



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

JUNE 2011 ISSUE

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OUR NEXT MEETING

will be June 1st, the first Wednesday
of the month at 7:00 P.M.

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

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 we will be having our pot-luck and balloon liftoff in remembrance of our children instead of a regular meeting. Remember to wear your picture button of your child.

Free Picture Buttons of your child are available to all members. Call Ken at (310) 544-6690 to get yours.

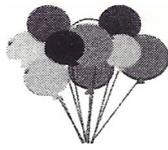
TCF Lunch Group meets for lunch at Mimi's Café every Friday at 1:00. (Crenshaw and PCH). All members are invited.

South Bay/LA Chapter of TCF
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www.tcfsbla.org

Chapter Leader:
Cheryl Stephens
(323) 855-2630
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P.O. Box 3696
Oakbrook, IL 60522-3696
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<http://www.compassionatefriends.org>

June 1st meeting will be our Pot-Luck and Balloon Liftoff instead of our regular meeting.



Instead of a regular meeting, family members and friends are invited to join us at 7:00 P.M., when we have our balloon lift-off in memory of our children. This annual tribute has become a very special meeting for those who have attended each year. Through the tears and smiles, this tribute to our children is one of the ways we acknowledge the bittersweet memories of our children and honor their short lives here with us. We will be writing our messages at the beginning of the ceremony with the lift-off at 7:30. Afterwards, we will return to the Fellowship Hall for a potluck dinner. This special event is one way to share the memory of our child with family and friends. If you or your guest would like to read something, or share a tribute to your child during the short program, now is the time to prepare.

TCF will supply the balloons and notes, utensils and drinks. Each family is asked to bring a main dish and either a salad or dessert to share after the balloon launch. The potluck and balloon celebration will be held in the main hall instead of our regular room.

Following is an excerpt by Carole Ragland of Houston, TX that describes feelings at a balloon release:

We stand together – yet each alone – tightly holding our balloons by the string, with our hand-written messages to our children carefully tied at the end. At a signal, we release our grasp and the balloons soar upward carried by the brisk wind. Moving quickly, they strangely seem to stay together, like a group of children running across a field.

No one says a word. We just stand and watch. Each of us lost in his own thoughts, eyes fixed on that special balloon, watching as it goes higher and higher, growing smaller and smaller until it disappears, no matter how hard we strain to see. Like our children, we know that they are still here - just no longer in our sight. It is a bittersweet experience.

And at the same time, there is the unspoken deep down hope that somehow our child knows about that special balloon and its message of love. With the simple faith of a child writing a letter to Santa, we fantasize that our message

will be received and read - that somehow a tangible connection has been made with our child. It is a beautiful, poignant moment that we carry in our hearts and thoughts for days to come. And for weeks to come, we will recapture that precious moment every time we see a balloon soaring towards the heavens.

Father's Day Reflections

In the past, fatherhood was something I took for granted. Fatherhood was something I did with scraps of time left over after work and recreation. Fatherhood was "providing" for my family. This is the job description for a father. This was all anyone should expect from a man.

We who have lost a child, know this lie for what it is. We who believed it know we deceived ourselves. Our child has died. Nothing in this life matches the incredible suffering we experience. Nothing in this life communicated God's love as perfectly as the smile of our beloved one. And now our beloved one is gone.

It has been two years this Father's Day since my 6-year-old son, John, died suddenly after a van backed over him as he rode his "big wheel" down the sidewalk near our home. The weeks and months following his death were times of tormented soul searching.

Why had I not spent more time with him? Why had I not been more loving toward his mother and sister? At bedtime the night before he died, he asked me to read one more book. He wanted me to lie next to him one last time until he fell asleep. I refused. Now I know, as many of you do, that second chances don't always come. Death is a harsh teacher, especially on this day of remembrance. On this day, although I have another child who honors me, in some ways I feel like a man without a country. I ache for the Father's Day past when I was whole and did not know it.

Unbeknownst to me, fatherhood was growing up to me. It was trying to teach me to give beyond my own strength. But I was an imperfect student. Death has shown me what I should have known all along. Fatherhood is God's greatest gift to a man. Death has taught me to love unselfishly, to give without resentment. Yet, even still, I find old behavior patterns trying to assert themselves. I find myself filling my evenings with classes,

meetings and activities, neglecting my family just as before. But there is hope. Sometimes in the middle of some petty conflict with my wife or daughter, I wake up and ask myself, "Has John's death taught me nothing? Was it without meaning? Instead of trying to save the world, should I not save my marriage and family from the horror we have gone through?" Death is the ultimate wake-up call to what is truly important. One death is enough for me.

