



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

JUNE 2010 ISSUE

EDITOR: LYNN VINES (310) 530-3214

e-mail Lynntcf@aol.com

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

OUR REGULAR MEETING
will be June 2nd, 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 JUNE...

This month is our Balloon Liftoff and Pot Luck Dinner instead of our regular meeting. Friends and family are invited to join us.

New Chapter leaders are needed. Can you Help? Please call Lynn at (310) 530-3214

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

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

Chapter Leaders:
Needed

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

June 2nd will be our Balloon Liftoff and Pot-Luck Dinner instead of our regular meeting.

All parents, grandparent, siblings, and friends are welcome to join us for a pot-luck dinner and Balloon Liftoff in memory of our children. Each family is asked to bring a main dish and either a desert or salad to share. TCF will supply the balloons and notes.

This is a time to reaffirm the love that we still share for our child with our friends and family. We will meet in the main hall at 7 P.M. to write our messages. We will then send the balloons off together, with the liftoff at 7:15. Afterwards, we will return for dinner and a short program.

Sharing this special event is one way we can honor the memory of our children with friends and family. All our pictures from the memory book will be on display, so if you haven't brought one in, please do so. During the program we invite friends and family members to read a poem or tell a story about their child. If you would like to say something or like something read for you in your child's memory, this is your chance.

Do Balloons Float to Heaven?

(An Interpretation)

"What were you doing?" whispers Katie, sneaking up behind Kenny.

"I'm lighting a special candle; a bright light."

"Why?" said Jami.

"Because today is a special day," Jason whispers. "Our parents are going to send us their love."

"Why are we speaking so soft?" asks Katie. "Don't they know?"

"Come give us a hug," laughs Michael as he leans down. "We're just trying to surprise the others."

Jami tiptoes up to whisper, "But wasn't it just yesterday when they sent all those balloons?"

"Well, listen, I've been meaning to talk with you about 'Time'." As he spoke, Jason came to take the little girls in his arms.

"But why did we light the candle?" asks Autumn.

"If the sun shines extra bright today it will help them watch the balloons better," replies Timmy. Lindsay's eyes opened wide. "And maybe the breezes will blow extra strong to lift our balloons all the way to heaven?"

"No fear of that," smiles Jason.

"Come here, everyone! Gather round!" calls Michael.

"Come on, Sally, let's go see!" exclaims Robin joyfully.

"What is it?" asks Charlie.

"Look! Over there! The balloons are coming!" shouts Tyler.

"Are they from our parents? Just like last time?" asks Kimberly.

"They want us to know they still remember," replies Timmy.

"I love balloons!" said Danny.

"And look, I see my Mommy and Maddy," yells Sally.

"And there's Mommy, Grandma, and Pa Charlie," cries Jami.

"Do you think they can see us peeking up here?" wonders Lindsay.

"Mom, could you give Dad a kiss for me? I think he needs one."

"Here's a balloon for little Katie." said Mickey. "For me? But I can't even see my Mommy and Daddy there." As Kenny places the balloon in her hands he points out the message on the note. "See? Here's your name. This is my mother's handwriting - I would recognize it anywhere. There's a balloon for everyone."

"And look, my mom wrote this one: 'To all the children waiting in heaven,'" reads Lindsay.

"But everyone up here is someone's child," smiles Steve.

"I guess this bundle is for everyone then," said Timmy.

"How can I help you, Mom? Michael holds his mother's message close to his heart. "Oh, Dad this means so much to me!"

Quickly reaching out to grasp a balloon. Danny giggles, "Oh, look, here's another one with my name."

Hillary hugs her balloon. "I feel so loved. Thank you. Thank you."

"Mom, live always been your guardian angel. I love you so."

"Kendra, here's a new pink one for you." "Love from Mom and Dad. We miss you", said Wendell. Josh watches as more balloons come into sight. "There's one for me. And a yellow one for Kimberly."

Turning to tenderly watch them, Chad said, "We don't really need balloons to know they remember."

Farrell looks at him and smiles. "No, we really don't. But this is such a pleasure, isn't it?"

Danny looks up and asks, "Do you think I could sneak out of heaven?" "Just long enough to give my Mom and my Grandma a kiss?"

"Tell me about this," said Charlie. "I've never seen anything like it before."

"Our parents got together and wrote a message on a note. Then they tied it to a balloon and sent them off to heaven," explains Jason.

"I remember, when I was little, I lost a balloon to heaven, too," said Timmy, seeming to clutch his green balloon even closer.

Hillary gasps. "You mean, you just let it go?"

"Well, I didn't exactly let it go. It was just sort of taken out of my hands. I couldn't stop it."

Gathering everyone into a large circle, Kenny began to explain, "Our parents let the balloons go—on purpose. It's one of their special ways of sending their love all the way to heaven. It's very healing for them."

"I think it makes them feel a little closer to us," adds Michael.

"It lets us feel closer to them too," notes Charlie. "Doesn't it?"

"We children in heaven have a special message to send our parents, too," said Jason.

"Why don't we let them know we are always near?"

