



# THE COMPASSIONATE FRIENDS



## South Bay/L.A. Chapter



Supporting Families After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

JUNE 2013 ISSUE

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### OUR NEXT MEETING

will be June 5<sup>th</sup>, the first Wednesday  
of the month at 7:00 P.M.

#### LOCATION:

The Neighborhood Church  
415 Paseo Del Mar  
Palos Verdes Estates, CA 90274  
(South of Torrance Beach)

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

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.--**

#### The Compassionate Friends Mission Statement....

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

June 5<sup>th</sup> is our pot-luck and Remembrance Program instead of our regular meeting.

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

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

**The TCF National Conference** will be July 5 - 7<sup>th</sup> in Boston, MA More info on page 18.

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### The June 5th meeting is our Balloon Lift-off and Potluck dinner ...

Instead of a regular meeting, family members and friends are invited to join us at 7:00 P.M., when we have our pot-luck balloon lift-off in memory of our children. This annual memorial meeting has become a very special favorite for those who have attended each year.



We will meet in the main hall at 7 P.M. to write our messages. Then go outside and send the balloons off together, with the liftoff at 7:15. After which we will return for a light supper and a short program. Sharing this special event is one way we can honor the memory of our children with friends and family. As a tribute to your loved one, you are invited to share a poem, reading or song about your child or your grief.

Each family is asked to bring a main dish and either a salad or desert to share after the balloon launch. The potluck and balloon celebration will be held in the main hall instead of our regular room. 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 hope you and your guests will join us as we honor the memories of our departed children.

*Below 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.

This month's newsletter will focus on "**Dreading the Summertime rituals.**" Handling Father's Day, birthdays, anniversary days, weddings, graduations, and vacations, these take on a new meaning after a child has died. How can we look forward towards any type of celebration when we can barely get through the day? The thought of attending events where everyone else is happy and excited somehow seems hypocritical. And yet, if your child was still here the thought of missing a milestone in a friend or family members life would not even be a consideration. A vacation seems pointless...there is no vacation from grief. What is a bereaved family suppose to do?

We hope the following articles on how other bereaved families got through these summertime experiences will help you discover ways that may help your family when faced with similar circumstances.

## June

It might have been her wedding. It was supposed to be his graduation day; his friends are there - he is not. You had always planned to take them to Disneyland, but it is too late for that, now. When they died, they took some of your future as well; they took your dreams for them. They left a hole in your life and you will never feel completely whole again.

Should you accept those invitations to weddings and graduations? Only you know what is comfortable for you ... Give yourself all the room you need, no matter what anyone else says. Perhaps this year, you will want to send a card or gift instead of attending the event.

A couple in our chapter went to their son's friend's wedding reception and skipped the wedding ceremony, which would have been too painful for them.

One mom said she left a graduation with mixed emotions. She ached for her son's place in line, getting his diploma; but she also felt honored to have been invited by her son's friend and proud

when they brought her flowers "for Jim," and she loved hearing all the stories about her son that they shared.

What you have left is the love you feel for them, the memories that they left you - these will always be a part of you. In this way, they are a part of your future.

This is a very sad and difficult time for you, so do something nice for yourself today. Isn't that what your child would have wanted?

--LE. Skagit Chapter, Mount Vernon, WA



## Graduation

I walked quietly to a faraway seat in the bleachers. I sobbed as I walked through my old high school, the one Morgan would have attended. I was armed with tissues and angel pins for her friends. Other parents held balloons, flowers, teddy bears, and signs with their children's names on them.

I had given a scholarship on Monday, even giving the speech myself. I stumbled through with kind words for my daughter and kind words for the girl receiving it. She was delightful and let me take a picture with her. She gave me a hug and I thought if I can get through this without falling apart, I am strong enough for anything.

Apparently I was wrong. As I heard each girl's name called out, I sobbed more and more. These were the friends she had grown up with, the friends she held so close to her heart, as her friends were the most important thing to her. Each set of families cheered and screamed as their child's name was read. If anyone saw me sitting all alone at the end of the aisle crying in my tissue, they did not let on.

After the ceremony, all the graduates and their families gathered into the middle of the field. I sat in the bleachers waiting for the tears to subside so I could go seek out her friends to award the angel pins too. One of her best friends found me in the stands and came and gave me a hug. I took her picture to add to Morgan's book. I then went down and searched the field for other friends. They each hugged me and some took pictures with me. I cried a little quieter and congratulated them. I quickly moved on so as not to make them too sad. Finally I walked the long distance to my truck and realized that I had made it through another terrible milestone. As I drove home, I realized that this is the way it is going to be from now on, my grief to be

hidden the best I can so no one is uncomfortable.

I drove home with tears so heavy in my eyes I could barely see where I was going. I did make it into the driveway where I sat and screamed until I was exhausted. As I sat there screaming, the neighbors pulled up with their new graduate laughing and yelling in happiness... As it should be...

-- Gretta Earnest, Mo's Mom

## Anniversary of Death

It's true that he's always in the back of my mind  
But he's not always on my mind.