On this Father's Day, in our sorrow, hopefully we can say we have learned from this most terrible teacher. Hopefully we are more complete human beings. More generous with ourselves. Better lovers. Better husbands. Better fathers.
 --David Heimlich TCF Springfield, IL

Father's Day Revisited



Now I can look back upon that first Father's Day, the first after the death of our son Jeff I was a mess. A man without hope, with little or no reason to continue living, deep in my own depressive grief, I could not share any joy with others. I look back wondering how I could have treated my wife and children as I did while they were trying to celebrate in my honor. Inside, I was crying out, "What are these useless gifts? Don't you know the only gift I want is to have my son back?"

But it was through the love, caring, understanding and nurturing of those loved ones which has brought me solace from that first Father's Day. Now I can enjoy the joy of others, I can laugh once again, and once again, there is a love worth living.

For all those fathers for whom this is the first Father's Day, have the best day that you can.
 --P.O.K, TCF Louisville, KY

Father's Day

FATHER'S DAY ... not a big holiday like Christmas or Thanksgiving, but one that holds a lot of meaning for those to whom it applies. For first-time fathers, that Sunday in June brings a feeling of joy and pride. For a long-time Dad, it's a reminder of the fulfillment which children may have brought to his life.

For those men who have lost a child, it can be

a painful time. For those who must endure their pain in secret and in silence, either through their own desire for that approach, or through society's expectations that they must be strong and controlled, it can become a horror.

But we in TCF wish to acknowledge the day, because, as we noted in preparation for Mother's Day, the death of a child does not negate the parenthood of the Mom and Dad who loved him or her. Love for one's offspring does not die when the body dies, and death does not succeed in robbing us of our parental identity.

We wish all our bereaved fathers a day of peace. In the midst of the grief and loss, may you experience a taste of good memories and remembered love for your child.
 --TCF Elgin Area Chapter, IL

For Males ... After A Death

You, a man, recently learned of the death of someone YOU loved. You may have been told by a police officer, doctor, or other I spokesperson ... or possibly you discovered it yourself. It really doesn't matter much whether it was a murder, a drunk driving homicide, an accident, suicide, or a catastrophic illness. You are starting down a traumatic road which can, if you allow it, destroy your life.

At first, the sudden shock left you numb. You may have even cried a little. But then the little voice inside said, "Men don't cry." You then talked about what needed to be done, called the rest of the family, arranged the funeral, and carried on with life.

You may have looked at the women in the family and found them incapacitated with outward displays of grief. Therefore, you decided to pull yourself together even more, taking the pain like a "little soldier."

You kept busy so you wouldn't have time to cry. You met people at the door as well as in the funeral home. You supported your family. You might have remembered for a fleeting moment the last argument you had with the dead person, but it was quickly smothered. You couldn't lose another day of work, and you had to pay for all of this.

You cram down the all-consuming anger over the way the death happened, but have fleeting thoughts that you would rather be hunting down and killing the person who did this than working so

hard to maintain control.

You get through the funeral, and then it's back to work, back to normal living, back to associating with people who don't know or don't understand. If you show too much emotion - or any at all- you are looked at with suspicion and run the risk of losing your job. You notice that after one "I'm sorry," colleagues look the other way, seeming to hope you'll go away. They act like what happened to you is catching. So you bury yourself in your job, even though your loved one is in your thoughts nearly all the time. You try to push them aside and work. So, further down go the feelings, deep into the mind to fester.

Just about the time you think you'll survive, if it was a murder or other homicide, the trial starts. Each minute detail comes out. Your loved one is attacked by the defense attorney. You realize that the killing is considered a crime against the state rather than against your loved one, and you don't count except as evidence. It takes days for the trauma of a few minutes to be relived. Even if the case is "won," an emptiness accompanies it. There can be no true justice. And, of course, the appeals and other efforts to reverse the decision begin immediately and can continue for years.

You may begin to notice that some of the women in the family seem to have cried themselves into a resemblance of recovery. They have cried together. They may have joined a therapy or self-help group. Because they seem to be doing a little better, you can't talk to them for fear of appearing weak and maybe sending them back into grief. So you draw away and feel guilty about it.

