



# THE COMPASSIONATE FRIENDS

Supporting Families After a Child Dies



## South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

JULY 2012 ISSUE

EDITOR: LYNN VINES (310) 530-3214

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

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

**OUR NEXT MEETING**  
will be July 4th, the first Wednesday  
of the month at 7:00 P.M.

**LOCATION:**

The Neighborhood Church  
415 Paseo Del Mar  
Palos Verdes Estates, CA 90274  
(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.

**JULY 4<sup>th</sup>...** This month's meeting ***WILL BE HELD*** on July 4<sup>th</sup>. Though it may be small, there will be a meeting at 7, and fireworks can be seen off the patio as the meeting ends at 9.

Upcoming Events: July 20-22: TCF 35<sup>th</sup> National Conference... Are you coming? See p.17 for more information.

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

For a Picture Button of your child, call Ken at (310) 544-6690.

**TCF Lunch Group** meets for lunch at Mimi's Café every Friday

South Bay/LA Chapter of TCF  
P.O. Box 11171  
Torrance, CA 90510-1171  
(310) 963-4646  
[www.tcfsubla.org](http://www.tcfsubla.org)

Chapter Leader:  
Cheryl Stephens  
(323) 855-2630  
[www.mymeischka@yahoo.com](mailto:www.mymeischka@yahoo.com)

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

**July 4th Meeting WILL BE HELD at 7PM.**

The topic will be Managing Different Ways of Coping With the Death of a Child. We quickly learn after the death of a child that every family member will grieve differently. We all have our own way of coping. Do we hide, strike out, beg for forgiveness or expect others to take away our great pain? Sometimes we need to examine how we are coping, and how our reactions to our loss effects others.

This newsletter will be highlighting some of the pitfalls we may fall into when trying to avoid the pain of our loss. It will also discuss some of the many ways we manage to survive and cope with our loss. As someone with many years of experience as a bereaved parent, I encourage you to take advantage of the upcoming local National Conference coming up in Costa Mesa July 20-22. This is a very beneficial way of coping. The conferences I have attended have helped immensely with my loss, especially in the first few years after my son died. See pg. 17 for more information

**Tips For Creative Coping**

1. Identify specific feelings. Do not generalize.
2. Acknowledge your thoughts. Accept both the positive and negative.
3. Make a conscious attempt to regain a sense of humor, zest for living.
4. Figure out exactly what you want to do ... do it!
5. Become as informed/knowledgeable as possible. Knowledge is power.
6. Assert yourself. Ask for what you need.
7. Believe in yourself.
8. Listen to yourself.
9. Engage in whatever exercise and activity is possible. Get moving.
10. Set small goals first. Accomplish them. Then set bigger goals.
11. Set specific date with yourself to do something you like. (It helps you out of depression).
12. Reach out to others.
13. Focus on only one worry at a time.
14. Search for joy every day. Insist on it!
15. Try to retain a sense of perspective.
16. Pick your worries. Don't worry about worrying.
17. Remember that life requires effort on your part. Work at lifting depression.
18. One day at a time ... know some days all you can manage ... is one minute at a time.
19. Don't wait for happiness ... Make it happen now. This is it!
20. Realize that love isn't enough, but nothing works without it.
21. Don't forget how to dream. Practice it often.
22. Be kind to yourself. Learn to forgive yourself.
23. Laugh (at least once a day).
24. Listen to everyone ... but follow your own music.
25. Hug someone often. Hug Yourself.

--By Darcie Sims

**Big Girls Should Cry!**

The dual purpose of tears It's been known for centuries that tears are powerful communicators. Parents invariably move fast when their children's tears start flowing. And strong men have been known to get weak in the knees when their wives cry. For thousands of years, tears were the only defense women and children had in a world ruled by men. And, despite historical social prohibitions against tears, grown men have always cried.

Recently, as researchers began to objectively investigate the purpose of tears, something fairly obvious emerged: Besides asking for help, or attracting attention, another purpose for tears was to wash out eye irritants. And when scientists subjected tears to chemical analysis, they discovered that the body rids itself of tears that contain chemicals involved with emotional stress.

Interestingly, the chemical make-up of irritant tears turn out to be actually different from the chemical make-up of emotional tears. And, although it is possible to stop irritant tears with certain other chemicals, it is impossible to stop emotional tears with those same chemicals.

That is what led researchers to believe that the purpose of emotional tears is to get rid of stress chemicals accumulating in the body. It would help explain why most people feel better after crying . Further evidence for that view comes from other sources. It has been found that people who don't cry are at high risk for ulcers, colitis, migraine headaches, and other psychosomatic illnesses. Research also shows that people who don't cry have a difficult time handling stressful

situations.

So cry if you need to. Crying is more than a way to ask for help, get attention, or wash out the eyes. It also appears to be an emotional chemical release mechanism.

