she had to watch and feel the pain of her daughter and son-in-law in their roles as grieving parents. As much as she wanted to and tried to comfort them, there was no way she could bring back their son. All of this resulted in a "double whammy"; pain upon pain multiplying each day she endured her own grief and had to watch helplessly as her children suffered their personal loss.

By watching this family, I came to understand that when a child dies, we all grieve for the parents, but often we forget the grandparents who can feel left out. We forget they are experiencing that "double whammy," trying to work through their grief with little or no support of their own. The support a grieving person receives can make a great difference in the grief process.

Grandparents should not be embarrassed to attend grief support groups or seek help to aid themselves through the role of forgotten griever.
--Reprinted from THANATOS, Vol. 20, No.2, Sum.'95

From Our Members...



My eyes are swollen from crying for you,
My heart is sore from the pain,
I feel like I can't walk one more day,
But I look at your brothers and somehow find
the strength, to talk, to think, to be present for them.
Love is a cool thing,

the love for you makes me strong
So I can continue to love your brothers.
My eyes are still swollen but my heart is not so sore.
–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

Upcoming National Conference... TCF's 34th National Conference will be held in Minneapolis/St. Paul, July 15-17, 2011 at the Sheraton Bloomington Hotel. You will find it to be another great conference with around 100 workshops, sharing sessions, special keynote speakers at the Opening, Closing and Friday Afternoon and Saturday Evening banquets, Hospitality Room, Butterfly Boutique, Reflection Room, a completely stocked bookstore, special Friday evening entertainment and a Remembrance Candle Lighting. TCF's Walk to Remember will be held Sunday morning. More information or registration is available at (877) 969-0010. Or visit www.compassionatefriends.org.

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

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

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

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

Welcome New Members... We welcome our new members to our chapter of TCF. We're sorry you have a need to be with us, but we hope you feel you have found a safe place to share your grief and will return. It often takes a few meetings to feel at ease in a group setting. Please try attending three meetings before deciding if TCF is for you. Each meeting is different, and the next one might be the one that really helps.

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

Thank You...

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



Birthday Tributes...

During your child's birthday month, you may place a picture and either a short personal message, poem, or story about your child in the newsletter. (Less than 200 words, please.) Do not cut your picture. We will block off unused areas. If it is a group photo, identify the person to be cropped.

This tribute is an opportunity to tell a short story about your child, so we will be able to know them better. Photos must have identification on the back. Enclose a SASE in order for photos to be returned by mail. (Please do not send your only picture.)

Tributes must be in by the 1st of the month preceding your child's birthday month or at the prior meeting. (Example: 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, and are available to talk when ever you need



someone who understands.

Cheryl Stephens (chapter leader) (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

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:



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

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

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

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

www.Alivealone.org

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

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

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

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

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

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

LOCAL TCF CHAPTERS



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

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

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Laurie Gray

PROOFREADER: Becky Jordan



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

In loving memory of Kevin Zelik, November 1985 - June 2010.
From his parents, Kevin & Linda Zelik

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 our son Jonathan "Jamie" Paul Schubert, July 1965 - Dec. 2006.
We miss you and love you always, Mom, Dad, Dirk, Gwen & Rob

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.



Fireworks here...
Fireworks there...
Now, we gaze at them
from your grave...
So we can watch
and still share.
-author unknown

-- Change of Service Requested



July 2011

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

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

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

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

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

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

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