When I think of him now,  
I remember him warmly.

I rarely cry anymore out of hurt or anger.

But there are times when something can throw me  
right back to that very day.

And the depth of my feelings of loss and pain  
once again equal the depth of my love for him.

And I cry. And I hurt.

But it reminds me all the more that he will always  
be part of my life,

and that he's special enough to care about.

Time has healed me

But time has not made me forget.

--by Janis Hell

## Birthdays in Heaven

"Mommy," my son asked when he was about three years old, "does Emily have birthday parties in Heaven?"

"Of course," I told Sam. Just as quickly I was describing the pin-the-tail-on-the-donkey games that children play in Heaven, the musical chairs games, the leapfrog contests and the sack races where children jump from cloud to cloud. But while birthday celebrations in Heaven may be festive - of that I have absolutely no doubt - on earth it is often harder to share the revelry.

I dreaded the arrival of Emily's first birthday. It filled me with terror. How could I observe the day this child entered the world without falling completely to pieces? Yet how could I not observe it? I have consulted with other parents who confessed that birthdays and anniversaries were often agonizing. And the worst thing is, with dead children there are always birthdays and anniversaries looming on the calendar. There's the anniversary of the child's birth - and the

anniversary of their death.

There's the day the child was taken ill, or injured, or killed. There's the day the child first smiled, or walked or talked or whatever. With the child gone, these occasions take on new dimensions.

In the end my fear of Emily's birthdays turned out to be worse than the event itself. Yes, I felt empty and sad. Yes, I missed her with nearly a burning sensation. Yes, I moved with a heaviness far greater than my body weight. On Emily's birthday, my husband and I spent a great deal of time sitting close to one another, saying very little. We took a long walk, visited her grave, and talked to her. We held a birthday party, just me and my husband. We bought her a card, baked her a cake, put her picture on the table, and sang happy birthday.

People who have not lost children may consider this a ghoulish practice. They are adherents of the "get on with it" school of thought which we know to be a flawed theory - invented by people who cannot imagine the impact of their own child's death. For us, the birthday ritual has become a treasured family tradition. It's become a festive moment, an occasion to remember this little girl who brought such joy.

--From *After the Darkest Hour, the Sun Will Shine Again* by Elizabeth Mehren.



## Vacations

If you are a newly bereaved parent, you are probably not looking forward to your vacation this year. In fact, you may be dreading it and wishing everyone else would forget it this year. However with a little extra thought and consideration, your vacation can prove to be a time of healing and relaxation. Talk with the other members of the family and find out what they want to do. It may be a good idea to change your routine and go to an entirely different place this year. If you usually vacation with members of your extended family or friends, be sure they understand that you will not be the same this year. If you feel that you will have to "have a good time" for their sake, don't go. The effort it will cost you will be exhausting.

Use the time to get to know your spouse again and/or spend quality time with your other children. Don't try to pack so much into your vacation that you "will not have time to think". That tactic does

not work and leaves you more tired and more depressed than before your vacation.

Be good to yourself and your family. If you are finding that you are enjoying yourself, don't feel guilty. You deserve it and it does not in any way diminish the love you have for your child. Above all, leave time to rest and remember that although your vacations will never be the same as they were, there will be a day when you will look forward to them rather than dread them.

-- Barbara April TCF, Atlanta GA

## 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 that has brought me so far 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

## Our Lost Treasure

I saw my wife pull out the bottom drawer of the old bureau this evening, and I went out and wandered up and down until I know she had shut it up and gone to her sewing. I haven't dared look at them for a year, but I remembered each article. There are two worn shoes, a little hat with part of the brim gone, some stockings, pantaloons, a coat, two or three spools, a broken crockery and some toys. Wife, poor thing, goes to that drawer every day of her life and lets her tears fall upon the precious articles; I dare not!

--Anonymous, 1885



## A Father's Journey Through Grief

From my perspective as a bereaved parent, the most powerful and meaningful thing someone can do for us is to stick with us today, tomorrow and forever. It's a blessing to be a father and have the gift of children in our lives, but when they die, the blessing can at times (in the beginning) feel like a curse because of our incredible sorrow. Since we can't have our kids physically in our life any longer, we want their memories brought to us in any form. Acknowledgment of our kids is important to a bereaved parent because the calls, cards and gifts are about the lives of our kids. Those memories are living, breathing snapshots of them. Bringing that back is a very good thing. A powerful and much appreciated thing. The comfort comes when our children are remembered. If we cry when our child's name is brought up, you don't create those tears. They're always only a heartbeat away. And, in most cases, those are tears from a grateful heart for remembering us. We appreciate so much that our children are not forgotten because once they die, they create no more memories. I never realized Brendon's past was so important until his future died.