Joining hands, they smile at their parents, relaying their love:

*"Let us send them sunshine to brighten their day,
and flowers to soften their steps ...*

*Let us send them rain as showers of comfort, and
stars as beacons of love ...*

*Let us send them winds as a gentle caress, and
rainbows as a display of our eternal bonds ...*

*Let us send them laughter to lift their spirits, and
peace to lighten their hearts ...*

*And most of all, let us send them LOVE,
to uphold them and sustain them and carry them
until we hold each other again.*

SENDING YOU OUR LOVE ALWAYS!"

—Dana Gensler, Lindsay's Mom
TCF of South Central KY

Is it Father's Day Already?

Well, it's that time of year again. That awkward, often over hyped day in which Dad is supposed to "relax" and spend time with the kids. We wake up sometimes to breakfast in bed, a card

and a small gift or two (often a tool or gadget of some kind), and are then faced with the rest of the day. After the first hour most kids are bored and want to get on with whatever they had planned that morning for themselves. But they are reminded that this is "Father's Day" and Dad decides what we are doing.

Before Stefanie died 6 years ago, this "holiday" was taken very lightly without much planning ahead of time. Since then it has taken on new meaning and starts to take on significance around the time Mother's Day arrives. We are being prepared for our day. As the day draws nearer we get more and more uneasy as we try to figure out what to do. Play golf Watch a ball game? Work around the house? These are the stereotyped "dad things to do" on this "special day".

Well this day is quite special to us bereaved fathers, but for many different reasons. The first few years can be quite difficult to face if one hasn't planned ahead of time. There is this incredible void of our other child or children who should be there with us. This is where the careful planning comes into play, as I try to make this day special for my other daughter Hilary, while keeping Stefanie's presence with us too. I've found the best way to do this is to try and plan something new that involves the natural beauty we have around us. Taking a hike on a new trail, kayaking in the bay, playing golf with the family and not alone or with the guys, a bike ride, or maybe a day trip to the beach exploring tidal pools. The options are endless if you use your imagination. The nice thing about doing something outside as opposed to say, a movie, is that it allows you to "feel" the presence of your other child. Places like Monterey, Point Reyes or anywhere along the coast gives me a real sense of peace. If it happens to be foggy then head inland towards some of the back roads of wine country. The sun is very important on this day, our day. So rather than dreading this day use it as a chance to reflect on all the wonderful memories of our children. Share the day with your family and allow their warmth, support and comfort to be a part of us. Our children would want it this way.

Your Compassionate Friend,

Rob Jacobs

-- TCF Marin County and San Francisco, CA

A Stepparent's Thoughts

I am a bereaved stepparent - Stepfather to be exact. Robin Ann Crariey, my stepdaughter, was killed at the hands of a drunk driver on June 8, 2001. She was 17 years old. I have a son named Greg. His Mom remarried so I saw him on weekends, did the trips, and long summer visits as many divorced parents do. I did not get the chance to be a part of his life and see him every day. I got to hear about his activities and accomplishments all after the fact. When you marry someone with kids, you get another chance.

After several months of dating my (now) wife Cindy, I finally met her kids, Chris and Robin. Robin was almost 7 years old at the time. I remember that first meeting clearly because she wasn't feeling so good. She ended up getting sick and had to go home. What a first meeting that was! After that, I became totally involved in the lives and activities of both of the children. I remember one of those nights well! Cindy and I attended parent-teacher conferences for both kids, a Cub Scout Pack Meeting and a Girl Scout Brownie Meeting not bad for a single guy, who had been unmarried for 13 years! Over the years, I got to know Robin's likes, dislikes, and all of her friends - and she had a lot of friends! I attended and participated in all of Robin's activities, supporting her in her many endeavors-including gymnastics (her favorite). I was there when she had migraine headaches, running her to the doctor when her mother couldn't, encouraging her, supporting her-all the things dads do for their kids.

I want to tell you in no uncertain terms, being a stepparent is so much harder. You get the responsibility and, often times it seems, none of the respect. "Mom said I could, so I don't have to listen to you" or "You can't tell me what to do, you are not my dad" and so forth. I tolerated and dealt with her emotional outbursts when she became incensed at anything (sometimes it seemed everything) during the teen years. All dads know how trying those times can be!

Now I am a bereaved stepparent... the one in a kind of "no man's land." I am not biologically connected to Robin; I sometimes feel like an outsider around people who were once a family- Mother, Father, Son, and Daughter. Many of our friends have worried about Cindy and Chris. They often ask me "How is Cindy doing?" or "Is Chris

OK?" Although I knew and lived with Robin for 10 years, very few ask, "How are you doing?" I am only the stepparent. The idea that this tragedy cannot be as devastating to me as it is to Robin's "real family" is incomprehensible.

One definition for the word father is "father figure; one often of particular power or influence who serves as an emotional substitute for a father." This is what I was for Robin. She loved to push my buttons - but that was part of our relationship - as frustrating as it could be. Robin is the only daughter I will ever have. I was every bit a father to her. I love her and I miss her.

We, the stepparents of children who have died, grieve for our children too. Only society puts the "Step" in the name. Parent is still the biggest part of who we are. We hurt because they were our children too- often without the support and understanding that is demonstrated towards the biologically connected parents.

These beautiful children with whom we developed emotional bonds are now gone out of our lives; and we, too, endure the same feelings of loss and sadness.

--By Tony Cinocco, TCF, Denver, Colorado

SORTING OUT

Almost five years.

At first details of her murder

roiled inside my skull

like a storm-driven surf tossing without lull.