You may begin to accept overtime or take on more than you can possibly get done. Extra jobs, which at first helped with burial expenses, continue to be an escape from facing up. You spend less time at home from facing the guilt from which you must escape.

Sleeping may have become a problem, and during the day you experience wide mood swings. A well-meaning but foolish doctor may give you some sleeping pills. They help outwardly. They help you to forget, so you become dependent on them for day-to-day existence. Perhaps you try more and different kinds.

Evenings are a real problem. You can't talk

with your wife anymore, and just sitting watching television doesn't keep the memories from returning. A few drinks might help. Maybe going out with the boys can get rid of the guilt you feel while being with your wife.

Maybe your wife is the one who died. You just can't stay home anymore. Who really cares if you drink too much? No one's talking to you. No one cares if you live or die anyhow.

WHO CARES???

Everybody does! But they are standing outside the barrier you have thrown up around yourself. Their hearts are broken as they watch you destroy the man they love so dearly. But they can't break down the wall. Only you can break down this impassable, invisible wall.

HERE'S WHAT YOU MUST DO:

FORGET that "men don't cry".

FORGET the silent little soldier.

FORGET to hide your feelings.

FORGET that it's not manly to ask for help.

BUT MOST IMPORTANT OF ALL, allow yourself to cry long and loud until you begin to recover. It won't be easy. Years of crippling training have to be undone. It takes tremendous courage to cry ... almost as much courage as it did not to cry all these days.

Your life will never again be the same. You will not have your loved one back physically. Your relationship with him or her is changed, and now it is the memories that you hold in your heart. No one can take those away. But you can only cherish the good memories if you are healing. And, you will only heal when you allow the tears to flow.

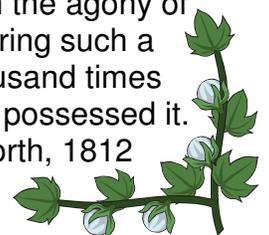
—Charles Collenberger, MADDVOCATE

Charles has survived the murder of a loved one. He says, "I can cry. I am healing. I am surviving."



I love the boy with the utmost love of which my soul is capable of and he is taken from me.....yet in the agony of my spirit in surrendering such a treasure, I feel a thousand times richer than if I had never possessed it.

—William Wordsworth, 1812





"When You've Done All You Can Do, Then Stand."

Stand? No...., I have to figure out what went wrong. I read book after book to try and figure this out. My head says it is to learn about the seizures, the depression, the suicide. My heart is doing it to bring you back.

What causes such a wonderful boy to take his own life? How can this be part of God's plan? I'm just so tired, so I stand.

But I grow restless there. My need to find you takes over my mind and my body. I know you died. I saw you in the coffin. Right? No, it can't be you. It can't be my beautiful baby boy. You just don't die at nineteen. Time to put on my mask and pretend you'll be home soon. So I stand.

Waiting and waiting, but you're still not home. It doesn't matter what I read or what I do, bottom line is you're gone. Were you really ever here? I'm amazed when I wake up in the morning. Amazed I'm still here. Surely this pain and heartache will kill me too? But no, I'm still here, so I stand.

I stand because that is what God has instructed me to do... Stand firm and have faith so the cares of this world cannot crush me. I stand and wait until the day I see your beautiful smile face to face. As I stand I will hold out my arms for others as people have done for me. Some simply come by to just stare at me watching, waiting, because surely a mother who loves so deeply will fall apart. They missed it! I was already torn in a million pieces when the doctor told me you died.

So now I stand, and I will try to put some of those pieces back together. I will never be the same, but I pray for a new me - one who takes nothing for granted, one who can love deeper for the little things this world offers.

So I stand. I stand in my faith, I stand in my hope, and I stand in my memory of you. I've done all I can do, so I simply must stand.

--Carol Simpson, in memory of her son,
Jeffery-James Robert Simpson, Independence
MO TCF

The Bookstore

"Stillborn, When Pregnancy Fails" these words that shout at me declaring themselves.

These hated words draw my eyes to the bookshelf I do not want to follow.

The titles inviting me to join their band of broken hearts and shattered lives.

I want to scream- I do not belong here!

So few weeks ago I stood in this place with rounded belly and lofty dreams.

A joyous member of the living.

Hungrily absorbing information on pregnancy and caring for baby.

The knowing smiles from women the casual glance from belly to face.

Eyes embraced you,
welcoming you to the secret club.

I choose the book on grief
and lay it on the counter
like an unclean thing.