As our support diminishes, we sometimes think our kids don't matter anymore to others. When friends and family stop talking about them, stop saying their name or remembering birth and death days, we think our kids are no longer important in their lives. Ultimately it's only us who needs to remember our kids, but when others do it's very, very nice. By speaking their name, sharing a memory, a photo or memento you're also validating us as parents. My son is dead, but I will always be his father. His death took his life on earth, but it didn't take our relationship. I still talk to him, wish him a good day and ask him to visit. I can no longer actively parent Bren, but I now see myself as the parent and caretaker of his memories.

A father's grief differs from a mother's in that our grief also encompasses the role of the protector. And the possible guilt of not having been able to do that for our kids. As the father, one of our responsibilities as defined by our culture (and maybe all cultures) is to safeguard our children from harm. "Daddy will protect me" is learned from an early age. When they died, many fathers experience extreme guilt because they didn't feel they did their job. Why didn't I take away the keys?

Why didn't I see the symptoms earlier and act on them? Why? Why? That guilt can be hard to let go. I'm fortunate in that I never had that issue on my plate. But, I do know that "letting go" has been one of the most productive things I've done for myself. Especially letting go of the expectations of myself and expectations of what I think others want me to be.

I've come to realize that grieving and healing are synonymous terms. As we grieve we heal. Conversely, if we don't grieve, it's much harder to heal. It took a long time for me to understand that for myself. I used to think that grieving made my life worse. How could my tears and pain be doing me any good? But, I now know that the tears, release of anger, talking, sharing and confronting my pain are all part of my grief work which has helped me heal. Just like any other job, we have to do our work to reap the benefits. Grief work is the hardest job I will ever have.

I miss Bren with all my heart and soul, but I would not give up one moment of my pain if it meant giving up one moment of my love. I miss Bren so much because I love Bren so much.

-- Rob Anderson

<http://www.thecomfortcompany.net/generic27.html>  
~reprinted from "Always Loved - Never Forgotten" weekly online newsletter

## The Child Who Wasn't Perfect

I cannot say, as I have heard other parents say, "My child has always been a joy and a pleasure; never gave me a minute's trouble." I cannot say that.

I had a son who was always trouble. He was born cross and irritable, a real trial from the word "go." He seemed to be in protest at having been born, from his very first breath and outcry, through the rest of his life. His 37 years of life were one long outcry of protest, misery and unhappiness.

He expressed his tormented spirit through music, poetry and a beautiful American Indian spirituality. But in spite of the pain that was in his heart, he had a wide smile and a hearty, big laugh that belied the torment that raged inside him. He had a strange, mysterious wild charm, to which all who met him fell victim. He seemed to be born in the wrong time, the wrong culture, with a crippled spirit, and a body that carried a fatal flaw: addiction. He put himself and his family through the agony of the damned.

Step by step he destroyed himself, as we watched with grieving hearts. He rejected every effort to save him.

Then came that fateful week. Some mystery reached out for him. His body, his spirit defied every weapon at science's disposal to diagnose and save him--one by one his vital functions failed--and he was GONE.

The word "forever" suddenly had a new and terrible meaning.

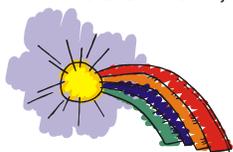
So, he was hard to love. BUT WE LOVED HIM EVERY STEP OF THE WAY.

We had him because we wanted him and we loved him every minute of his life. Our grief has been no less because he was not a perfect child. It has just been an extension of the grief we lived with all those years, as we watched him destroy himself; an extension of the agony that we were helpless against--the "MONSTER" called addiction that destroyed him.

Yesterday was his birthday. I longed for the sight and sound of him, and that wild, melancholy charm that vanished a year and a half ago. My heart stays full of tears, they are always just beneath the surface. I struggle daily to keep them out of sight of my fellow man, who does not want to share my pain.

So I come home and sit on my porch in the dark, listen to the rain or the night sounds and stare into space. And I cry--and I cry--and I cry for my CHILD WHO WASN'T PERFECT.

--Lee's mom, Jane Miller TCF Atlanta, GA



## Hope

Perhaps one quality that we need but find so elusive to attain is Hope. Hope that the future will somehow get better, brighter, or even tolerable. Hope that time will be kind and cure this heartache or at least make it manageable, bearable. How can we have hope when our children are no longer with us the way we would like them to be?

So here Janet and I are at our first meeting of The Compassionate Friends after our son Brian's fatal accident and people are talking or laughing or just being normal. It would seem to be impossible to contemplate laughter when breathing is a chore. I remember thinking I must be in the wrong place. There is no way these folks could have lost a son or a daughter. They are much too happy. I was so hopelessly uncomfortable. Our world was upside down. There was no gravity. Air was sparse. Food

was barely a necessity. Sleep, though sporadic, was usually a relieving savior if only for brief periods. One of the great accomplishments of the last two months had been driving to and finding this meeting place called The Compassionate Friends. Just getting out of the car was a monumental task. Walking the 75 or so footsteps to the entrance of St. Timothy's took a lifetime. I remember strangers everywhere. I remember being asked some questions that sounded like a foreign language. I could not comprehend the words. Speaking English for nearly 50 years was not enough to grasp what was being asked of me. Are you new? Is this your first time here? Did you lose your child recently? I knew this could not be happening to me and at any second I would wake up from this bizarre nightmare of insanity. The fog would lift and life would be the way it was. The way it was suppose to be. We would sit and talk about our children, how could this be possible? Conversation with another was at best a useless struggle when communication had lost its value. I felt resentment at their disrespectful normalcy. Didn't they know I had just lost my son? How dare they pretend to enjoy themselves? They must be friends of someone who has lost a child. They can't possibly be bereaved parents! The urge to leave was strong. But where were we to go? There was nowhere. There was only before Brian died and after Brian died. The where was always irrelevant and often nonexistent.