And always the tears.

Now mellow memories

are doled unexpectedly

from time to time as lilac scent

teased by a whimsical spring breeze

nourishing the soul.

Father's Day

and a daughter

who will never really die.

The fond flicker of a smile in the eye.

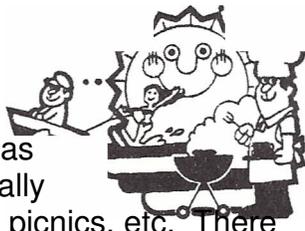
Reflective.

Proud.

Loving.

--Neil Hanlon TCF, Stanford, CT

THE GOOD OLD SUMMERTIME??



The good old summertime has arrived. The time when we usually plan vacations, family reunions, picnics, etc. There are many activities going on, such as ball games, golf, swimming; though for some of us, a float trip on an Ozark stream is more enticing. Vacation Bible, Schools and ice cream socials are held at churches. We usually adopt a more casual lifestyle, cook outdoors, and free ourselves of rigid schedules. Whatever our interests may be, this is the time for family togetherness. When our family is still intact it can be a wonderful time ... if not, it can be a very painful time.

If this is the first summer following the death of your child, you may not have much inclination or energy for the usual activities. Although, many parents find that doing something physically demanding helps release the tension and anger associated with grief. Some have found a measure of healing and peace working in their yard or garden, or planting a flower garden in memory of their child. Others may feel obligated to attend family activities, and then they find that it does help to get involved. If you don't feel able to get out and get involved in your usual activities, don't be concerned, just do what you feel like you can do now.

Most of us think going away on a vacation or short trip somewhere, will help us get away from the painful reminders of our child's death, and though it may be less painful than it was at home, we soon learn that we take our memories and emotions with us wherever we go. However, a vacation can be an incentive for doing something relaxing and enjoyable, though most of us feel guilty if we enjoy ourselves very soon after our child has died.

When we made vacation plans for the summer following our son's death in February, I was a little apprehensive. We were going to visit our daughter, who had recently moved to Michigan, and invited our daughter-in-law (our son's widow) and her daughters, ages three and five, to accompany us on the vacation. From there, all our group traveled upstate to stay a few days at a lake resort. Our little granddaughters kept the trip upbeat and lively, and we were able to enjoy ourselves for the first time that summer. It was

helpful for all of us, even though there were several intense emotional moments. Now, we realize that everyone in our family was still grieving, each in their own way, and it would have been helpful to have allowed each one some private time to rest everyday.

As newly bereaved parents, we are like pioneers, charting our way through an unknown area to our new destination. We've been told that it is peaceful there, but we can't feel that peace until we arrive. Those who have already made the trip report that life is different, yet good, in that new place. But we find that difficult to believe, because we are still traveling that long, rugged trail, and the end is not yet in sight. "Don't be afraid," we are told, "we made it, and you will make it too. Just take your time, and you will find your way." Those, who have made the journey, encourage us to believe that we'll make it through the wilderness of grief and find peace.

As one who has found peace at the end of the journey, I'm thankful to those who encouraged me during those dark days when I could not see the way. Their loving support, and my faith, gave me hope that life could be good and meaningful again, and now it truly is.

If you are still struggling along, unable to see a future without pain and confusion, please reach out to those of us who have been there. We are here to take your hand and help you find the way to healing. Be kind to yourself and others, and take time to relax and remember. Your child would want you to try to find some ways to enjoy life once again, without feeling guilty. This summer you may find the road to renewed hope and recovery.

--Lenora Sanders TCF, Cassville, MO

We're Only Human

"Guilt Days". There is neither rhyme nor reason to when they will occur, even eight and a half years after my daughter Nina's death. I had one just the other day. I suppose it didn't help that it was a dreary stereotypical Minnesota day in February with depressingly gray skies and temperatures outside registering teeth-chattering, sub-zero cold with just enough snow fall to make venturing out problematic. These surroundings made it quite easy, even without any apparent good reason, to plummet into a "blue funk". My state of mind then heads in a negative direction

ultimately sliding into a bottomless pit of senseless guilt.

In my experience with my friends who are bereaved parents, most admit that they experience this same phenomenon. I don't think there is anyone among us who can say after the death of their child that they don't regret something that they did or didn't do, said or didn't say, to that child while they were living. It doesn't matter that the reasons for our feelings of guilt may be unfounded or even seem foolish, the fact remains that we have them.

For example, on birthdays or holidays where I would customarily give a gift, if inexplicably I recall the "toy cash register incident." I am guaranteed an instant "guilt day". In explanation, year after year Nina requested a toy cash register for a present; even to an age that I thought was unreasonable to want such a thing. For some reason, unbeknownst to even me, in my eyes it was a silly gift; something that she couldn't possibly really want, or even use once she got it. Needless to say, I never bought it for her. I can tell you, though, that even to this day when I walk through the toy department and I see a toy cash register I feel a deep sadness and tears come to my eyes because I didn't buy her the so-called "silly" present that she obviously really wanted.