The eyes have changed

They look away,

No longer wanting to see inside you.

They secret my purchase away

but I am not concerned

I have been torn open for all to see.

--Rene Strikwerda, TCF Verdugo Hills, CA

Newly Bereaved...

Grief, Healing and Time

Today someone I loved died. I can't believe it. I don't believe it. I won't believe it. Family comes. Friends come. The phone keeps ringing. The doorbell rings again and again. The ringing seems far away. I hear it, but I seem unable to answer. My legs won't move. My feet won't move. I am glued to the chair. Others answer for me. They seem to know I don't remember how.

Tomorrow comes. I didn't want it to ever come. I wanted to go back to the time before you died.

There, I said it. You died. Does that make it true?

There must be some mistake, I tell myself. *Maybe this is just a bad dream. If only someone would wake me up.* When people ask me what they can do for me, I try to tell them the only thing I want is you. They look sad, they gently shake their heads,

they hug me, and still you're not here.

Your funeral is over. Everyone says I did so well. I hardly cried. Don't they see I can't cry, not yet. "She is in shock," I hear someone else say. "Give her time, that's all she needs." I wonder, *Can it really be that simple?* If it is, I just want to run through time, however much time it takes to get to the place where I don't hurt so bad, don't miss you so much. But no, I can't do that. Even if I could, I would only be farther from you. My heart cannot bear that.

Days pass. Tomorrow will be one month since you died. I wonder how I can just skip that day. I am afraid of it; of reliving every single detail of your death, knowing that one month ago you were here with me, and my world was okay. Now I have no world. Everyone keeps telling me that I just need to make a new world. But I liked my old one. I never asked to have it taken from me. Even if I wanted to, I don't know how to start over. I don't know where the beginning of that world is, or how to get there. Everything is so hard and makes me so tired. I just want to stay in bed.

Days pass and turn into weeks. I am stuck in a world foreign to me, wondering where you are and how you could have left me.

I force myself to go through the motions of living and caring for others. They don't seem to notice it's just pretend and I am the star of the hardest role of my life. If only they had just an inkling of the place I am in - of my fractured and broken heart.

I never used to read the obituaries. Now I feel compelled to do so. I feel like a kindred spirit to others who must also travel the road I am on. I still feel so alone. Now they will feel alone too. I feel like I should say something to them, but I do not know them; I only know their pain.

Months continue to pass. I am back at work, back in church, getting my hair done. It all still seems strange, different, and doesn't matter like it used to. Friends call. Sometimes I say, "Yes, I will go to dinner." Other times I say, "Thanks for calling, but not today." Many days it is still easier to just be alone where I don't have to hide my tears when they come, where I can talk to you and not feel strange, where I can just be however I am that day, and not try to fit into the place others have carved out for me.

Finally, one day I surprise myself. I am

humming a tune. For a little while, I feel lighter. I almost smile. I begin to judge myself. *What's the matter with me? How can I be even a little happy when you're not here?* But then I hear your voice in my head, or is it in my heart - the place where you live, saying you are glad that I am humming, glad I can smile, encouraging me to live again. I don't know whether to laugh or cry, so I do both. But later that day I find myself humming again, and I smile, knowing that I am going to be okay.

--Deb Kosmer has worked as a hospice bereavement counselor for the past eight years. Her 14-year-old son and her 31-year-old sister died in separate car accidents in 1989. Deb's writings are published in a variety of grief magazines and she is currently working on a book.

Friends and Family...



"You Are So Strong"

Empty words ... That don't touch the reality that my life has become.

Walking through a fog of incredible pain. Searching for the beloved face I crave to see.

The voice that I strain to hear over the noises of people who have no idea of what the world has lost.

Oh, why can't you see me?

-- Charisse Smith TCF Tyler, TX

Helpful Hint...



A Blow

The loss of a loved one is often referred to as a "Blow." That is exactly what it is, an emotional blow that affects the spirit the same way that a crushing blow on the head affects the body. For a while you are going to be dazed. None of your reactions will be as normal life. In a way, this numbness is a merciful thing, because it deadens the psychic pain while it lasts, but no one who has lost a loved one should expect to feel the same as always, or apologize for behavior that is temporarily erratic or different.

--Norman Vincent Peale

Book in Review ...

Overcoming and Understanding Homicidal Loss and Grief by Wanda Henry-Jenkins.