We stayed. We came back for the three meetings suggested by the experienced Moms and Dads. Not three meetings in a row but over the next six or seven months we made it to at least three. At the meetings we could feel, hear and see our desperation reflected in the faces of other Moms and Dads. The death that was caused by illness, accident, murder, suicide, drowning, drugs, to the infant of a few days, to the son in his 50's, the precious ten year old, the teenager not yet graduated, the youthful in the beginning of their lives, the specifics were quite varied but the outcomes identical. When all was said and done the cause or the age didn't matter to the hopeless. We were broken adults that were united by the loss of our children.

We grew to miss the meetings when we didn't attend them and wondered how the other new folks were getting along. We cared for them. It seemed like we had not cared for anyone or anything for so long. In retrospect this may have been one of our first steps in healing. We cared

for someone we didn't know. We grew to appreciate the help of strangers who had become our friends. We were interested in how they were doing. We knew that our situation was sadly familiar to them. Our despair slowly turned to hope in the future as we compared our state of mind at that very first meeting to that of our most recent. The healing progress had been subtle but upon closer examination it was definitely present. It may not seem like much at the time you are drifting aimlessly through this valley of tears but we learned that if you keep moving through the setbacks those tears on your face will turn to raindrops from above and the light at the end of the tunnel will not be another train! We had finally found some Hope and you will too.

--Pat O'Donnell Livonia, Michigan



## In Memory

Death by suicide I cannot understand  
 Why you chose to die by your own hand  
 All that loved you are left behind shattered,  
 It's almost like to you, we never even  
 mattered.  
 We trudge along, work through our grief,  
 We call out your name, but still ... no relief.  
 At holiday dinners and birthday bashes,  
 We watch for you, and get nothing but ashes.  
 I still get angry at the choice you made,  
 But I love you still and in peace forgave.  
 I still feel guilt that I didn't change your mind,  
 I keep praying to God so peace I'll find.  
 When my day comes and God takes me home,  
 Together again side by side we'll roam.  
 Maybe then you can tell me, maybe then I'll know  
 Why on that night you felt you had to go.  
 Maybe you can tell me why you called that night.  
 Were you asking for help?  
 The words, I said, were they right?  
 I guess I need to hear, "You're not to blame" from  
 you.  
 I need to know beyond a doubt  
 The blame, the choice was only you.  
 If only you could send me a sign from up above,  
 I could give up the guilt and concentrate on our  
 love.

--Verna Morrish TCF Lapur, MI

## Letting Go Of Misunderstandings

It must be a truism that we all feel a little

misunderstood in our grief. Ever since May 25, 1989, when our little girl died only after 44 hours of life, we have faced a variety of attitudes regarding her death and our mourning process—from downright rudeness, to tremendous compassion and understanding. Yet all we ask is the chance to allow her to "BE". We loved her from the beginning, and when she died, our love didn't simply stop. Quite the opposite, in fact, and more complex in ways because she is dead. Even so, we want to give her life significance. We want her to be proud of her Mommy and Daddy. We want her to exist not only in our hearts, but in everyone else's as well.

A bit much to ask, do you think? If the truth be told, we probably all feel very much the same way. We have each been faced with attitudes that are hard to understand, whether our child was miscarried at eight weeks or lived to be forty years old. We, as parents, simply cannot allow any indifference concerning our children. Some part of us pleads for new understanding from our family and friends.

We were very concerned that folks would think since Lindsay was "just a baby" when she died, then we only had a little amount of grief, or that we really have no reason to mourn her passing. I held on to this misunderstanding, even (because of a few bad experiences) with some dear friends of compassion.

There are a few who consider us lucky, and I concede their point. In contrast to some of the other stories we hear in The Compassionate Friends circle, our child's life and death seem relatively simple. Sometimes I want to get down on my knees and beg your forgiveness for asking you to understand my grief when yours seems the ultimate tragedy. My heart aches for each and every child who has died.

Who am I to compare our circumstances with the one who lost all her children, or their only child, or their firstborn son, or the one whose son was in and out of the hospital his whole life, or even the one whose child died from miscarriage? At least we had nine months together!