Just innocently strolling through a toy department and seeing a toy cash register can begin a domino effect of guilt feelings, a chain reaction of remembering even the tiniest self-perceived slight or any incident that I wish I could take back where Nina is concerned. Such as the time she wanted me to give her a ride to Girl Scouts, which was only four blocks away from our house. I had a migraine headache and could barely lift my head off the pillow and therefore couldn't give her one. So she hopped on her bike and about a block from our house hit a bump in the road and was thrown over the handlebars breaking her collarbone! Even though I know realistically that I couldn't have done anything different considering the circumstances, when I am in the throes of a "guilt day", the thought of that particular occurrence can send me in a downward spiral of culpability.

In actuality, chances are pretty good that if my daughter were alive today and I brought up these two happenings from the past she would probably tell me that I was correct in thinking she would

have tired quickly of the toy cash register, and that she knows I couldn't physically have driven her to Girl Scouts with a migraine; that she never blamed me for the collarbone fracture in the first place. But because our child who died cannot give us confirmation that they understood our reasoning and that our actions were "okay" with them, we are left to wonder what they were thinking and feeling regarding the particular situation that makes us feel guilty. Therefore, when we are having a "guilt day" our tendency is to blow it out of proportion and thereby imagine the worst.

Expressing those feelings of guilt to a trusted friend or family member can be helpful. Talking about your feelings may also help you to let some of it go. That person may even remind you of something you had forgotten about on those days when you are sucked into a vortex of guilt and rendered incapable of remembering any of the positives. For example, a dear friend reminded me--one time when I was bushwhacked by a "guilt day" of something she thought was extra special I had done for my daughter; something that she thought went above and beyond the call of duty as a mother.

Nina had called me from school to sweetly beg me to pick up a Valentine's gift for her boyfriend. One of the gifts was glow-in-the-dark stars like she had on her bedroom ceiling. She told me where to get them (a specialty store at a mall about 30 minutes away). I could tell by her voice how important it was to her, so I dropped everything and off I went to the mall. Little did I know that it would take three trips to three separate malls in different parts of town before I found a store that had any left in stock! Luckily, I made it home just minutes before she and her boyfriend arrived. I recall her exquisite smile and hugs of genuine thanks for my efforts. I remembered how gloriously radiant and pleased she looked when she came upstairs to show me the red shirt with the Tweety-Bird (her favorite) insignia on the turtleneck collar that her boyfriend had given her. Thankfully my friend steered me in the direction of these happy memories and positive reflections of Nina's last Valentine's Day, and thereby broke the cycle of more negative thinking.

I believe that no one is harder on themselves than bereaved parents. Even as irrational as it is, we feel that we failed as our children's guardians, that we should have been superhuman and able to

protect them from cancer, drunk drivers, criminals, drugs, depression, congenital illnesses, and a host of other unspeakable evils with the potential to take away their precious lives.

The bottom line is that we are not invincible or perfect; we are only human. We did the best that we could with what we had to deal with at the time. Our children know this - they love and forgive us for our own humanness and associated imperfections, and I believe would want us to forgive ourselves as well.

With gentle thoughts,
Cathy Seehuetter, TCF, St. Paul, MN

A Teenager's Legacy of Pain

Looking back, I'm not sure being a teenager nowadays is any more distressing than when I was their age. Sure, we all have problems when we're teenagers, but some way or another we work our way through and out of those years into adulthood and responsibility.

I remember being sixteen and feeling like I was overwhelmed with problems. I remember my last fight with my girlfriend when we broke up. I remember my dad leaving after putting my poor mother, brothers, sisters, and myself through hell with drinking. I remember feeling awkward with acne and not knowing why I didn't fit with the "IN CROWD", but knowing I was definitely different. I remember dreading to go to school each day to face the humiliation of being called a nerd or a geek by my peers.

I found, at first, my comfort in marijuana and beer on weekends. Then, I realized weekends weren't enough. I began getting high every day before school and at lunch to help me get through the day. I remember being high and making plans to finish school, then going on to college to study law. They said I had the ability to become anything or anybody that I chose. I remember the rest of high school as a blur. There were the junior and senior proms and the biggest day of all; graduation.

I remember looking at my mother in the audience on a hot June day, beads of perspiration on her face mixed with tears. I was filled with pride that day as I watched my family in the audience waiting in anticipation for the big moment to share with me.

Last night, I was reflecting on those tough times

when I was sixteen and ready to quit school. I kept telling myself "hang in there. All you have are two years to graduation". Then it's off to college to get a law degree and start a new life.

Last night, I couldn't sleep as I awaited for morning and graduation day. I was up at the crack of dawn, washing myoid, beat up Chevy because as soon as graduation was over, I was headed to the beach.

Now, looking at my family, I realize all the hard times and hard work was worth it. It's a beautiful day for a graduation. The birds are chirping. Summer is in the air and cameras are clicking, as each student is announced and walks up on stage to the applause and yells of friends and family. As they announce my name, I feel a sense of pride I have never experienced as I watch my mother stand up and applaud through years of tears and futility. She was only 40 years old, but looked at that moment to be about 60 as the years had taken their toll.

All the years of turmoil I had felt seemed to dissipate at that moment. I remember walking towards the stage to receive my diploma, but something felt strange. I was moving in slow motion as everyone in the auditorium was applauding. I passed Grandma who was sobbing uncontrollably. My brothers and sisters, lowered their eyes as I passed which bewildered me and touched my heart.

As I climbed the stairs to the stage to receive my diploma, I felt a cold breeze pass by me that chilled me to the bone. It was my mother who was being hugged now by the principal as he handed her my diploma.