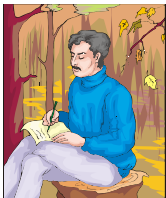
--North Penn Chapter Newsletter  
TCF, Ambler, Pennsylvania

## Conscious Memory

The good that we have lost must be kept alive and acknowledged; and so we give the dead their just tribute by the simple act of conscious memory: we call them back to tell them that their lives, however short, were not wasted, that life itself is not a waste, that part of our life is their living on among us.

This is not a recipe for painlessness, tranquility, or evading the fact of death .... For me it is a way of being able to face what happened, to look into the flames in which my children's lives were extinguished and say: All is not lost. It is a way of telling them that I still love them, that I owe my capacity for love to them; and that what I learned about loving from them is what has enabled me to survive.

--John Tittensor, *Year One*, 1984, *Penguin Books*



### The Statement Of One Bereaved Father

I did not choose to become bereaved. Painful as it is; I choose to allow grief to work progressively in me.

I grieve because I loved much; my child died but my love for my child didn't. Since I loved, and still love, very much, I expect my grief to be severe.

I realize that each person grieves differently. I accept that my wife and children will grieve differently than I do. As a father and husband, I do have a responsibility to my children and my wife. I can best fulfill that responsibility if I grieve and allow them to grieve.

Grief, while very real, is not rational. I accept in others what appears irrational to me. I am a part of my family and of humanity. I accept the irrational in my thoughts and actions.

Grief need not drive a wedge between me and my family. I choose to allow grief to strengthen our family ties.

Unresolved grief continues to produce mental and physical symptoms. I must allow the grief process to proceed in me.

Crying is a part of grief and is therapeutic; it is not unmanly to cry. I must allow myself to cry, even openly.

Grieving does not answer the question "Why?" Since there is no acceptable answer, I must accept the unanswered question.

My child was a person, is now a person and will be a person in the future. I can never forget my child.

I cannot return to the normal that existed before my child's death. I must go on to what is now to be normal for me. Getting on to a new normal does not mean forgetting my child. My child remains in my thinking and my talking now and will in the future.

I cannot be grateful that my child died. I am grateful that my child lived and I choose to express that gratitude.

I cannot forget the events surrounding the death of my child. I choose to recall the happy memories associated with my child.

If I allow it to, by my grieving, time will produce a healing. I realize that healing does not mean forgetting my child.

I could not control the past, which included the death of my child. I do have some control over the future as I build the future with my family.

My child's death did not happen so that I might become a better person. I choose to allow my child's death and my grief to make me a better person.

I did not understand before I joined the fellowship of the bereaved. I choose to become more understanding, tolerant and compassionate now.

My grief has created and brought out many emotional needs for me. I can help meet those needs by meeting the similar needs of others.

My spiritual beliefs did not die with my child. I choose to use them to help me through these difficult years. Questioning those beliefs and values is not wrong. I must, as a result of my questioning, strengthen my belief system.

I did not choose to become bereaved. I choose to allow good to come out of what is now so severe for me.

-- Robert F. Gloor, MD. Tuscaloosa, AL TCF

## "Alcohol: The Most Addictive Legal Substance" by Susan B. Arlen, M.D.,

Something happens to upset you. A friend offers you a drink. "Here, take this, it will calm your nerves."

You have trouble sleeping and remember that the last time you had a glass of wine, you felt sleepy, so you take a glass of wine now. Stress has left you feeling tense and on edge. Your spouse offers you a beer to relax. You are worried. You take a drink to take the "edge" off.

A dearly beloved person has died. The pain of loss seems unbearable. You take a drink to soften that pain. Later, you think of how your life is going to be without that person, and you feel terrified. You take another drink to calm that terror. A few hours later, you think of all the things you didn't do and why, when he/she was alive, and you feel unbearable guilt. A little glass of wine dulls that guilt.

As you begin to do the tedious paperwork that follows a death, you notice the debts and unpaid bills that are now your responsibility. You experience fear for your own security, and a drink makes this fear go away – for awhile. When you walk through your house and it is empty, quiet, and lonely, a drink makes you feel less acutely alone.

You think of the hopes, dreams and plans that you and your loved one shared, and you become angry because you feel cheated out of what was supposed to be in your life. A drink suppresses the anger. Alcohol can temporarily calm fears, lessen anxiety, and relax you. It can also make you less aware of depression, bereavement, and unhappiness. After a drink, your troubles appear less troubling – for a short time. Alcohol can be socially acceptable – that is, if you imbibe within limits, or quietly and not "messily."

For many people, it is easier to deal with a potentially alcoholic friend or family member than it is to deal with the pain and sorrow of bereavement. So rather than witness your sorrow, a drink may be offered to suppress it; and rather than experience the pain and sorrow, you may be tempted to take the drink to **ESCAPE YOUR FEELINGS**.

It's so easy, it's so legal. No dealing with doctors and prescriptions; the only prerequisite

is that you have to be twenty-one years old. A case can even be made for drinking alcohol. After all, don't the French have less cardiovascular disease because they regularly drink a glass or two of wine each day? Hasn't one glass of white wine or one drink a day been shown to be beneficial? This is true, but it is a dangerous mistake to accept these facts blindly and generalize that alcohol is beneficial for all people at all times.