Wanda identifies three different cycles of mourning when someone you love is murdered: Crisis, Conflict, and Commencement. Covers second victimization and celebrating life. Code JUSC Price \$4.95 ***Hard Work Journal A*** guided Workbook for Coping with Homicidal loss and Grief. A companion workbook to *Just Us*, By Wanda Henry-Jenkins. This guided workbook is a healing tool for anyone who has a family member who has been murdered. Helps you work through the victim experience, judicial procedures, and mourning the loss. Code: HWJC Price: \$4.95 Both books available from the Centering Corp. (402) 553-1200 www.centering.org

Compassion

I cry when a tear rolls down your cheek
 I agonize when you weep
 I know that you question
 I know that you pray
 That you scream at night in your sleep
 I'm aware of your quavering voice when you speak
 Of your lank, straightforward stare
 I know of your pain
 Your depression, your guilt
 That you search for 'a face' everywhere
 I watch as you walk with your head bowed low
 With despair written over your face
 I hear the quick sigh
 The internal cry
 I know how you wearily pace
 I see how you search, for a sign, for some hope
 That the light will still shine in your life
 I know how you live,
 I know that you die
 From the harsh words that wounded, like a knife
 I empathize most with your loneliness now
 Even though you're not always alone
 I see the rapture
 As you speak your child's name
 For, I've lost a son of my own.
 Charmaine H. Stickel

My Treasure Box-

When life is overwhelming, my blessings hard to see,
 I blow the dust from my treasure box, and open carefully.
 For held inside this special box, are gems beyond compare,
 Things I have treasured, stored away with loving care.
 Photos of my angel, a lock of baby hair,
 His first pair of shoes, and baptismal wear.
 Favorite blanket as a child,
 books read and worn,
 Notes of well wishes for the day he was born.
 Toys and stuffed animals, cars of every kind,
 Some well worn from the hands of time
 All are now priceless, treasures of my heart,
 Never with any could I ever part.
 Scrapbooks filled with Mother's Day cards,
 All of them he made, he worked so hard.
 Stories he had written, medals that he won,
 I hold his whole life story, the story of my son.
 My hand reaches for the letters, written when confused,
 Life as a teen-ager, which life path should he choose?
 Mom I've met a girl, as pretty as can be,
 Think I'm going to ask her, if she will marry me.
 Gazing through the album, his wedding filled with joy,
 Then two years later, expecting a baby boy.
 His dreams were my dreams; I still miss him so,
 It's been two long years now that we had to let him go.
 The memories in my treasure box leave me with no doubt,
 I was very blessed for a time, in what love is all about.
 When life is overwhelming, my blessings hard to see,
 I lift the lid to my treasure box; he's waiting there for me.
 - Jody Seilheimer, Illinois In Memory of her son
 Cory Michael Griffin 1/4172 - 8/30/99





Our Children Remembered



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

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

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

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

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

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

Noah William Aragon
Born: 1/05 Died: 2/06
Parents: Rich & Michele
Aragon

Brandon Armstrong
Miscarried: June 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Cherese Mari 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

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

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

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



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

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 Dillely

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

Dominic Roque
Born: 8/2002 Died: 1/2009
Parents: Kerrie & Ren Roque

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Gerald Slater
Born: 2/71 Died: 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Serena 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

Our Children Remembered

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

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: Emily Matilda Kass June 1995 - March 2006



HAPPY 16TH BIRTHDAY
Miss You and Love You.....

We know that you would have been waiting at dawn to get your driver's license (and yes, I don't know how you knew, but you were right... you would have been driving way before Jessica....and by the way, she could sure use one of those limo's you planned to have!

Your spirit, smile and love lives on still inspiring all who knew you as well as those who have come to know you. Jessica and I will be there helping you blow out the candles on your cake. You are forever in our hearts, forever loved and forever missed. Though forever 10 ½ We wish you a Happy 16th Birthday....

Love, Hugs, and Kisses,
Mom and Jessica

A Birthday Tribute to: Michael B. Ruggera, Jr April 1951 - April 1996



It's been 15 years since you were taken from us, and you would have been 60 years old. Our lives will never be the same without you son, we thank God each day for having blessed us with a son and friend like no other. For all the moments together, good and bad, for all the laughs, the lessons and most of all the love we shared together. We are blessed and thankful to God and to you. We will carry this love with us throughout our lives. We will never walk alone for we are never without you.

Old pilots never die, they just flyaway to heaven.

Peace - Love - Eternity
Ruggera Family and Friends

For Siblings ...