Who am I to determine which cause of death is worse? Would it be an automobile accident, or suicide, or murder, or sudden infant death, or a long-term illness, or a stillbirth? Who could possibly say? Who would "prefer" one over the other? Surely not I. I would prefer no death at all. And what is the "perfect" age for a child to die? In

the early weeks of pregnancy, before the mother even felt life? At birth, before hearing a cry? Or a few days or weeks later? Would it be better if we got to spend more time with them--five, ten, twenty years? How long is long enough? It's always "too soon".

Is it harder to mourn the memories we do have, or the memories we do not have? It is harder to mourn for what was, or what was supposed to be?

It is harder to bury the baby child, or the one who lived fifty years or more? Enough of this! There is no need to compare. If we have any hope at all of anyone understanding our agony, then we only have each other, my dear Compassionate Friends. Our baby's death may seem effortless and uncomplicated. She was born, she died. The end. But it's not the end. However simple Lindsay's little life may seem, the process of mourning her death has never been simple. It is the most intense pain I have ever suffered, just as yours is. It is a shock to the system and life-altering effects. The death of any child at any age, under any circumstances is the most horrifying, devastating, humbling event in our lives.

Before joining The Compassionate Friends, I got the distinct impression that any mention of our baby was a sign of mental instability. Thank-you for showing me differently. The truth of the matter is, there will always be those who think I'm a little "crazy" where Lindsay is concerned, and there will always be those who cannot understand. But I can't let it stand in the way of my recovery any longer. I am determined to let it go, and cross this stepping stone towards reorganizing my life in a positive way.

-- Dana Gensler TCF South Central KY

## Friends and Family...



## Father's Day

As the day approaches, I wonder how I will react. Am I still a father?

I will sit quietly, never allowing friends or family to see how I feel?

I miss my son, but I can't allow myself to "break".

I must remain strong and always be the rock.

I wish I could just let someone know how much

I miss my little angel.

How much I cry and how much I miss hearing "Dad, I love you."

I am a father, but I wonder... "Will I just pretend, as

usual, that it doesn't bother me?"

Remember me, for I hurt too, on this special day.

—TCF Tampa, FL newsletter

## Newly Bereaved...

### It's Okay...

**IT'S OKAY TO GRIEVE:** The death of a loved one is a reluctant and drastic amputation without any anesthesia. The pain cannot be described, and no scale can measure the loss. We despise the truth that the death cannot be reversed and that somehow our dear one will not return. Such hurt! It's okay to grieve.

**IT'S OKAY TO CRY:** Tears release the flood of sorrow, of missing and of love. Tears release the brute force of hurting, enabling us to "level off" and continue our cruise along the stream of life. It's okay to cry.

**IT'S OKAY TO HEAL:** We do not need to "prove" we loved him or her. As the months pass we are slowly able to move around with less outward grieving each day. We need not feel "guilty", for this is not an indication that we love less. It means that, although we don't like it, we are learning to accept death. It's a healthy sign of healing. It's okay to heal.

**IT'S OKAY TO LAUGH:** Laughter is not a sign of less grief. Laughter is not a sign of less love. It's a sign that many of our thoughts and memories are happy ones. It's a sign that we know our dear ones would have us laugh again. It's okay to laugh.

### GRIEF - IF WE AVOID IT WILL IT GO AWAY?

Dealing appropriately with grief is important in helping to preserve healthy individuals and nurturing families, to avoid destroying bodies and their psyche, their marriages and their relationships.

You can postpone grief but you cannot avoid it.

As other stresses come along, one becomes less able to cope if one has other unresolved grief. It requires a great deal of energy to avoid grief and robs one of energy for creative expression in relating to other people and in living a fulfilling life. It limits one's life potential. Suppressing grief keeps one in a continual state of stress and shock, unable to move from it. Our body feels the effects of it in ailments; Our emotional life suffers. Our spiritual life suffers. We say that the person is "stuck in grief". When a person faces his grief,

allows his feelings to come, speaks of his grief, allows it expression, it is then that the focus is to move from death and dying and begins to promote life and living.

--from: SAVE- Suicide Awareness/Voices of Education, Minneapolis, MN

## Welcome...



## Welcome to the Club

I belong to the toughest club in the World!  
 No, it's not the Marines.  
 It's not the Green Berets, or the Navy Seals.  
 I belong to The Compassionate Friends.  
 We are one tough bunch, let me tell you.  
 Though you would never suspect it  
 as you watch us wiping away our tears.  
 The initiation to join the club is so horrible  
 that nobody willingly volunteers.  
 So we are chosen.  
 Who knows why, or how.  
 There is no just reason. We just are.  
 You see, in order to become a member of our club,  
 you have to be able to withstand insurmountable  
 pain.  
 The agonizing pain of having your soul ripped away  
 from your body.  
 Having it torn to shreds, and left strewn all over the  
 place.  
 You're left alone.  
 You slowly pick up the pieces of your soul.  
 You try to fit the pieces together,  
 but some of the pieces are missing.  
 You're left with gaping holes where once a large  
 part of your very being existed.  
 You've lost your child!  
 That entitles you to become a member of our club.  
 You wish that this never happened.  
 You want to go back to the way things were before.  
 You don't want to be a member of this club.  
 But you are!  
 So, my fellow sufferer, we look to each other for  
 support.  
 Like victims of a shipwreck, we tread the icy water,  
 we cling to anything that will keep us afloat.  
 We find solace in knowing that we are not alone.  
 There are other people out there that can  
 understand how we feel.  
 For believe me, no one can even imagine what  
 we've endured.  
 In order to know, you have to be one of us,

a Compassionate Friend.