There is a huge difference between a Frenchman having a glass of wine because it is part of his culture and he has done it for his entire life, and an individual taking a drink "to feel better." This is dangerous. It is especially dangerous for the sad, the anxious, the nervous, the depressed, the bereaved. Having a drink to dull pain (emotional or physical), lessen anxiety, or calm nerves dulls the symptoms – it does not help with the underlying problem. As a matter of fact; it can blur the real problem and thereby increase and distort it.



Problems are never solved by medicating or treating the result of the problem (i.e., pain, fear, sadness). In order to obtain lasting relief, the problem itself must be addressed. That is, deal with the **SOURCE** of the discomfort, not its result. We feel unhappy, uncomfortable, for a reason. Alcohol postpones handling that underlying reason. Issues which are postponed have a tendency to **NOT** go away. Rather, they tend to **INCREASE** in power or become distorted and are expressed in some other way.

Alcohol is a depressant. You may ask, "How can that be when I feel so much calmer after a drink?" Anything that calms or sedates is, in effect, slowing you down. Slow-down substances have the potential to depress, because depression is, in itself, a slowing down. The temporary surge of energy that some people experience with alcohol is due to the lowering of normal inhibitions. Remember, alcohol **IS** a depressant.

Alcohol is addictive, (especially for the bereaved or other people using it to escape from any unpleasant reality). To achieve and maintain escape, ever-increasing amounts must be used. Reality has not changed, alcohol has merely temporarily altered the perception of the reality.

The easy answer is often not the valid one. It's easy to take a drink; it's less easy to face and deal with issues and problems.

The bereaved are unfortunately set up for alcohol abuse. The excruciating pain, the terrible loneliness, the bewildering emotions are difficult to face. It would be much easier if it could all go away, even temporarily. The tendency is to escape the discomfort. The best way to handle bereavement, though, is to go through it and to experience the pain, the loneliness, the bewilderment, and the emotions.

Adaptation to a situation, no matter how painful, requires facing it. Dulling it prevents recognizing it and facing it. Alcohol is never the answer. It will only compound and complicate the situation. Do not delude yourself that it is "just one" drink, or just temporary, or just this time. It is not.

Escape feels good compared to pain, and it is very tempting to continue to self-medicate and continue to dull feelings to achieve escape. But you cannot permanently escape from yourself and from the issues that are CORE to your existence. When you really think about it, do you want to dull and deny the memory of your loved one, of your relationship, and thereby dull and deny an important part of your life, however painful it may be now?

So, dear reader, when that "well-meaning" friend or relative offers you a drink to calm you down, remember that down is similar to depressed. Realize that the offer comes from their discomfort and their inability to help you to feel better. Do not take that offered drink to make your friend or loved one feel better— it will eventually make you feel worse.

If you broke your leg, left it unset, continued walking on it, and took pain killers so that you could go on, what would happen? The fracture would never heal properly. It is the same with grief and alcohol. Beware.

-Reprinted from Bereavement Publishing, Inc., [www.bereavementmag.com](http://www.bereavementmag.com)

## On Marriages



A child's death places a tremendous strain on the family unit. The surviving children are affected by undercurrents if they are very young, and if older, the realization that their world is not

as safe as they assumed it to be. Couples in the marriage are also very vulnerable. Many marriages do not survive the devastation of grief.

Reverend Steve Wendfeldt of St. Charles Episcopal Church shared some of his knowledge learned from working with couples and families in grief. He spoke of good grief and bad grief within a marriage.

He saw good grief as each spouse being allowed to grieve in his or her own way. Couples need to remember that although they are married, each may have very different coping skills and accept the other's way of grieving. Bad grief was forgetting each may have very different needs and/or one spouse trying to make the other grieve the same way together.

Good grief is keeping the lines of communication open, rather than clamming up. Share the child who died. Talk about him or her, say his or her name often. Let your spouse know your needs. Ask your spouse his or her needs. This is not the time to expect your spouse to be a mind-reader. The emotional system is on overload. The radar system we have developed regarding our spouses may have shut down.

Steve also talked about how important it was to keep the intimacy of the marriage even though this does not necessarily mean sexual intercourse. He noted that overwhelming grief may often result in sexual impotence in the male. That is why the special signals the couple had before their child's death need to continue - the special touch or gesture, special word or look.

There is a need in the early days of grief to verbalize the commitment to continue the marriage. After a child's death, there may be many changes affecting the marriage. The marriage may be different. Goals and area of importance may change. By doing nothing, you may not be prepared when the hard times come, which they definitely will. By recommitting yourself to the marriage, you have given yourselves a fighting chance to survive the hard times that have the potential to destroy the marriage.

Steve also noted the family unit needs to maintain boundaries. The children need to know how far they can "bounce off the walls" before going out of the boundaries of the family rules.