Ask Dr. Paulson:

Mary A. Paulson, PhD, is a bereaved sibling as well as a child and adolescent psychologist at Harding Hospital in Worthington, Ohio. Her question and answer column, aimed at bereaved siblings and the family that loves them, appears in the quarterly TCF national magazine, We Need Not Walk Alone.

Q. Jam 35 years old and my only brother passed away this past May at age 27. It was a sudden death—he wasn't physically sick—he was found by my mom in his room on the floor. I haven't had any bereavement counseling for the loss of my brother, but I have been reading lots of books. I have lost others close to me — grandparents, friends—but the loss of my brother has just crushed my whole world. I have good days when I can talk about him without breaking down, but on other days I think of him and can't control my tears. The loss of my brother was very devastating to all of us, my parents as well as me. Since I'm the oldest and now the only child, I feel it is my duty to take care of my parents, and if I don't, then I'm a bad daughter. However, I've been scolded by my best friend that I need to take care of myself as well. How do I continue to do that without feeling selfish and disloyal to my parents or my brother?

A. Once tragedy strikes, the family unit begins to function differently. Although you have always been the oldest child, your world has now made a big shift to being an only child. Your tears demonstrate the depth of relationship you shared with your brother, and that relationship doesn't end. As time passes, you'll notice you have more "good days," when you think of the good times and smile at your memories. You can't share the day-to-day experiences with him, but he will always be your brother. You will always be the person who grew up as his older sister—the person you became by knowing him, caring for him, playing with him, and loving him; That doesn't ever stop or end. You are not being disloyal to him for having good days. I believe he would still want you to have as much comfort, joy, and laughter in your life as possible—even though he cannot

be the source now. Part of caring for yourself is allowing yourself to experience the good days as well as those days when you realize how much you miss him. At the same time, it sounds like you have a desire to share time with your parents too. This doesn't mean you need to become responsible for their moods or emotional well-being. Instead, take the opportunity to share yourself, your love, and your family connections with your parents. Establish a new, stronger, more supportive, and loving relationship with the family that has loved you and grown with you through all the ups and downs thus far in your life.

Writer and assistant editor for George Magazine, Laura Wexier was seventeen and leaving for college in a week when her sister Rachel, eighteen, was killed in a freak boating accident at a summer camp where they were both counselors. The following are excerpts taken from the senior thesis Laura wrote four years later -

"I'm Still Here"

At first, I'm still here was the mantra I chanted inside my head, chiding myself for sadness, urging myself that, unlike Rachel, I was still living and must not be sad, must not miss a moment of time or anything else precious. Months later, unable to contain my grief, I said I'm still here as if I were the only one of my tribe to escape slaughter and wandering plains alone. I wanted to die. Not because I hated life, but because I wanted to see Rachel.

Many times my parents, washed in grief, looked at me through saltwater, saying "You're still here. You're all we have left." Those words weighed heavily upon me, made me feel too loved, too lucky. And they made Rachel feel too gone. But, just as many times I wanted to shake my parents out of depression and back into life before Rachel's death, saying "I'm still here. Don't you leave me, too."

For almost a year after Rachel died, I didn't say her name out loud. The sound of the R and the A and the ending L felt foreign on my tongue. Later, when I joined a support group, the facilitator noted that I never said Rachel's name. It just hurt too much. And if I'd have my choice, I would have asked my parents not to

say Rachel's name either. Any instance we now used her name was unhappy.

Talking about families or home or anything in my past was terrifying for me. Sometimes, as I told a story or recounted a memory, I said "we" instead of "I". Pretty soon, though, I got the hang of checking over everything in my head before I opened my mouth. The thing is, though, if you tell a lie enough times, you start to forget the truth you're trying to cover up in the first place. I started to feel my memory blurring and that frightened me. Memory was my only link to Rachel.

I ask myself why I have such trouble talking about Rachel's death or even her life, and come up with a couple of things. I really believe no one understands my particular pain, the things I've lost, tangible and intangible since Rachel's death ... The only person that knows exactly how I feel is dead.

It's hard to worry about your own grief when your parents are not parental anymore. My mother, who probably told me when to take my first breath and how long it would last, abruptly withdrew from being an overbearing presence in my life. She never left me completely, but there were enough times when she'd look down at her feet and say quietly... "Laura I just can't take this right now. I'm lucky if I can get up in the morning." And just as I wanted my old self, my old world back, I wanted a mother I could fight with.

