



The Compassionate Friends

South Bay/LA Chapter

Supporting Family After a Child Dies

A NEWSLETTER FOR BEREAVED PARENTS AND THEIR FAMILIES

JUNE 2014 ISSUE

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

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

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

DIRECTIONS: Pacific Coast Hwy. to Palos Verdes Blvd. → Palos Verdes Blvd. becomes Palos Verdes Drive West. Veer Right. → Go to Via Corta (stop sign just past Malaga Cove Plaza). Turn right. → Go down hill to Arroyo (stop sign). Turn right. → Continue down hill to end of street. → Turn left on Paseo Del Mar. → Meetings are held at the west end of the church.

--Please remember to park in the church parking lot and not on the street.--

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.

The June 4th meeting will be our annual potluck and balloon liftoff instead of a regular meeting. Friends and family are invited.

Don't Forget to wear your picture buttons to the June Potluck and Balloon Liftoff. 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.

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June 4th will be our Pot-Luck Dinner and Balloon liftoff instead of a regular meeting. This meeting we will be having our annual balloon lift-off ceremony instead of our usual meeting. All members are asked to bring a main dish or salad & dessert to share. We will meet in the church's main dining hall at 7PM. We will write our messages of love to our children, attach them to the balloons provided. As a group we will go outside to the labyrinth to release them in a tribute to our children.

Friends and family are invited to share this special remembrance time with us. During the ceremony we share stories, tributes and poems dedicated to our children. You are encouraged to bring any special poem or tribute you would like included in the ceremony. This comforting event is a celebration of our children's lives. It is a time for our friends and other family members to join us as we remember our departed children. This gathering allows us to send personal messages and to remember how special our children are. Hopefully, we can release some of our pain as we send our tributes skyward and lovingly remember our children.

Balloon Lift Off



Balloons ... Balloons...
 Gaily colored shapes of plastic and helium...
 Twisting and tumbling as if anxious
 To hurry aloft now and swiftly bear
 Our special thoughts and personal messages.
 With tears and markers we gently inscribe
 Names, dates, hearts, hugs.
 We kiss the smooth surfaces ...
 Fervently wishing that they could be instead ...
 The living flesh of certain dear faces
 On many a wing and a prayer
 We hoist our bouncy emissaries
 Way beyond reach ...
 Into the azure desert sky,
 Then strain our sight to watch
 'till not the smallest speck remains visible.
 Though in our mind's eye, we see them still. ...
 Our precious messages ...
 Tender thoughts ... caring missives ...
 Are conveyed - Oh, so carefully ...
 Via the iridescence of God's atmosphere ...
 Flowing smoothly from our hearts and minds ..
 On the whispered stirring of angels' wings ...

Arriving safely ... to lovingly reach and touch
 The eager and receptive souls
 Of our beloved children.

-- Vicki Douglas-Otto TCF Tucson, AZ

Father's Day Reflections

In the past, fatherhood was something I took for granted. Fatherhood was something I did with the scraps of time left over after my 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 in 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, and 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, and 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 the most terrible teacher. Hopefully we are more complete human beings. More generous with ourselves. Better lovers. Better husbands. Better fathers.

--David Heimlich TCF Springfield, MO

Father's Day It Will Never Be the Same



Our precious daughter and only child, Jill Kathleen, passed away on September 3, 1990 from a brain stem tumor. She was less than three months over six years old. I think back to my own father's Father's Days. It's pretty hard to remember what we did. Maybe we went fishing or to a baseball game. I know I always told my dad I loved him, because I did. We probably always had a good dinner that day too, a favorite of Dad's no doubt. To me somehow Father's Day always meant at least part of the day devoted to house or yard work.