--David Pattison, Marie's Dad

Editor's note: This poem says it all. We are here to help you through this terrible time in your life. Having been in the position you are now in, we truly understand what it takes to survive the death of a child. We invite you to attend our meetings where you will find the compassion and understanding that bereaved parents need on this journey through grief.



## Helpful Hint...

Healing from the death of your child is much like wisdom; it can't be forced, yet it comes upon you if you let it.  
 --Dr. Tom Frantz, TCF Buffalo, NY

## Book in Review...



AFTER THE DEATH OF A CHILD, by Ann K. Finkbeiner. Ann lost her son when he was 18 years old. Several years later, she noticed she was feeling better and wondered whether this feeling was what was meant by "recovery". She read all of the research into parental bereavement and asked hard questions of 30 parents whose children had died at least five years before. In this book, she combines the research and the interviews in a compelling account of how parents move through their grief, get on with their lives, but never let go of their children. (Grief related books are available from the Centering Corp. Call (402) 533-1200 for a current catalog. Remember to tell them you are a member of TCF for free shipping.)

## Walking in the Shadow of My Child

Wherever I go, I walk with his shadow on my being. I am clothed in a coloration not visible to the naked eye. It casts an unexpected influence on how I carry myself as I journey through life. It clouds my way of looking at things; forces perspectives which I didn't know were a part of my psyche. The shade of grayness through which I now view things absorbs some of the radiance which I experience. Yet my shadow comes not from the valley of death, but from my child being closer to the light.  
 --Ed Kuzela, TCF, Atlanta



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

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

Brandon Armstrong  
Miscarried: July 1995  
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Robert Bolde  
Born: 7/94 Died: 9/12  
Parents: Diane & Paul Bolde

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

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

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

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

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

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

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

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

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

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

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

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

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

Scott Buehler  
Born: 3/80 Died: 2/08  
Mother: Elizabeth Buehler Miller

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

Kevin Castaneda  
Born: 4/94 Died: 4/13  
Parents: Fernando & Aleda  
Hockenberry

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# Our Children Remembered



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: 7/02  
Mother: Kathleen Dodd

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Dakota Max Haight  
Born: 9/27 Died: 9/12  
Parents: Gail Cochran & Bill  
Scar

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Michael Kroppman  
Born: 12/88 Died: 3/12  
Parents: Brenda & Greg  
Kroppmann

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

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

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

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

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

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

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

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

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

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

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

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

Shauna Jean Malone  
Born: 8/70 Died: 1/13  
Parents: Tom & Mary Malone

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

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

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

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

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

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

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

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

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

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

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

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

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



# Our Children Remembered



Patricia Acha Miller  
Born: 1/62 Died: 11/10  
Mother: Christina Acha

Denise Northbrook  
Born: 2/67 Died: 8/31  
Parents: Mike & Barbie Schafer

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

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

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

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

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

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

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

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

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

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

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

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

Steven Randall Prather  
Born: 9/62 Died: 8/10  
Parents: Stu & Evalyn Prather

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

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

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

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

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

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

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

Shannon Quigly  
Born: 11/26 Died: 1/09  
Mother: Kathleen Shortridge

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

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

Tyri Ojose  
Born: 9/10 Died: 7/10  
Mother: Maureen Ojose

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

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

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

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

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

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

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

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

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

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

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

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

Leo Joshua Rank II  
Born: 3/11 Died: 4/12  
Parents: Roberta Rednov & Leo Rank

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

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

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

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

Joseph Sahu  
Born: 6/89 Died: 4/12  
Parents: Ron & Cathy Sahu

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

Masahiro Ozaki  
Born: 5/78 Died: 8/09  
Sister: Etsuko Moromi

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Ryanne Robles  
Born: 10/12 Died: 10/12  
Mother: Glenda Osborne

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

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



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

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

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

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

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

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

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

Gerald Slater  
Born: 2/71 Died: 8/94  
Parents: Bob & Gwen Slater

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Vance C. Valdez  
Born: 10/90 Died: 3/12  
Mother: Maria R. Valdez

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

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

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

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

Justin Alexander Velasquez  
Born: 7/12 Died: 7/12  
Parents: Ricardo & Marcie Velasquez

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

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 Young

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

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

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

## Birthday Tributes...



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

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



It's been 17 years since you were taken from us, and you would have been 62 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 fly away to heaven.

Peace- Love-Eternity  
Ruggera Family and Friends

### A Birthday Tribute to: Emily Matilda Kass June 1995 - March 2006



Happy Birthday Sweetie!