I left school and life one month previous to graduation. As I reflect, I realize all that I have given up and all that I will never experience. All the football games and Christmases. The changing of the seasons and the styles. The long walks and talks with girlfriends I'll never know. The family barbecues and the relationships that will never happen.

Most of all, I will never know graduation and law school as a reality. I wonder about what kind of a husband and father I would have been. I long to hold my own child and comfort him in a way I never knew, to tell him everything will be all right when he's a teenager struggling with life.

I have left a legacy of pain in lieu of prosperity to posterity. If I had just talked to someone,

anyone, I may not be here dreaming of those things that could've been, would've been, or should've been.

I cannot come back through that door from despair to bliss. I can only hope my message helps one teenager ask for help from "one caring adult," because my time has gone, but yours has just begun.

Remember, "crisis is temporary, suicide is FOREVER!"

--Michael G. Cronin, TCF, La Junita, Colorado

To The Child in My Heart

Oh precious, tiny, sweet little one
You will always be to me
So perfect, pure, and innocent
Just as you were meant to be.

We dreamed of you and of your life
and all that it would be
We waited and longed for you
to come and join our family.

We never had the chance to play,
To laugh, to rock, to wiggle.
We long to hold you, touch you now
And listen to you giggle.

I'll always be your mother.
He'll always be your dad.
You will always be our child,
The child that we had.

But now you're gone... but yet you're here.
We sense you everywhere.
You are our sorrow and our joy.
There's love in every tear.

Just know our love goes
deep and strong.
We'll forget you never--
The child we had, but never had,
And yet will have forever.
-- C.P. TCF Verdugo Hills, CA Chapter

It is acknowledging and living the pain
that brings forth the energy
and strength to allow healing
and hope to return.
--Darcie Simms "*Footsteps Through The Valley*"

For Friends and Family...

What Was He Really Like?

After meeting a friend that I had not seen for quite some time and exchanging catch-up information, something wonderful happened to me. This beloved friend expresses the usual condolences over the loss of my brother but went on to pose the question "What was he really like?"

My eyes must of sparkled like fire. The question itself ignited an unbelievable response. Unleashing all my memories, I began immediately bursting at the seams.

Oh, he was so kind and gentle. He was so seldom angry that you remembered the exact moment when he lost his temper--because it just didn't happen that often. And he was so good at telling stories. Believe me, he could embellish a story.

And oh, he was so respectful to Mom and Dad that I wanted to slug him sometimes. He would always tell me that I wouldn't get into trouble if I'd just keep my mouth shut! And never, never could I outlast him at night. He would come in from a date at midnight and still will have enough energy to watch the late movie. Brilliant--why he never had to crack one book in high school!

And I could have gone on and on, I told my friend that I didn't want to keep her and that I certainly didn't mean to get so carried away, but so few people ask me that question. She told me that she would have liked to have known him. This instance may be a rarity with friends who have not experienced the death of a loved one. But may we, keep asking each other, "What was he really like?"

-- Julie Camero

TCF Louisville, KY

Newly Bereaved ...

When Grief is New

The first months and years after bereavement can be terrifying. It seems as if the pain stays at a monotonous peak; it seems as if one's mind will be lost at any moment. And although most of us "get better" after the first terror, we usually do not realize that until we look back, years later.

When we think about it, this state of affairs is

almost "reasonable." After such an overwhelmingly traumatic experience, we can fall-as it were- to the end of the world. Coming back from there, is bound to be slow beyond our imagination and fraught with reversals. So far, no one has found a method to avoid this painful journey back.

But perhaps it will help to know that you have already begun to travel... You will find that it is a long journey, and desperately hard - and you may almost want to stay where you are. But you will realize later that the wind of tomorrow is already stretching your sails, and life waits for you across the sea. If you only knew ...

--Sascha, TCF Des Moines, IA

Welcome...

Compassionate Friends

Memories are wonderful when you can share
With friends who understand and listen with care.
Their loving, kind hearts allow us to try
To learn to live again and get along with "Why".

We all know the traps and the pit very well;
That's one of the things we have to tell.
We help each other as we stumble and fall,
But do you know the most wonderful of all?

It's a special gift from them to us -
It's our child they allow us to discuss!
With the ups and downs, pleasure and pain,
We are free to be their parents again.

They lived; thank God, We had them.
Those who've "been there"; thank God, we have them!
Thank God for friends who can dare,
To help each other with souls so bare.
--Barb Dingeldein TCF, Logansport, IN

Editor's note: We invite you to join us at our meetings to help yourself as well as to help other bereaved parents and siblings. You will find comfort and encouragement on your road through grief. Who better than another bereaved parent or sibling, to understand what you are facing after the loss of a child.

Helpful Hint ...

Remember:

Grief Work is Like Winding a Ball of String. You start with an end and wind and wind, then the ball slips through your fingers and rolls across the floor; some of your work is undone, but not all. You pick it up and start over again, but never do you have to begin again at the end of the string. The ball never completely unwinds; you've made some progress.

- TCF newsletter, Evansville, IN

Book In Review ...

The Lighter Side Of Bereavement will cause you to chuckle at some of the more amusing sides of grief. Learning about grief with a smile may seem impossible, but this small book holds great information on rebuilding your life after a death.