When Jill came into my life, it was the greatest thing that ever happened to me and when she left it, it was the worst that ever happened. Therefore, Father's Day will never be the same. I keep diaries and for Jill's last year and the years after, there are some very painful entries. But, before she passed on there are some interesting entries. When she was four, I noted that I got a card from her. I have it stashed away someplace. When she was five, she gave me a card but hid my present and couldn't remember where she put it. We went to a church picnic that year, and Jill had her "first date" with a neighbor boy from up the street. I played Monopoly with her in the evening; she won! I put her to bed and read her a bedtime story.

When she was six she was sick, but could still get around pretty well. We made a big deal of the day. She gave me a "rainbow" colored, golf size umbrella for a present. I still have it because it's now very special to me. I'd rather get wet than see that umbrella wrecked on a windy, rainy day.

Since Jill is gone, Father's Days have been different. For the first three years our friends and relatives tried to console me as best they could on this day. In 1992 I wrote in my diary, "I'm not a Dad without you, Jill." Now I have to correct myself- I

was a Dad and always will be one except that I had to bury my daughter. It's not the way it should be, but it's the way it is, and I can't change it. God, how I wish I could.

I don't cry as much anymore, but the feeling that will trigger the tears are just under the surface waiting for the right emotional circumstances.

Dads, you have every right to be sad, depressed, and heart broken on Father's Day, because you have lost a son or daughter who can never be replaced. I know because I'm one of you. If you try to work through grief (it is hard work) and not run away from it or stuff it somewhere, your pain will lessen as time goes by. The scar you have from the loss, however, will remain forever. The day will never be the same again, but you can make it different. Life isn't easy, and it isn't fair. But you can make it bearable by treasuring the memories of your daughter or son.

Some of you, unfortunately have lost more than one, but even one is too many. Treasure also the memorabilia of your daughter or son no matter how long they lived.

Cry if you feel like it. I feel better after I do, because it makes me feel I'm not losing touch with her. Do whatever works for you. Think of how your son or daughter whom you loved and who loved you would want you to feel on Father's Day. Then plan and do something that will make you feel just a little bit better and dedicate it to your daughter's or son's memory. It's worked for me.

-- Michael Ebert BP Chapter, Hinsdale, IL

Grief is Not...

Grief is not about stages you go through and ultimately graduate from. Rather it is a dynamic process of ups and downs, fluctuating with painful and peaceful moments, hours, days, and weeks.

Grief is not something you get over. Instead it is an experience that you must go through directly, taking in all of the thoughts, feelings, and behaviors that you encounter along the way.

Grief is not time-limited, nor does time heal all wounds. A common misconception is that you grieve for one year and on the anniversary of the loss you will return to "normal." This concept promotes a sense of failure and concern. In reality, grief demands the time it needs. Healing requires active participation in grieving.

--Thomas Ellis, This Thing Called Grief
South Suburban Chapter www.tcfchicago.org