Perhaps by being aware of the devastation of a child's death you will become part of the positive statistics on survival of a marriage rather than a divorce statistic.

--Kitsap, Co. Washington Newsletter



## Remembering is such a Special Thing

Remembering is such a special thing. At first, you feel and remember only the grief, the loss like a throbbing dome of pain over every thought, every recollection.

Remembering is such a special thing. After awhile, you try to remember only the nice feelings, the good times. You fight yourself if memory tries to bring to mind anything unpleasant. It feels wrong to think of something not perfect. You remember big events, great successes. She was the most wonderful child in the world.

Remembering is such a special thing. It takes time before you manage to recall without discomfort that you were sometimes angry at her or disappointed or bored with her. It takes even longer to realize that such less glowing recollections make no difference to the way you love her.

And then, at last, your memory allows you to have the whole person with you - all your thoughts about her are comfortable and comforting. Your dreams about her begin to include scenes from everyday life - that is when memory lets her be with you again, completely and truly. It may sometimes hurt a little, bring small reminders of your early grief. But most of all, it feels warm and tender and real.

--From "Knowing Why Changes Nothing"

By Eva Lager with Sascha Wagner

## "And The Rocket's Red Glare"

I watched the spectacular bursts of colors. It was always such a treat. Starbursts, the swirly ones, the straight ones, making their noisy, hissing, banging trajectories into the nighttime sky. Throughout these exciting displays, tears rolled down my face. Inconceivable, that I am here to enjoy this and you, my beautiful Cheryl, are not.

Then new thoughts rolled through my mind. Perhaps you are viewing these fireworks and

many more from a higher vantage point, where the colors and designs shine more vividly. Perhaps you are seeing and understanding things that I can neither see nor understand.

Perhaps your world is filled with rainbows and flowers and butterflies, rabbits and other beautiful animals that wander free. Perhaps you are surrounded by love, music, beauty and unbounded joy.

Perhaps, my love, I can only hope.

--Carol Silverman, Elkins Park, PA

## Smears: A Sister's Definition of Suicide

Suicide is the gray-bland drone of the coroner's voice as he describes my brother's body. "The pinkish cast to the skin ... a sign of carbon monoxide. He left a note that explained... and, "Cause of death is suicide." Then the coroner's push to wrap up his paperwork, "We'll need more information. Can you get his social security number? Was your brother married?" Suicide is the drained-white color in my mother's lips as she listens to words that, once uttered, will forever change her life. It's black vinyl chairs and bright gold curtains swimming in tears of sorrow. It's a brown leather book and my father's faith, in a desperate search for an answer. It's a yellow ribbon of hope threaded through the day, a wish from the world of "can't be" as I wait by the window for my brother's truck, his bounce up the stairs, his bound through the door, and his smile that says, "I fooled you."

Suicide is my brother's gray Dodge still locked in his garage, still out of gas. It's his favorite brown pipe, perched on the dash, and the too sweet stench of upholstery splashed with perfume, someone's half-hearted effort to hide the smell of death.

Suicide is black remorse in waves of guilt as the questions tide over and over. "Why didn't I see? Was it something I said? Why couldn't I say, I love you?" Burning red embers of anger and pain flare and subside again.

Suicide is burgundy drapes and a pale blue box and flowers and preachers and prayer. It's the white light of promise in a song about Canann, a land where the soul never dies. It's the widow in black, along with neighbors and friends.

Suicide is the gray granite stone on fresh cut green grass - a fresh turned- oil frame on eternity.

It's bright blue skies and last goodbyes and a fear of the forever after. And, in the end, suicide is ice clear emptiness as two parents walk away and leave the son they loved buried beneath the ground.

It has been seven years since my brother died, but the memory is as young as yesterday. The pain is less; the anger is gone, and I have learned that life is for the living. But no matter how long or how distant grows the past, each sunset, every rainbow-all life's goodness and mercy-will remain forever tainted, forever faded by all the shades of suicide.

--Charlotte Crumley, Moscow, Idaho  
Bereavement Magazine, July/August  
1997 4765 Carefree Circle,  
Colorado Springs, CO 80917



## The Question

"Is this your first baby?" he asked. This seemingly innocuous question was posed to me while I waited to have blood drawn for routine pregnancy tests. This is the question I dread. I may appear to be just another pregnant woman but, in truth, I am one who is in mourning. I only had a moment to decide if I should tell this stranger about my twin daughters, Sara and Devon, who died a year ago. If I said that this is not my first baby then he would assume I had living children. This would invariably lead into a subject which still causes me considerable pain.

Pregnancy has been an emotionally difficult experience for me. While I am excited and happy, I am also terrified of having another death, and, at times, I wish I weren't pregnant at all. Some people naively believe that this pregnancy will make me "all better" and cease my grieving. Others cheerfully refer to me as the "mother-to-be" seeming to forget the fact that I am already a mother. I feel the need to mention my twins often so that people won't forget about them. My health care providers are aware that I am emotionally fragile.