In Food For The Soul, you can enjoy selected, inspirational poetry that may creatively express the very thoughts of your own heart.

Bereavement Magazine offers comfort and understanding in grief. This wonderful monthly magazine and the other two books are available from Bereavement Publishing, Inc., 5125 Union Bl. Suite #4. Colorado Springs, CO 80920

Like the Butterfly

It fluttered there, above my head, weightless in the soft breeze. I reached up my hand and it lit on my finger. Waving glistening wings gently, it looked at me for timeless moments.

I smiled, reaching deep and finding all those cherished memories. As it flitted off through the sunlit morn, I knew we had said hello once more.

--Leslie Langford

Graduation Day



A graduation is a new beginning, letting go of a style of life while holding on to learning and wisdom as new patterns are embraced.

Parents graduate as well. A letting go of a style of life and holding on to the graduate's gradual growth, the memories, while looking at something yet to be.

Child and parents share an ambivalence, a tentativeness, the pain of giving up, the joy of anticipation.

Our son graduated to a place where there is joy and a cloud of many witnesses, to teach, to guide, and hold him dear. There is the pain of giving up and the anticipation of continued growth.

Congratulations, Eric, for what you have been, and what you are becoming.

--Orange Coast Chapter TCF, Irvine, CA

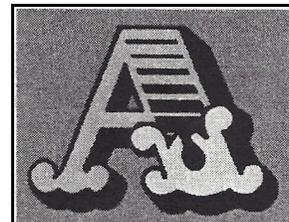
John Plus Ten

The month of June holds much, you see,
 For summer's near, and thoughts run free,
 To plan for leisure, trips and such,
 But June for me holds no such glee,
 For with it come The Anniversary.
 A day when my rainbow split in two,
 The day when death carne and took you.
 Such grief and pain from one swift stroke.
 My heart and soul left torn and broke.
 Can it be ten years? Doesn't seem so,
 That second of June seems only days ago.
 The rest of June holds cause for celebration,
 Your sister's birthday and friends' graduation.
 Add to that your parents' anniversary,
 And a tough one for me - Father's Day.
 The passage of time has allowed me to see,
 That these latter events are for our family.
 To enjoy and share, as happy as can be,
 But there will always be The Anniversary.
 --Doug Allen TCF Atlanta, GA

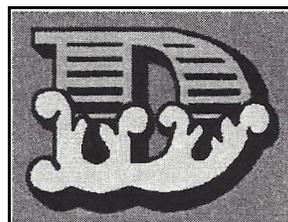


Mender of toys
 Lender of boys
 Changer of fuses
 Kisser of bruises
 Mover of couches
 Soother of ouches

Pounder of nails
 Teller of tales
 Hanger of screens
 Counselor of teens
 Fixer of bikes
 Chastiser of tykes



Raker of leaves
 Cleaner of eaves
 Dryer of dishes
 Fulfiller of wishes
 Happy Fathers Day!
 --Silverdale, WA
 newsletter



You Can Go On

You can shed tears that they've gone, or you can smile because they've lived.

You can close your eyes and pray they'll come back, or you can open your eyes and see all they've left behind.

Your heart can be empty because you can't see them, or your heart can be full of love they've shared.

You can turn your back on tomorrow and live yesterday, or you can be happy for tomorrow because of yesterday.

You can cry and close your mind, be empty and turn your back, or you can do what they'd want, smile, open your eyes, love, and go on.
 --Donna Southworth, TCF, Denton, NC

From You to You

In the smallest hour of your day
 when you are alone with things remembered,
 questions unanswered, and unfinished dreams,
 then give to yourself the gifts of your kindness,
 bring to yourself the comfort of forgiving,
 share with yourself the mercy of your love.

--Sascha, from *The Sorrow and the Light* by
 Sascha Wagner



Our Children Remembered



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

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

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

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

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

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

Brandon Armstrong
 Miscarried: June 1995
 Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Benjamin Matthew 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