I've Learned



- To take one day at a time.
- Not to say, "if only," "I should have," etc.
- To appreciate what I've got and not moan about what I "don't got."
- To appreciate life and not take it for granted.
- If today is bleak, tomorrow can be better.
- To appreciate the moments when I can laugh.
- That without my support group, I would be lost.
- How very much I need my "new" friends.
- How much I treasure and love my daughter's friends.
- Not to take my health for granted.
- What is trivial.
- That if my energy level is low, I don't push myself.
- The importance of exercise.
- That grief is not time-bound.
- That no one grieves like me; everybody grieves differently.
- That the pain never goes away, but it does get "softer."
- That no one can comfort me the way Jesus can.
- To allow the grief, pain and loss to become a part of me.
- That there is a reason to keep on living (and loving).
- That joy does return ... only in a different way.
- To turn "it" over to the Lord.
- That someday we will be together again.
- Not to let Satan steal my happiness.
- To ride "the wave" of denial, anger, depression and acceptance.
- To accept that I may never know why.
- It's okay to say, "No."
- Not to blame people when they don't understand.
- The ability to face adversity (courage).
- To be strong and resolute.
- The importance of support and encouragement.
- That there is friendship and family, OR, family and friendship!
- That to lose a child is the "ultimate tragedy."
- That I need others who have been there to help me through this journey.
- That love never dies.
- That time is an ally.
- That every moment really matters.
- That eventually you do want to go on and live again.
- That I must create a "new normal" for myself.
- That my daughter's love of life continues to give me the strength to go on.
- That I must re-invest the energy I gave to my child into something/someone else.
- That over time, I have more control over my grief.
- That I will always have tears on my heart.
- That it is so important to keep my daughter's name and memory alive. That only in the articulation of grief does it diminish.
- That making new traditions helps.
- How the soft glow of a candle helps to warm my heart again and bring my daughter near.
- That it doesn't matter how our children died, just that they have.
- That over time, the cemetery brings peace and solitude ... not just tears.
- How the pain and grief I feel one day isn't necessarily the way I will feel the next day.
- That some of the things I thought I'd never do again since my daughter died - I have.
- That I can laugh again and not feel guilty.
- That along with all the pain and despair, joy and happiness have I found a place in my life again.
- People who have not lost a child can't possibly understand what I went through.
- That not only does one lose a child, but they can also lose their belief system, some family members and some friends in the process.
- Our society is deficient in death education and really doesn't know how to respond to the grieving person.
- Some people want to see and be around "happy" people and only have so much to give for those who are grieving.
- Everyone grieves differently, and there is no "right" or "wrong" way to grieve.
- There is no time frame for "getting on with your life" after the death of your child.
- Strangers can give more than some relatives. You don't always have until tomorrow.
- The world does not stop when your child dies.
- Being among nature helps to bring some softness to my heart and brings my daughter closer to me.
- That as unbelievable as it is to me, I have come to reconcile my daughter's death. A "settling" has taken place within myself.
- You don't have to have money to be rich.
- A broken heart will mend ... almost.

- We are all connected and need each other in such a special way.
- Many times we are touching lives and helping each other in time and space that we don't even realize.
- The support of family and friends is invaluable.
- The phone becomes an object of anxiety sometimes. (Child's death notified by phone.)
- That "normalizing" the sense of being totally insane is helpful.
- There may be difficulty when people say we are "coping so well."
- After three years, I don't want to talk about the loss of my son a lot, although he is rarely absent from my consciousness.
- It may help to focus on the very small things, because you will not be able to make sense of the larger picture.
- To attempt to feel comfort in the warmth or scent of a cup of hot tea in my hands, the smell of a flower, the proximity of someone who cared.
- The daily searing pain gets less raw, and sometimes I can have moments of joy.
- To watch the sunset every day.
- My son will always be alive as long as I am also alive.
- I can smile when I remember him.
- I had to go with my feelings and trust in our love.
- It takes years of baby-stepping and falling.
- To be humble, grateful and a little more selfish, aware, honest and looking forward to my life, rather than living my son's death.
- What I would give for just ONE more day!
- It feels awfully good typing this into the computer.

--Nancy Lundt, Huntington Beach, CA

Hope

I feel we must have hope to continue with our lives and I know as a bereaved parent we sometimes lose hope. Right now some of you may not be aware of your hope, but it's there -- just a glimmer, perhaps, but, because you have gone to the trouble to get to the meetings there is hope. You may look to those of us who have some distance from our grief. They did not hurt any less over the death of their children than you hurt over the death of your child, yet they have survived and are productive members of society. Their pleasantness and gentleness and interest in life and their concern for OUR pain can surely be a symbol of hope for the rest of us.

I can look back over my own grief experience and see that I, thankfully, never lost hope for very long. At times I thought I surely would not survive. Times I didn't want to survive, it would be easier not to -- but the thing that inspired me to go on was that I believe my son lives somewhere and I want to see him again. This to me means a life of service to others.

It's been three years and seven months now and sometimes the reality of his death overwhelms me and momentarily I am despondent but it's easier now for me to pull out of depression and I know the things I must do to keep going -- I must find some project to help continue the building of my self-confidence and self-esteem. I keep going because I have hope.