The baby I now carry has gotten me through some difficult times. Knowing it is alive and well in my womb has made all of the significant anniversary dates easier to bear. My baby kicked me vigorously on the painful one-year anniversary of my daughters' births and deaths', and this helped to keep me focused on my hopeful future.

As to the question at hand. I chose the easy

way out. "Yes, it is," I replied. "It's very exciting, isn't it?" he responded. "Yes, it is," I repeated, never once looking up from my needlework.

--Belinda Rowland, Pregnancy & Infant Loss Center newsletter.

## Newly Bereaved...

## The Anguish ...

Is here now ... choking, physical pain, verging on hysteria, the mind racing, jumping, crying, "No, no, no!"

## The Anguish ...

Has slowed down, is taking deep breaths - breathe, breathe. The mind slows, the face relaxes. The tears start again, this time slowly rocking, the violence subsiding.

## The Anguish ...

Is sleeping, exhausted, functioning on reserve energy. The body has taken over, calmly, working methodically.

## The Anguish ...

- Is awakening - a few seconds of nothingness, normalcy, and then in a flash ... the realization of what occurred yesterday.

## The Anguish ...

Is no longer alone, but being shared with others. The pain is spreading out, the grief is paired, together.

## The Anguish ...

Smiles today - once, twice. The body still functions methodically. The mind thinks a little of other things today - former things, before.

## The Anguish ...

Tasted food today. Talked matter-of-factly today, noticed the outside today, and the sun.

## The Anguish ...

Went back to life today - normally. Thought of pain at brief, alone moments. The mind had room for other functions, ideas.

## The Anguish ...

Is under the surface-of the past -something thought about in quiet moments ... alone, in silence.

The Anguish ...  
Moves on.

--by Ashley Harvey, Fort Collins, CO

## For Friends and Family...



### Grieving My Way

- I believe grief is a process that involves a lot of time, energy and determination. I won't get over it in a hurry, so don't rush me.
  - I believe grief is intensely personal, this is my grief. Don't tell me how I should be doing it. Don't tell me what's right or wrong. I'm doing it my way, in my time.
  - I believe I will be affected in some way by this loss for the rest of my life. As I get older, I will have new insights into what this death means to me. My loved one will continue to be part of my life and influence me until the day I die.
  - I believe I am being changed by this process. I see life differently. Some things that were once important to me aren't anymore. There are some things I used to pay little or no attention to that are now important. I think a new me is emerging, so don't be surprised and don't stand in my way.
- author unknown

### Welcome ...



- Q.** How long will it take me to get over the feeling of sorrow?  
**A.** A lifetime.
- Q.** How long will I continue to feel guilty?  
**A.** As long as it takes you to realize you did nothing wrong.
- Q.** How long will it take me to get over my anger?  
**A.** As long as it will take you to drop the blame of yourself and others, and realize it was the combination of unpredictable happenings that occur in one's lifetime.
- Q.** Why do friends give so much horrid advice?  
**A.** To cover up their own inability to handle the situation.
- Q.** Will I ever be happy again and be able to laugh?  
**A.** An emphatic YES.
- Q.** How long is long?  
**A.** As long as it takes for you to go through the process. Each individual has his or her own time schedule, but it is up to you to make the decision

when to start healing.

The Compassionate Friends will try and help you find your answers by listening, hugging, and caring while giving you support during this period and after. Give it a try. I guarantee, you won't be sorry.

—Irv Schwartzberg, TCF, Broward Co., Ft. Lauderdale, FL

Editor's Note: Each meeting we have a short discussion of the topic of the month. Then we all discuss whatever questions or concerns we are trying to cope with. By asking questions and listening to other bereaved parents and siblings, we learn different ways to cope with our loss. No question is off limits. Very few questions the newly bereaved ask have not been asked before. We invite you to join us as we help each other in our grief.



### Helpful Hint...

#### Using "All Your Strength"

by Michael Josephson

A young boy and his father, while walking on a country road, came across a very large tree branch. The boy said, "I wonder if I can move that branch off the road." His dad answered, "I'm sure you can if you use all your strength."

So the boy tried mightily to lift, pull, and push the branch, but he could barely move it. Discouraged, he said, "Dad, you were wrong. I can't do it."

His dad said, "Try again." This time, as the boy struggled with the branch, his father joined him, and together they pushed the branch aside. "Son," the father said, "the first time you didn't use all your strength. You didn't ask me to help."

This is an important lesson. There are many things we can't do alone, but that doesn't mean we can't get them done. We all are surrounded by resources that can help us achieve our goals - including family, friends, and faith. Sometimes we fail to ask for help because of pride or stubbornness, or because we think it's a sign of weakness. Sometimes we don't ask because we think we'll be turned down.

It's important that we learn to use all our strength. This includes inner resources, such as discipline, courage, and even love. But it also includes other resources. Just as we should



willingly help others, we should be willing to ask for the help of others.