Jeffery Mark Engleman
Born: 2/62 Died: 4/10
Parents: Janette & Laszlo Engelman

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

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

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

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

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

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

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

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

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

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

Mark Frazee
Born: 5/79 Died: 7/02
Mother: Kathy Cammarano

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Mother: Lee McClernan

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

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

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

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

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

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

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

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

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

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

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

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

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

Eric M. Neuan
Born: 1/79 Died: 3/09

**Our Children Remembered**

Parents: Eric & Lynn Neuman

Danielle Nice

Born: 7/81 Died: 8/04

Parents: Daniel & Debbie Nice

Monique Nicholson

Born: 7/71 Died: 1/08

Sister: April Nicholson

Geoff James Nowak

Born: 11/97 Died: 2/98

Parents: Christen Murphey & Geoff Nowak

Logan Kay Nunez

Born: 1/95 Died: 4/05

Parents: Mike & Laura Nunez

Michaela Grace Nunez

Born: 2/05 Died: 7/05

Parents: Roger & Jennifer Nunez

Thomas Jinkwang Oh

Born: 2/72 Died: 6/03

Sister: Barbara Oh

Henry Ortega

Born: 5/97 Died: 7/08

Parents: Henry & Wendy Ortega

Caitlin Nalani Oto

Born: 10/88 Died: 2/05

Father: Carl Oto

Sally O'Toole

Born: 10/53 Died: 03/85

Mother: Kay Arndt

Lucas Hunter Palar

Born: 11/89 Died: 5/06

Parents: Hugh Palar & DeAnna Williams

Annemarie Pellerito

Born: 9/73 Died: 8/03

Parents: Vicki & Pete Pellerito

Joseph Ryan Persh

Born: 1/03 Died: 2/03

Parents: Gary & Jane Persh

Daniel Andrew Peterson

Born: 1/4/78 Died: 5/13/85

Mother: Gay Kennedy

Jennifer Pizer

Born: 10/69 Died: 4/91

Parents: Janis & Bud Pizer

Chris Pierce

Born: 11/77 Died: 4/07

Sister: Stacy Pierce

D'Juan Marcel Pratt

Born: 12/79 Died: 11/06

Mother: Gwendolyn Elaine Maiden

Shannon Quigly

Born: 11/2/68 Died: 1/09

Mother: Kathleen Shortridge

Daniel Paul Rains

Born: 4/72 Died: 3/91

Mother: Janet Ferjo

Jeffrey Alan Rakus

Born: 10/86 Died: 7/06

Parents: Tony & Donna Rakus

Tejal Pati Reddy

Born: 6/86 Died: 12/08

Parrents: Pranitha & Krupa Reddy

Keith Patrick Riley

Born: 3/69 Died: 10/99

Parents: Kevin & Debby Riley

Christopher Rivera

Born: 10/67 Died: 1/06

Mother: Katherine Wagner

Ruth "Vanny" Rodriguez

Born: 10/73 Died: 5/01

Parents: George & Ruby Rodriguez

Christine E. Rojas

Born: 6/64 Died: 12/94

Parents: Ray & Esther Rojas

Jamie (James) Lloyd Roman

Born: 4/78 Died: 2/97

Mother: Carolyn Roman

Frankie Romero

Born: 10/81 Died: 9/93

Mother: Magdalena Hilda Salas & Francisco L. Romero

James Garrett Ross

Born: 12/74 Died: 10/05

Parents: Jim & Sharon Ross

Michael William Roth

Born: 6/71 Died: 12/08

Parents: Karen & William Roth

John Patrick Rouse

Born: 1/78 Died: 7/02

Mother: Sharon Rouse

Michael B. Ruggera, Jr.

Born: 4/51 Died: 4/96

Parents: Michael & Frances Ruggera

Shannon Quigley Runningbear

Born: 12/68 Died: 1/09

Mother: Kathleen Crowley Shortridge

Armando Sainz

Born: 6/76 Died: 2/02

Mother: Jennie Hernandez

Andrew Patrick Sakura

Born: 3/90 Died: 3/08

Parents: Bruce & Karen Sakura

Jeffrey Alan Sampson

Born: 3/86 Died: 5/05

Parents: Claude & Paula Sampson

Lisa Sandoval

Born: 9/76 Died: 12/92

Parents: Susan & Ruben Sandoval

F. Marlow Santos

Born: 10/84 Died: 7/93

Parents: Fred & Julie Gillette

Shaulamit Rose Scher-Gilfert

Born: 12/17/08 Died: 12/17/08

Mother: Aliza Scher Grandmother: Adrienne Scher

Karen Ailegra Scholl

Born: 8/64 Died: 4/99

Mother: Kay Scholl

Matt Scholl

Born: 2/73 Died: 4/08

Parents: Bill & Kay Scholl

Candace Arond Schonberg

Born: 3/98 Died: 11/00

Parents: Andrene & Arond Schonberg

Jonathan "Jamie" Schubert

Born: 7/65 Died: 12/06

Parents: Lynn & Roy Schubert

Melissa Lauren Schweisberger

Born: 10/84 Died: 11/99

Parents: John & Margarita Schweisberger

Dylan Elwood Sievers

Born: 8/08 Died: 8/08

Parents Daren & Marne Sievers

Tyson Donald Sievers

Born: 8/08 Died: 9/08

Parents: Darren & Marne Sievers

Gerald Slater

Born: 2/71 Died: 894

Parents: Bob & Gwen Slater

Jeff Eric Snowden

Born: 2/61 Died: 6/01

Parents: Daryle & Sandra Snowden

Larry A. Stauffer

Born: 1/67 Died: 5/08

Mother: Shirley Finnin

Daniel John Swiggum

Born: 6/88 Died: 7/08

Parents: Stewart & Marian Swiggum

Kristi Nicole Taylor

Born: 5/80 Died: 9/94

Parents: Kathy & Cory 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 Duied: 9/03

Parents: Jaime & Carmen Torres

Brian Gregory Trotter


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



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

Our Children

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

Tommy Villanueva
 Born: 10/68 Died: 2/02
 Parents: Jennie & Edgar Villanueva

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

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

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

Mother: Marjorie S. Young

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

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

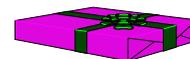
Christopher Wootton
 Born: 11/86 Died: 5/08
 Father: Jim Wootton

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

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

Birthday Tributes...

In honor of your child's birthday,



For Siblings...

Another Milestone

I recently faced another milestone in my life. I graduated from college. It was an eventful day that was highly anticipated, but yet, the day was lacking in some respects. It wasn't the weather; it was a beautiful day. It wasn't the party afterward, either. It was the fact that my brother George was not here to celebrate with me.