I can't believe that it is your 18th birthday which means that you have been gone for over 7 years. I still feel your hugs, but know that time has passed when I see your friends...taller, older, graduating from high school and getting ready to go to college. Would you be going to Berkeley? The east coast? England? I wonder.

I do know that your spirit still soars inspiring others to do amazing work! Because of you Dr. Bridget is working on building a lung from the bottom up! They have started a new organization called the UCLA Children's Discovery and Innovation Institute at Mattel Children's Hospital to promote research and guess who was the focus of a film they just showed at their first gala....yep....you!!! Film crew in your room interviewing me for Emily

stories while looking at some of your pictures....and then later Dr. Bridget talking about you and how you inspired her to go into her lab and find a way to fix what happened to you so that it doesn't happen to another 'Emily'. You are the inspiration!

Happy Birthday Sweetie Pie! Missing you, loving you, forever in our hearts and thoughts!

Love Mom and Jessica

## For Siblings...



### My Dad is a Survivor

My dad is a survivor, too ...  
which is no surprise to me.  
He's always been like a lighthouse  
that helps you cross a stormy sea.  
But, I walk with my dad each day  
to lift him when he's down.  
I wipe the tears he hides from others.  
He cries when no one's around.  
I watch him sit up late at night,  
with my picture in his hand.  
He cries, as he tries to grieve alone,  
And wishes he could understand.  
My dad is like a tower of strength,  
He's the greatest of them all!!  
But there's times when he needs to cry...  
Please be there when he falls.  
Hold his hand or pat his shoulder...  
And tell him it's okay.  
Be his strength when he's sad,  
Help him mourn in his own way.  
Now as I watch over my precious dad  
From the Heavens up above ...  
I'm so proud that he's a survivor ...  
And I can still feel his love!

--Kaye Des'Ormeaux, Dedicated to any man who has lost his child. Lovingly lifted from the North Orange County CA TCF newsletter

## Eternity

Eternity. Seems like forever. Maybe it is forever. At least that's how long it seems since my brother, Sean, died. Eternity also has another meaning for me. Eternity is the cologne that Sean used to wear. Every time I even catch a scent of it I turned around looking for Sean. For the first two years after Sean died, every time I smelled Eternity I

began to cry. Then I realized that, cologne smells differently on each person. After those first two years, I would smell it and not recognize it. I would like the cologne that someone would have on and I would ask them what it was. For a while it seemed as though everyone I asked wore Eternity. After several times of asking and being upset by the answer, I just stopped asking. My husband and I have been married for 4 ½ years and he is still not permitted to wear Eternity.

I was at work one day about a year ago and I smelled a delicious smell. I followed it all around the building. I never did find the source of the smell. I comforted myself by thinking that Sean was there telling me he was alright. I had been having a hard time and missing him terribly. About a week later, the smell returned and it was right outside my office door! I quickly turned the corner and there was a salesman that worked with me. I asked him the old question, "What cologne are you wearing?" His answer, "Eternity." The smell was identical to how it smelled on Sean.

I have never obsessed about something, but I guess I have about Sean's cologne. I began to think about how strange it was that someone who would only live for nineteen years would wear cologne called "Eternity." Then I had a wonderful thought. What if by wearing Eternity, Sean was telling us that's how long he would love us and how long he would be with us? Maybe my husband will get a bottle of Eternity for Christmas this year.

-- Traci Morlock BP/USA Bereaved Sibling  
St. Louis, MO

## Ann-Marie

In a crowd of people I see your face.  
In a room of chaos I can hear your laugh  
In a house of silence  
I can hear you calling my name.  
In the cool spring breeze I can smell your perfume.  
In the peacefulness of sleep  
I feel you watching over me.  
In my soul of emotions  
I cherish your love.  
In a family of devastation I feel comfort.  
Knowing you are with God.  
--by her sister, Colene Rae Janes  
TCF - St. Paul, MN

## For Grandparents...



### Father's Day – a Grandfather's View

Now well into my fifty's and knowing Father's Day is approaching once again, I find myself recalling my very first. It was a beautiful Sunday morning, June 16, 1969, when I became a father for the first time. A Father's Day I will never forget. Already prepared with the traditional cigars, I had to be a turkey strutting his stuff. Many of the Father's Day after that were spent away from home working and never stopping to think just how special this day really is.

After my retirement a few years back, I became a grandfather, and my whole life changed. I never dreamed I would be changing diapers, giving bottles in the middle of the floor, playing dolls, or outside watching bugs, birds, butterflies, bees, squirrels, rabbits, and loving every minute of it, with the most beautiful granddaughter anyone has ever seen (my opinion of course). That was a special year for me. I found myself asking the wife, "did our kids do that?" many times, and she telling me "yes", but you were working or just didn't notice. My granddaughter taught me more about beauty of life and how much I had missed, in the short time she was here, than I could have ever imagined. We lost her at 13 months, 2 days and 22 hours due to a very rare genetic disorder and again my life changed.