-Derived from a story told by David Wolpe in "Teaching Your Children About God."

©2003 Josephson Institute of Ethics; reprinted with permission. Mr. Josephson's nationally syndicated radio commentary is heard in 181 countries on American Forces Radio. For further information, visit [www.charactercounts.org](http://www.charactercounts.org).

*Treasure each other with the recognition that we do not know how long we shall have each other.*

--Troy, MI TCF newsletter

## Book In Review ...



*Finding Your Way Through Grief: A Guide for the First Year.* This compact and informative book is available for \$7.00 (shipping included) through Hospice of the Valley, 1510 East Flower Street, Phoenix, AZ 85014-5656

## I Wonder

Sometimes when I'm sitting alone in the quiet still house, I wonder:

What would you look like now?

How tall would you be?

Would you be muscular or would you be lean?

Sometimes I wonder

If you would still be living at home,

I know you always said you would stay till you were twenty-eight,

But I wonder.

Sometimes I wonder if you'd be going steady or maybe engaged, even married.

Sometimes I wonder if you would have reached your goal of becoming an engineer.

Sometimes I wonder what it would be like to hold you, just to see you again.

Sometimes I wonder what our life would be like now if you were still a part of it.

Sometimes I wonder what it would be like to live without this pain and grief.

There is only one thing I will always wonder, Why?

-Colleen Barrow, Compassionate Friend Newsletter, Victoria, Canada

When the veteran bereaved parent comes to a meeting, he is the hope for the newly bereaved because he has survived.

--Marcel Kopp, TCF Boston, MA

## Time

Time can't erase the hurt.

Time can't erase the pain.

Time can't erase the memories.

But...

Time will help heal some of the hurt.

Time will help erase some of the pain.

Time will help make the memories easier.

Time can't erase these things.

But, only make them easier.

--by RaeLynn O'Leary, Ely, Nevada

## Independence Day

Fourth of July is our Independence Day

And this year I'll make it mine, come what may.

Because for the past fourteen years

I have shed more than my share of tears.

Now it is time to put my child's death in the past

For mourning can only for so long last.

I refuse to let this, sadness take my life over

This doesn't mean I will never again cry,

But more smiles I shall show, or at least I will try!

I shall now concentrate on all those happy

memories of the good times spent with her, her

sister and me.

For the good memories truly do outweigh the bad,

and I know she would want me happy - not sad.

Grief and fear have kept me dependent

Like an addict to tears, my life has been bent.

No more! I say

This is my Independence Day!

Deep inside of my inner being

I have taken a look and faced what I have seen.

The grief of loss there is no mistaking.

But there is also a fear that leaves me quaking.

It is a fear so great for me - I shudder to share.

Yet I know it is one Compassionate Friends will help me bear.

It is that I will lose my only child remaining

And with each passing year this fear kept gaining.

Now ... there it is, out from the dark.

I've finally faced it as it rests next to my heart

No longer will I let this fear rule me.

I can only change what might be,

So today truly becomes my Independence Day.

As I finally put my fear and grief away.

--Cherie Jones-Gordon, TCF Miami FL



## Our Children Remembered

**Ron Acker July 12**

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

Jonathan Adams  
 Born: 1/81 Died: 2/08  
 Parenst: 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

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

Brandon Armstrong  
 Miscarried: July 1995  
 Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

Joel Draper  
Born: 1/84 Died: 5/04  
Mother: Tracy Solis

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Hunter Rebecca Bloem Freese  
Born: 1/02 Died: 4/12  
Parents: Brian & Michelle  
Freese

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

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



## Our Children Remembered



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

Leslie Geraci Hart  
Born: 6/66 Died: 7/11  
Father: John Geraci

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Benjamin A. Moutes  
Born: 3/07 Died: 5/10  
Parents: Kevin & Claudia Moutes

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

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

Edward W. Myricks  
Born: 4/72 Died: 10/11  
Parents: Edward & Sandra Myricks

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shannon Quigly  
Born: 11/26/68 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



## Our Children Remembered



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

Leo Joseph Rank  
Born: 3/11 Died: 4/12  
Parents Roberta & Leo Rank

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

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

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

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

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

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

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

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

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

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

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

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

John Patrick Rouse

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

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

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

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

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

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

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

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

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

Joel Paulson Draper  
Born: 1/84 Died: 3/04  
Mother: Tracy Solis

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

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

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

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

Elizabeth D. Szucs  
Born: 4/72 Died: 6/11  
Parents: Dolores & Frank  
Szeus

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

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

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

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

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

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

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

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

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

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

Lexi Noelle Valladares  
Born: 4/04 Died: 7/10  
Parents: Fausto & Erica  
Valladares

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

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

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

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

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

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

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

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



## Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

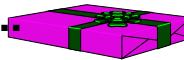
Steve R. Young  
Born: 7/57 Died: 2/90  
Mother: Marjorie S. Young

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

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

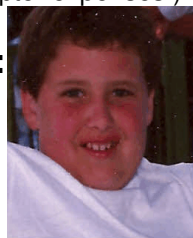
Kevin Zelik  
Born: 11/85 Died: 6/10  
Parents: Joe & Linda Zelik

### Birthday Tributes...



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

#### A Birthday Tribute to: Eric Douglas Vines July 1976 - July 1991



Dear Eric,

As I try to finish the newsletter this month I stopped and realized how many issues I've done. After you died I never imagined I would become so involved with TCF. It seemed it was all I could do to get through the next day without you in my daily life. Slowly, as I struggled to put my life back together, I realized you would

always be a part of my day to day life. My love for you was just as strong as it ever had been.