I have faced other milestones without George, and not by choice. He was such a big part of my life growing up that it has been strange celebrating anything without him. He was there when I had my first boy/girl party. He was there when I went on my first date. George watched me go to my first semiformal dance, too.

But years have gone by since I have been able to share any joy over my accomplishments with George. I know he is watching over me. And somewhere, in an empty chair on the college green, he smiled and cheered when they called my name.

--Lee Ann Martelli, Sibling Leader
TCF, Cumberland Co., NJ

You Don't Answer

I remember when we were kids, we'd play that game where you were supposed to stay hidden.

But when I couldn't find you, it was the end of the game, and you'd always answer when I called your name.

At the cemetery it's peaceful and I can be alone. There your memory breaks this heart of stone.

For in my heart lies the tears and the pain,
Because you don't answer when I call your name.

--Erin Hall TCF, Northern Virginia In
Memory of Her Sister, Elaina Ranel

For Grandparents...

Reinvesting in Life

A baby? You're having a baby?? Oh, No, I thought. I can't have another child to worry about. A grandchild, someone I would have less control of than my own son and daughter. The world is so dangerous. Bad things happening all the time. We all have been through so much heartache. How can we give our hearts away again and be vulnerable to another loss?

Well, I reason, my daughter has a right to fulfill her life with children if she desires. Life goes on, I guess. But if something happens to this child, will she survive it? Would any of us survive another loss?

And then he is here. Minutes old, looking so calm and wise and so in control of the whole situation. He is so perfect, so beautiful. A genuine miracle! Bryan, can you see your little nephew? He's wonderful and somehow I think you are with us.

The world is brighter, warmer. We'll go to the zoo, to the park, to the ocean. We can go camping in the mountains and you can hop from rock to rock and catch fish. And we will show you how beautiful and wonderful life can be.

Thank you, Michelle and David. This is a truly great gift. My heart has been captured.

Welcome, Tyler Bryan Peck-Burnett. I'm a grandma and I love it!

--Sandy Jagoda, CF Contra Costa County, CA

From Our Members...

I never believed much in angels,
never had much cause to,
My angels were always next to me,
holding my hand, tugging on my jeans.
Today I have a guardian angel, my little girl.
Today I need my little angel to help me get through my day.

I still have angels next to me,
except one, I see when I look at the stars,
she still holds my hand,
a little stronger now I think.

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

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@tcfsla.org and she will help you with the steps to create your own tribute.

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

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: May 1st for June birthdays), otherwise they will appear if space permits or in the following month's issue.

Phone Friends... Sometimes you want or need to talk about the life and death of your child



or with someone that understands and can share your pain. The following friends are on the telephone committee.

Kitty Edler (National Board member)	(310) 541-8221
Karen Hlavaty (infant loss)	(310) 326-9701
Karen Merickel	(310) 375-2498
Richard Leach (grandchild)	(310) 833-5213

SIBLING PHONE FRIENDS

Kristy Mueller	(310) 373-9977
Joey Vines	(310) 534-4339
Sue Gardner (sibling leader)	(310) 316-3777

Regional Coordinator

Susan Hawkes	(818) 249-7786
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Memory Book... Our chapter has an ongoing Memory Book. Each child is given a page in the book. Pictures, poems, or a tribute you choose that will help us to remember your child

can be included. Feel free to add your picture to the Memory Book at any of our meetings. This is one way we can meet and remember the new members' children.

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

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

Additional Grief Support....Bereavement Organizations and Resources: 
The Compassionate Friends So. Bay/L.A., CA:

(310) 953-5230 Parent support group & newsletter for bereaved parents and siblings.

TCF National Newsletter: For all bereaved parents and siblings. *We Need Not Walk Alone*
www.compassionatefriends.org or toll-free phone number (877-969-0010).

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 

Brentwood/Santa Monica Chpt. TCF: (310) 889-7726 meets -2nd Thurs.

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

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

A SPECIAL THANKS TO:

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

STEERING COMMITTEE OFFICERS

CHAPTER LEADERS: NEEDED

SIBLING LEADER: Sue Gardner

NEWSLETTER EDITOR: Lynn Vines

PROOF READER: Crystal Henning

TREASURER: Ken Konopasek

CARDS: Crystal Henning

WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Laurie Gray

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

In loving memory of Arielle Aarti, February 1979 - December 2009. You are now immortal. You will live in our hearts forever.

Love, Mom, Dad & Jaya

In loving memory of Steve Raymond Young, July 1957 - February 1990. In memory of a wonderful, loving baby, toddler, school age, and man, my son Steve. He was also a loving dad to his 3 year old daughter, Crystal. If he still lived he would love his 3 year old grandson, Michael, whom is so very much like him when he was little. I miss you and think of you every day, son.

Love, Mom

In loving memory of Michael B. Ruggera, Jr., April 1951 - April 1996.

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 So. Bay/L.A. Chpt.

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

In loving memory of _____ Birth

date _____ Death date _____ Sent From _____

Tribute _____

To include your donation in the next newsletter, we must receive it by the first of the month, or it will appear in the following issue.

The Compassionate Friends
South Bay/L.A., CA Chapter
P.O. Box 11171
Torrance, CA 90510-1171
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June 2010

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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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