My father sits at the head of the table, head bent to his chest, and pulls his glasses off to sob freely... This idea that you should be able to protect and comfort and be there for your parents even more than for yourself is particular to people on the brink of adulthood. Like me. In other words, if I were twelve or thirteen, few people would expect me to assume a parental role. But, as I was eighteen, it was apparently okay for people to continually ask, "How are your parent's doing? Are you helping them as much as you can?" I felt guilty enough about being alive. And then to have people insinuate that my main function in life thereafter was to be a comfort for my parents made me feel worse. Because I honestly didn't see that my parents were remarkably comforted by me. They were sad when I was there and when I wasn't.

And I couldn't do a thing about it....

Happy Father's Day

Today is Father's Day, Daddy.
This is your special day.
I realize this is hard for you
since your son went away.

Today should be a happy day
for fathers far and near.
But for you it's not that way
because not everyone is here.

Along with the joy you feel
because you are a Dad,
comes the hurt you have
for the son you once had.

The rest of us kids realize
that Wade is on your mind.
The card looks so strange
without his name signed.

WE all miss him a lot, and
we really hurt for you.
Even though he is gone now,
his Dad is still you.

Although he can't tell you,
the rest of us can.
"Happy Father's Day, Daddy!"
We do understand.

--Delaine Reindel, TCF, Houston, TX

For Grandparents...



My Tribute To Justin

You used to come to our home to stay;
I loved to watch you run and play.
Then you'd hide from me and I'd call out in fear
and a little voice would whisper,
"Grandma, I'm right here."
We'd go to the park or school, side by side
you played on the carousel, swing or slide.
Sometimes you'd disappear and I'd call, "Justin,
dear" and a little voice would whisper.
"Grandma, I'm right here."
Off we'd go and maybe sing "This little light of
Mine," or the "Achy Breaky" thing
And stop by Circle K

for your thumb sucking ring.
 You'd hide behind the candy rack and I'd call,
 "Justin dear" and a little voice would whisper.
 "Grandma, I'm right here."
 We'd go on home for a bite to eat-peanut butter
 or hot dogs to you was a treat.
 Then we'd go out and play until we couldn't see,
 then come in the house to watch TV.
 You'd crawl on my lap; I'd whisper in your ear
 and a little voice would whisper, "Grandma, I'm
 right here."
 I know you don't want me to be sad
 or shed a tear,
 but what I'd give once more, to hear that little
 voice whisper, "Grandma, I'm right here."
 --Grandma Rappi,
 Friends & Families of Murder Victims Newsletter

From Our Members...



Year Eight ...

"This is the right kidney." I leaned forward, straining to make sense out of the white and gray swirls. My wife, Kitty, did the same as we both examined the X-ray.

The doctor went on. "Normally we would see the other kidney right here, a little higher up." He used his pen to circle a mass of light gray. "But as you can see, there is only this tiny area." He drew a smaller circle. "That is what is left. Full kidney failure. And it gets worse. This mass over here is what we call 'broken glass.' It's milky, unlike the rest of the picture which is clear." I looked at where he was pointing and sure enough, bones and organs stood out clearly in the entire picture except one part. "I suspect this foggy area is cancer. We won't actually know until we do a biopsy."

All the wheels are coming off at once, I thought to myself as the doctor continued. "And I'm afraid there is more bad news from the blood test," he said pulling a slip of paper out of a folder and laying it down on the metal examining table in front of us. "Stars are things we don't like to see. Look. An asterisk here means the blood is outside normal limits."

I scanned the paper quickly, seeing asterisks by most of the meaningless numerals opposite scientific names. I decided to go back to the

scariest word. "If it *is* cancer, what do you do?" I asked softly.

"Probably chemotherapy, just as you would expect. It depends on the type of cancer. An oncologist will have to tell us that. On some cancers chemotherapy works very well. On other types it doesn't. Here, chemo is just like giving antibiotics. You don't have the strong reactions, loss of hair, and sickness that you probably are thinking of. But you would only be adding a few days; a few weeks at best. Of course, it's your decision. Would you like some time alone?"

I felt angry with myself as tears welled up and the first one escaped down my cheek before I could catch it. Kitty was crying, too. "I'm sorry doctor," I blubbered, feeling embarrassed. "I know it's just a cat. But it was my son's cat and my son died eight years ago. It's the last thing of his we have alive." And I reminded myself again that you never get over it. Never.