As I reached out to help other bereaved parents, I realized each time I put forth the effort to help someone else in pain, it diminished mine. The first conference I attended was so beneficial that I agreed to help when the next conference came around. Seeing other parents who were further down the road reaching out to help the more newly bereaved and the seeing the tremendous work it took to put on a conference, was quite an experience. Now, twenty-one years later, I'm helping with the upcoming conference in Costa Mesa. All this hard work is done in your memory. I guess TCF has become part of the "silver lining" that has come out of your death.

I so hope that other parents and siblings in our chapter will take advantage of the conference that is coming up in a couple of weeks. While the idea may seem overwhelming at this point in their grief, I hope they can take advantage of all its benefits since it is so close to home. Why don't you put in a good word with their kids? Maybe that feeling that their children want them to go will help in their decision.

Your family all wishes you a Happy Birthday, Eric. We will again celebrate your birthday at Hoff's Hut and remember the birthday parties and the silly antics you always pulled at your parties when you were here with us. We continue to love and miss you.

Love, Mom

#### A Birthday Tribute to: Tiffany Diane Lamb Corkins July 1970 - August 2005



To my darling daughter,  
You would have been 42 years old this year. I miss seeing you become a mature woman. You would have been very successful, I have no doubt, and be busy raising your two wonderful boys and maybe a third girl or boy too. Every full moon, (you were a moon child), I stand outside and tell you how everyone is doing here on earth. I also ask you

where you are, I miss you so much. I still think of you everyday, cry often, and miss you dearly.

We put in a memorial magnolia tree at your church with a plaque that says:

Tiffany Diane Lamb Corkins

July 1970-August 2005

"Work like you don't need the money,

Love like you've never been hurt,

Dance like no one is watching,

Live like its heaven on Earth"

Dearly missed by her family and friends

Happy Birthday Tiffany,

XO Mom

### **A Birthday Tribute to:**

**Elizabeth Mann**

**July 1960 - May 2005**

Dear Liza,

You are in our fondest memories always.

Love Mum & Vicki



### **For Siblings...**



### **To My Sister**

You touched us all, you loved us all,

Forever giving, forever caring,

Forever forgiving

Never wanting in return

Blessed are those who shared your life

Rich are those who carry your memories.

Please rest now; your chores we will finish.

'Til we meet again...

--Cindy Keltz Arlington Heights IL



### **For Grandparents...**

#### **Death from a Grandparent's Point of View:**

The death of a child is the most tragic thing that can happen to anyone. It affects so many lives; family friends, and even strangers.

I lost my grandchild through death and only a grandparent can understand the love a grandparent has for a grandchild and the loss that is felt when the child dies. For a grandparent, it is a double loss. Not only is your grandchild gone, but you also watch your child die each day. The smile that was always on her face is no longer there. The hurt is so deep and the questions so many. You feel helpless as a parent. You can't kiss away the hurt as you did when he was a child. You have no answers for your child's questions, for you don't understand the many feelings you are experiencing yourself. Each day you hope

and pray for a little something to say or do that will be of comfort to them. It seems that there is no end to the suffering.

As time goes slowly by, the healing process begins. In time, a ray of hope will show on her face and a smile will make his eyes light up again. Your child will turn to you for what comfort that you can give. There will always be a part of you that is gone, but in time you can learn to live with the part that is still there.

--Ruth Eaton TCF Savannah, GA

### **From Our Members ...**



#### **When You're up There**

We can see you climbing to the stars above

Wishing and hoping you can feel our love

You're soaring like an eagle the clouds are standing by

You're in our hearts forever we love to watch you fly

**WHEN YOU'RE UP THERE**

When you're up there flying we know that we are one

We miss you so much dear, can't you feel our love

We know you must go on now to see your journey

through

We'll be thinking of you and all of the things you do

Please take care my children, remember that we care

We will always be with you through all eternity

**WHEN YOU'RE UP THERE**

**WHEN YOU'RE UP THERE**

**WHEN YOU'RE UP THERE**



--Words and Music by Richard Leach in memory of his grandchildren, Frankie & Vanessa Castania

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 contact our editor.