There is one thing that Compassionate Friends can't do for you. We can't grieve for you! That is your job and somehow you have to find some way to get through the stages as they come. It's lonely and it's hard but we are here to help because we understand, and we care, and hopefully you may find hope in the way that we have handled our grief.

--Fay Harden Tuscaloosa, Alabama, TCF



Five Things A Firefighter/Medic Wants You To Know

Moms and Dads, can I talk to you for a minute? I was too busy during the emergency, and afterward -- well, you both had more important matters to attend to. It doesn't matter whether you live in the Pacific Northwest or Florida, Maine or Kansas City. If your child was taken from you suddenly, there was probably someone like me in attendance who fights fire and delivers medical aid for a living. Chances are they've struggled with the same feelings I struggle with. Here are five things I'd like to tell you. It's my hope that something I say will make your struggle through grief a little easier to manage.

#1- Your Child Was Not "Just-Another Patient"

Perhaps you assume that because I've seen thousands of patients in my career, I wouldn't remember your son or daughter. Not true! Only the loss of a fellow firefighter affects us more profoundly than a child's death. When I lose a child in the line of duty, I don't leave the experience at the station.

Your child's face comes home with me. I see him when I'm fishing, working in my garage, or just drifting off to sleep. I can still recall vividly the hour

I spent with a little girl from a car accident almost fourteen years ago. She has a permanent place in my memory, just like your little one.

(It's the inability to come to terms with these memories that drives many a firefighter from his or her career. Those of us who are old-timers in emergency medicine have learned to deal with the tragic cruelties of life we must face. Some exercise vigorously. Others, like me, write about our experiences. Sadly, there are some who are unable to cope with the pain and turn to drugs or alcohol.)

#2 - I Did More Than Provide Medical Care—

When I am fighting to save a child, I talk to them. It doesn't make any difference whether they're responding or not. I reassure and attempt to comfort them. If they're awake and very young, I give them a stuffed animal to hold. I do one other thing. I tell them that their mom and dad love them very much. I do this because several years ago, a mother told me "I would've given anything to tell my son I loved him just one last time." Since then, I try to tell every child that you, their parents, love them very much.

#3 - I Struggle With Feelings of Failure and Inadequacy

When a firefighter/paramedic loses a child, he or she may struggle with personal feelings of failure. So often we repeatedly ask ourselves "what if" questions. "What if I'd been at a closer station? What if I'd arrived five minutes sooner? What if I'd tried another course of treatment?" It's these feelings of inadequacy that often keep a medic from approaching the parents of his patient. If a firefighter seems to be avoiding eye contact, he likely is not only struggling with his emotions, but possibly struggling with the feeling that he has failed. It's a common occurrence, despite the fact the medic may have performed flawlessly.

#4 - I Grieve With You

Macho as we'd like to portray ourselves, we are by nature a group of men and women sincerely touched by the sorrow and suffering of others. That's one of the reasons we are drawn to the fire service in the first place. We have a deep, burning drive to make a difference, to alter tragedy in the making if we possibly can. Maybe it's because we feel we have an image to uphold. Whatever the reason, we firefighters tend to be good at holding our grief in check until we are alone. We present a tough-as-steel facade and inevitably do our crying in the station's hose tower or the compressor room where no one can hear us.

#5 - I'm Available to Answer Questions

So often there are procedures or treatments you may not understand. They are almost always done for a very good reason, and with your child's best interest in mind. Almost without exception, the firefighters and medics who fought to save your child would be happy to answer any questions you may have. We also need to be informed when we unknowingly make comments that hurt or offend.

I won't make the mistake of telling you I know how you feel. I can try to imagine your pain, but I'm sure I could never know how it really feels unless I'd lost one of my children. I can tell you that I, and all my fellow fighters, do care. It is the chance that we will save the next victim of tragedy that keeps us doing what we're doing in the face of so much sorrow. We wish for you strength and peace on your journey.