This Father's Day will be spent with my family and a new grandson, now 2 ½ years old, and a great little guy. I see much of the same inquisitive nature in him. Making sure each visit he has a good time. I think I do it out of obligation, and not with the joy that I once had, but when you see that smile on his face you know you made his day a little better, and that makes it all worthwhile. Memories are a part of our past, and some become a part of our heart.

At the end of Father's Day, when everyone has gone to bed, I will sit at my desk, drink one more cup of coffee, say a prayer, and once again, tell my granddaughter just how much I love and miss her, and somehow know she knows, and in my mind will hear her say. "Pa Paw I love you too." Take time to smell the roses.

In Memory Of Jessica Lynn Webb 12/4/1998 - 01/7/2000, By Bill "Pa Paw" Fausett Bereaved Grandfather, BP/USA Arkansas  
[http://www.bereavedparentsusa.org/AP\\_Main.htm](http://www.bereavedparentsusa.org/AP_Main.htm)

**From Our Members...**

Oh Emma, Oh Emma,  
 How I think of you so often,  
 And speak of you so often,  
 And dream about you too.  
 Sometimes I miss my little girl's  
 Scream and cry,  
 And how I would say meow and make you  
 laugh,  
 But some days I just miss you,  
 So I can tell you that I love you ...  
 --Corey Fisher, age 12. In memory of  
 his sister Emma TCF So. 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 contact our editor.

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

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

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

Healing the Grieving Heart... Featuring experts who discuss the many aspects of grief, with a

main focus on the death of a child and its effects on the family. "Healing the Grieving Heart" can be heard on the Web live at [www.health.voiceamerica.com](http://www.health.voiceamerica.com).

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

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

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



**Birthday Tributes...** During your child's birthday month, you may place a picture and either a short personal message, poem, or story about your child in the newsletter. (Less than 200 words, please.) Do not cut your picture. We will block off unused areas. If it is a group photo, identify the person to be cropped. This tribute is an opportunity to tell a short story about your child, so we will be able to know them better. Photos must have identification on the back. Enclose a SASE in order for photos to be returned by mail. (Please do not send your only picture.)

Tributes must be in by the 1st of the month preceding your child's birthday month or at the prior meeting. (Example: June 1<sup>st</sup> 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 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.....	(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

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

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

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

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

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

#### **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

**OUR HOUSE/BEREAVEMENT HOUSE:** 1950 Sawtelle Blvd., Suite 255, L.A., CA (310) 475-0299

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

#### **NEW HOPE GRIEF SUPPORT COMMUNITY:**

Grief support and education groups for adults and

children. Susan K. Beeney, P.O. Box 8057, Long Beach, CA 90808, (562) 429-0075

#### **PROVIDENCE TRINITY CARE HOSPICE AND**

**THE GATHERING PLACE:** Various bereavement support groups including support for loss of a child, support group for children 5-8, 9-12, and teens. Also Spanish. Call Claire Towle or Patty Ellis (310) 374-6323

#### **Torrance Memorial Bereavement Services:**

(310) 325-9110 Weekly grief support.

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

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

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

#### **Other Grief Support Websites...**

agast.org (for grandparents) groww.com  
beyondindogp.com griefwatch.dom  
angelmoms.com babysteps.com  
healingafterloss.org webhealing.com  
survivorsof suicide.com opentohope.com  
taps.org (military death) alivealone.org  
bereavedparentsusa.org childloss.com  
goodgriefresources.com save.org  
pomc.com (families of murder victims)

#### **LOCAL TCF CHAPTERS**

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

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

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

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

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

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

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

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

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

#### **A SPECIAL THANKS TO:**

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

#### **STEERING COMMITTEE OFFICERS:**

CHAPTER LEADERS: Cheryl Stephens & Linda Zelik

NEWSLETTER EDITOR: Lynn Vines

PROOFREADER: Sandra Myricks

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Cheryl Stephens



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

In loving memory of Brandon Armstrong, July 1995 - July 1995 and Dominique Oliver May 1985 - March 2002.... not a day goes by where I don't think of you or miss you. You two are the guiding force that makes me want to live, not just exist...

Love, Mom

In loving memory of Michael B. Ruggera, JR April 1951 - April 1996. As the day goes by and the night falls, we look up to the sky and see a blinking star, as if to say: "I Love Dad & Mom. Thank you for taking care of me. Love, I miss you." We miss you too, Have a good flight.

Love Dad & Mom

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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 \_\_\_\_\_

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

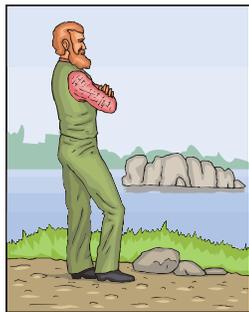
To include your donation in the next newsletter, we must receive it by the first of the month or it will appear in the following issue.

Compassionate Friends  
South Bay/L.A., CA Chapter  
P.O. Box 11171  
Torrance, CA 90510-1171  
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In your gathering  
of memories  
invite your courage  
to remember  
everything.



June 2013

## 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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