**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 right 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.

**TCF 2012 National Conference...** will be held July 20-22, 2012 in Costa Mesa, California. Late registration is still being accepted. For more information call the National office at (877) 969-0010 or go online at [www.CompassionateFriends.org](http://www.CompassionateFriends.org). You can also make reservations for the conference hotel if you choose to stay there. In addition, you can sign up for the *Walk to Remember* for \$15, and either physically participate or have your child's name listed on Sunday, July 22, even if you do not attend the conference.

**We Need Your Help...** The 2012 Conference Planning Committee needs volunteers for this summer's conference. Our chapter is in charge of the Volunteer desk, and the Hospitality and Reflection Rooms. If you are planning on attending please let us know if you can help by calling Kitty Edler at (310) 541-8221 or E-mail her at [KittyEdler@aol.com](mailto:KittyEdler@aol.com). There are many jobs, both big and small that need to be done. A couple of hours of your time would be greatly appreciated. This is a rewarding undertaking that we can do to honor our children as we help the newly bereaved... Please help us make this one of the best conferences TCF has ever had. Please call Kitty Edler at (310) 541-8221 or E-mail her at [KittyEdler@aol.com](mailto:KittyEdler@aol.com) for more information.

**TCF Now on Facebook ...** Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at [www.compassionatefriends.org](http://www.compassionatefriends.org). Or, you can log into Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events.

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

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

**Healing the Grieving Heart...** Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family. "Healing the Grieving Heart" can be heard on the Web live at [www.health.voiceamerica.com](http://www.health.voiceamerica.com).

**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 1 for Aug. birthdays). Otherwise they will appear if space permits or in the following month's issue.

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



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

**SIBLING PHONE FRIENDS**

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

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

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

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

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

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

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

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

**ALIVE ALONE:** For parents who have lost their only child, or all their children. 1112 Champaign Dr., Van Wert, OH 45891 Newsletter available. [www.Livealone.org](http://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:** Articles for all types of grief. Bereavement Publishing, Inc., 4765 Carefree Circle, Colorado Springs, CO 80917

**OUR HOUSE/BEREAVEMENT HOUSE:** 1950 Sawtelle Blvd., Suite 255, L.A., CA (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

**THE LAZARUS CIRCLE:** Monthly grief support. Meets third Thurs of each month, 6-7:15 at First Lutheran Church, 2900 W. Carson St. Torrance

**SHARE Pregnancy & Infant Loss:** Contact: Megan Heddlesten (800) 821-6819

**Walk With Sally:** Cancer loss bereavement & art therapy for children Monica Fyfe (310) 378-5843

**LOCAL TCF CHAPTERS**

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

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

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

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

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

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

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

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

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

**A SPECIAL THANKS TO:**

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

**STEERING COMMITTEE OFFICERS:**

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Becky Jordan

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens

**A Special Request in memory of your child...**

The Conference committee is asking all chapter member to donate a case of water in memory of their child. We will be using them in the hospitality room and to hand out to the participants in the Walk to Remember at the end of the conference. If you could donate a case of water or send a monetary donation in your child's name, it would be greatly appreciated. Call Lynn at (310) 530-3214 to arrange for the water to be taken to the conference. You can send financial support to: The Compassionate Friends Conference, P.O. Box 11171, Torrance, CA 90510



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

In loving memory of Brandon Armstrong, July 1995 - July 1995 and Dominique Oliver May 1985 - March 2002.... 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 Eric Douglas Vines, July 1976 - July 1991. The month of your birth and the month of your death. July holds many mixed emotions for me. I choose to smile and celebrate one of the happiest days of my life, your birthday. After twenty-one years I can also smile on the anniversary of your death. When I think of your birthdays, the fondest memories come flooding back. Take Care my son, We love and miss you.

Love, Mom

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

When making a donation, please make checks payable to: The Compassionate Friends 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 \_\_\_\_\_

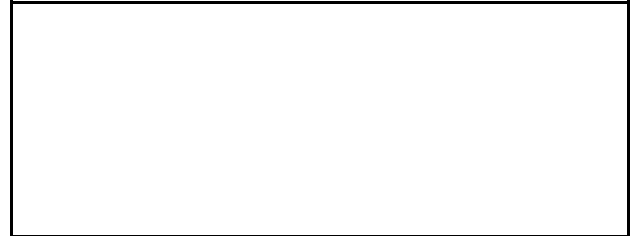
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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.

## 4<sup>th</sup> of


Screamers, whistlers, bright flashes of light,  
Make this a very special night.  
Can you see all the celebrating and fun,  
As you look down after the setting sun?  
This is the day of celebrating our nation's birth,  
But for some of us it is a day without mirth.  
The sun will rise tomorrow on all the spent debris  
It will remind us of what was, but can never be.  
There are many reasons others shout and cheer.  
But for others, it is just another sad day of the year.  
-Linda Allen, TCF, Lincoln City, OR

--Change of Service Requested--



## 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.  
©2012 THE COMPASSIONATE FRIENDS -- SOUTH BAY/L.A., CA CHAPTER