--Aaron Espy, firefighter/paramedic

Aaron Espy is a Firefighter/Paramedic in Kitsap County, Washington. A professional firefighter since 1980 he is also a freelance writer and poet. Reprinted from We Need Not Walk Alone, the national publication of The Compassionate Friends.



Without You

As the pain deepens,
I remember how it used to be.
When you left, you don't know what you did to me.
It may be that I seem selfish,
But I really just don't know
The pain that you felt, in a different way has also
hurt me so!
You've made suicide such an ugly word to me,
Now I live with it everyday,
Not many understand or see.
It has been so long,
Though seems like just yesterday,
I remember how everything used to be: the old
way.
Nobody is prepared for the grief of a death,
The loss we feel, all the painful regrets.
In this world we feel so much sorrow,
Without you,
I don't want to live through tomorrow.
It will never be the same again, never like old
times,
I have always wished all those months before,
I could have read between the lines!
-- Heather Preusser, age 17, Sacramento, CA,
1992

Finding Peace in Honoring Our Daughter

I love hearing the stories behind the names that we each have chosen for our sweet babies. I am often struck at how much time and care is taken to choose just the right name for any child, although for some it seems to take on greater significance when you learn that your child will not have a lifetime with their name.

Several years ago I had a discussion with others after one parent shared their thought of not "wasting" this special name that meant so much to the family on a baby who would die. It is such a difficult situation. I remember myself being shocked at first at how honest a thing that was to share. I was also taken aback a little, as if the act of sharing this thought aloud somehow translated into cheating my child out of something. I remember feeling ashamed to admit that I felt the very same thing.

I too had those secret thoughts about giving our baby girl the name Rowan. I had wanted that name for my daughter for as far back as I could remember; before I ever met my husband. For me it was a beautiful and unique name, especially in the United States, where it is just not as popular as in other countries.

Ultimately for us, there was hardly any wavering when naming her. I felt it would be unfair to deprive her of something that meant so much to us, and we named her the moment she arrived. We didn't know she was a girl, or about her diagnosis - but we knew something would be wrong on the day that she was born.

I remember when we were filling out the "official" birth forms for social security and such after she was born and it was then that these little thoughts crept into my mind again. Maybe we could save this name for another child. Maybe...

I don't regret having my "chosen" name being given to someone who lived only a day... of course I wanted so much to have her live a long life with her beautiful name. I imagined her with auburn hair telling everyone that her name means "little redhead" in the old Irish. I thought it would be a strong name for a woman to have, most likely not shortened by a nickname as she grew up.

In retrospect, I do feel that I have honored her by giving her the name we had chosen. I can say now, that if we had given her another name, I would have felt we had in some way devalued and disrespected her. The beautiful daughter that has arrived after her could never have been named Rowan. Today I can look back and truly say it is an

honor to have my firstborn bear the name that I had dreamt about giving a child for so long. And the irony, I guess, is that she does have her name for a lifetime, it just is not her lifetime - but ours. Her name is part of the legacy that is my family, and hopefully I can instill in everyone how wonderful it is to continue to talk openly about Rowan, so that we may never forget her.

My daughter would be turning 6 this year. I have found joy in hearing her name still spoken in our home and among our friends, and more recently among her younger siblings. For me, her name is so very special, probably even more so now because hearing it spoken proves her spirit and her memory are alive in us.

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Newly Bereaved...



Intimacy

"I feel like I have buried my sexuality with my loved one."

It may take some time before we have any desire to be intimate or have sex again. That part of our life may appear to have closed down, at least for now. Many of us may not feel particularly feminine or masculine. We may not be as content with ourselves as we would wish.

Ours has been a terrible ordeal. Normal activities and routines have been disturbed and, in many ways, we may feel disoriented and out of step with life. Being sexual may be the furthest thing from our mind.