We made the decision and Tigger, a gray tabby, 16 years old, and Mark's cat for half its feline life, was put to sleep with both of us holding him in a brown towel. "Go be with Marcos," Kitty whispered as the doctor injected a pink anesthetic into the cat's hind leg.

It was just a cat. It was just a stupid, stupid cat. But it wasn't. It was another link, now gone.

--Rich Edler, TCF South Bay/L.A., CA

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



Upcoming National Conference...

TCF's 34th National Conference will be held in Minneapolis/St. Paul, July 15-17, 2011 at the Sheraton Bloomington Hotel. You will find it to be another great conference with around 100 work-shops, sharing sessions, special keynote speakers at the Opening, Closing and Friday Afternoon and Saturday Evening banquets, Hospitality Room, Butterfly Boutique, Reflection Room, a completely stocked bookstore, special Friday evening entertainment and a Remembrance Candle Lighting. TCF's Walk to Remember will be held Sunday morning. More

information or registration is available at www.compassionatefriends.org or call (877) 969-0010.

Editor's Note: If you have never attended a TCF conference, I highly recommend them. I was hesitant at first also, but let me reassure you, you will find such comfort and healing among other bereaved families that you will come away with tools and words of encouragement that you will find helpful in the months to come. While it can seem overwhelming at times, I felt I did an amazing amount of healing in a single weekend because I chose workshops designed to address specific topics I was struggling with. The other newly bereaved parents, siblings, and grandparents were just as afraid as I was, and together we reached out to each other and shared a special weekend that was completely dedicated to the love and special bond that we still share with our children. I hope you can arrange to attend, I know I'm sure glad our family managed to attend... it really helped us all. - Lynn

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



Phone Friends... Sometimes you want or need to talk about the life and death of your child or with someone that understands and can share your pain. The following friends are on the telephone committee, and are available to talk when ever you need someone who understands.
Cheryl Stephens (chapter leader) (323) 855-2630

Kitty Edler (310) 541-8221
 Karen Merickel (310) 375-2498
 Richard Leach (grandchild) (310) 833-5213
SIBLING PHONE FRIENDS
 Kristy Mueller (310) 373-9977
 Joey Vines (310) 658-4339
 Sue Gardner (310) 316-3777
Regional Coordinator
 Susan Hawkes (818) 249-7786

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

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

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

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

The Compassionate Friends So. Bay/L.A.,CA:
 (310) 368-6845 Parent support group & newsletter for bereaved parents and siblings.

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

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

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

ALIVE ALONE: For parents who have lost their only

child, or all their children. 1112 Champaign Dr., Van Wert, OH 45891 Newsletter available.
 www.Alivealone.org

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

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

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

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

NEW HOPE GRIEF SUPPORT COMMUNITY: Grief support and education groups for adults and children. Susan K. Beeny, 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 LEADER: Cheryl Stephens
 NEWSLETTER EDITOR: Lynn Vines
 TREASURER: Ken Konopasek
 CARDS & 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 David Charles Dickens, February 1979 - March, 2011. Our Hearts and Prayers go out to the Dickens Family on the untimely death of their Beloved David. He's remembered by all for his loving, caring ways.

From Ron and Stella Balesh

In loving memory of Tom O'Brien, January 1960 - March 2010. It was so unbelievable to become aware of TCF and to learn that the grief we share was unique, and that we really do need each other. I am sad to leave my son's beautiful home area, the beach and all, but glad to return to my actual house in New Jersey.

Love, Mom

In loving memory of Michael B. Ruggera, JR. April 1951 - April 1996. We all love and miss you very much and will always keep your memory alive. It's so hard to believe that 15 years have passed.

Love, Dad, Mom, and Brother

In loving memory of Jeffrey Alan Sampson, March 1986 - May 2005. You left this world six years ago - much too soon. We miss you every day.

Love, Mom and Dad

In loving memory of Emily Matilda Kass, June 1995 - March 2006. Happy 16th Birthday Sweetie Pie! We love you forever and know you are driving a new car today!

Love, Mom and Jessica

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

When making a donation, please make checks payable to: The Compassionate Friends South Bay/L.A. Chpt.

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

In loving memory of _____

Birth date _____ Death date _____ Sent From _____

Tribute _____

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

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

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As Father's Day approaches,
we wish all the Dads
a peaceful day,
filled with warm and happy
memories of times shared
with their children.

– Change of Service Requested –



JUNE 2011

Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

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

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

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

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

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

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