We need to give ourselves permission to accept our level of sexual needs. This aspect of our life needs to heal as well, and pressuring ourselves or feeling guilty is not helpful.

-- from Remembering with Love: Messages of Hope for the First Year of Grieving and Beyond by Elizabeth Levang, PhD TCF & Sherokee Iise

Time is ...

Too slow for those who wait.

Too swift for those who fear.

Too long for those who grieve.

Too short for those who rejoice.

But for those who love,

Time is Not

-Henry Van Dyke

For Friends and Family...

Grief Tips For Family & Friends

- * Acknowledge, do not avoid ... The difficult reality that has happened by your word or presence.
 - * Serve as a willing "sponge" ... And listen to the story of pain over and over, until the storyteller no longer needs to hear it.
 - * Validate what the grieving are saying ... Without trying to correct them. Without using cliches.
 - * Accept grieving people where they are ... While remembering there is no standard timetable of grief.
 - * Offer specific ways to help ... Without using generalizing phrases like "Call if I can be of help."
 - * Listen to their questions ... Without giving any of your answers. Even though you want to "band-aid" them.
 - * Show tender care and encouragement... When they are heavy of heart, and don't leave because they're "not fixed yet."
 - * Share your memories of their loved one ... In stories, pictures, and "I remember when's" so they know you have not forgotten.
 - * Realize that companioning the grieving ... Can drain all of your energies to a deep low, unless you meaningfully keep yourself fed.
- By Reverend Mary Broadlau



Welcome...

Welcome Newcomer, to our balloon liftoff

Beneath the laughter and the smiles
Echoes the pain and anguish of children gone.
Don't be misled by the superficial joy.
Our normal appearance belies our eternal grief.
We rush to meetings to share details of death.
In better days we would have changed the channel
To avoid these stories of horror.

Priorities change.
Newcomers enter, confused and angry.
They wonder whether these laughing parents
Have truly lost their minds.
(They do not yet realize we do this so as NOT
to lose our minds ..)

Balloons of all color decorate the room.
"Are we at a birthday party?"
Many are busy writing messages with their hearts.

Soon they will rise to the heavens, symbolically touching our precious loves.

We know well this anger and confusion.
We remember believing we would never laugh again-

Now, with newfound wisdom, we know it is possible and necessary
To be able to laugh and cry through tears of grief.

--Moe Bares, TCF Babylon, NY

Editor's Note-- If this is your first meeting, do not be put off at the "party" atmosphere of this particular meeting. We are celebrating the lives of our children who have left us too soon. Among the tears and smiles, we are trying to include our children as we move through our grief.

Traditionally, we hold a balloon lift off in June and a Candle Lighting Remembrance program in December. Our regular meetings are held in a much smaller and intimate setting. At those meetings we share ways we are coping with our grief and offer suggestions to help us overcome the pain involved in losing a child. We invite you to attend our meetings and see for yourself how the experiences of other bereaved parents and siblings can help you in your own grief. Our members truly understand your pain and confusion over the loss of a child or sibling. What better place to ask questions and have answers from those who remember asking the same thing when they were newly bereaved.

Book in Review...



Grandparents Cry Twice: Help for Bereaved Grandparents is a book about grandparents' dual sorrow when a grandchild dies. They cry for their lost grandchild and they also cry for the terrible grief they see their own child having to bear. The author, Mary Lou Reed, writes of her experiences when her beloved grandson, Alex, died. Through her personal story she touches the universal in all grandparents' grief.

--from the Anam Cara website www.anamcara.ie

37th TCF National Convention The

Compassionate Friends is pleased to announce that Chicago, Illinois, will be the site of the 37th TCF National Conference on July 11-13, 2014. "Miles of Compassion through The Winds of Hope" is the theme of this year's event, which promises

more of last year's great national conference experience. The 2014 conference will be held at the Hyatt Regency O'Hare in Rosemont, just minutes from the airport. For conference registration, updates and details please go to the national website as well as on our TCF/USA Facebook Page.

The Hyatt Regency O'Hare, 9300 Bryn Mawr Ave., Rosemont, IL 60018, is now accepting reservations for TCF's National Conference. Conference attendees are receiving a discounted room rate. We anticipate a large attendance for the conference, so we encourage you to make your reservation as soon as it is convenient for you. You can make reservations through the TCF national website at www.compassionatefriends.org or by calling the hotel directly at (888) 421-1442 and please mention "The Compassionate Friends" when reserving your room.

Helpful Hint...



Your Child's Room

Often parents are overwhelmed with packing up their child's room. Now the clothes in a pile, the plates and soda cans left here and there, and the unfinished homework and books in piles takes on a new meaning. If only your child was here to "clean up this mess".

Many parents have found taking pictures of the way their child's room was the last time they used it to be a comfort. The posters, the mess, the uniqueness of the room can be preserved on video or in pictures as a tangible reminder of the way it "used to be." Even if you never look at them again, the security of knowing you won't forget a little piece of their lives can make a difference.

--Lynn Vines TCF So. Bay/L.A., CA

A Butterfly



Some say a butterfly
is a member of
the insect world ...

I say that a butterfly's untold ...

For I believe a little butterfly is a lovely gift from
Heaven above ...

A beautiful symbol of our children's spirit coming to
earth, reminding us of their never ending love.

--Frances Conner, Strasburg, VA

Friends in Heaven

A brown haired, blue eyed wee one.
Grown weary and tired of play.
Climbed upon my knee to ask me.
In her simple, childish way;
"Have you any friends in heaven,
That you sometimes want to see?"
Can you guess how the question thrilled me.
Like a minor melody?
I thought as I sat in the twilight..
With that wee one on my knee.
Of my little blue-eyed baby.
Whose summers numbered three.
I thought how the baby's father
Grew lonesome and longed to hold
Once more on his breast our baby
With hair of sunset gold.
And one summer eve he left me.
To search for our baby of three.
And I know full well he found her.
But never came back to me.
Do I ever want to see them?
Oh! Child of the violet eyes.
My heart has gone on before me.
To the hills of Paradise.
Some day I shall feel their kisses.
Drop balm on my weary heart.
Mine only and mine forever,
Though earth and heaven apart.
--Written by Eben E. Rexford, 1848 -1916

Lost Moments

Last moments ...
snatches of conversation that echo across all
decades.
Priceless words indelibly etched on the heart.
Sometimes, thoughts were never spoken
but unexpected sentiment a quick embrace, a
silly smirk, or joyous laughter reaches through
the pain and warms the heart.
We came too soon to understand the folly of
harsh words or neglected touch.
For who can know which taken for granted
event will become a lost moment.

--Diane N. Fields, TCF, Westmorland Co., PA



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

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

Michelle Christian
Born: 10/67 Died: 04/13
Parents: Paul & Toni Saben

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

Justin Dalton
Born: 9/74 Died: 8/09
Mother: Janis Farran

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 Thorm 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: 7/02
Mother: Kathleen Dodd



Our Children Remembered



Heidi Dominguez
Born: 8/68 Died: 06/13
Grandmother: Rita Menendez

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

Josephine Olivia Haman
Born: 6/98 Died: 2/10
Aunt: Caroline Ozimok

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

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 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

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

Sauna 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 McCleran
Born: 7/53 Died: 2/07
Mother: Lee McCleran

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

Elliott Shawn Oliver
Born: 8/75 - 2/13
Parents: Elliott Joseph Oliver Jr.
& Linda Barcela

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

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

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

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

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

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

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

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

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

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

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

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

Shannon Quigly
Born: 11/2/68 Died: 1/09
Mother: Kathleen Shortridge

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Spencer Simpson
Born: 1/80 Died: 6/13
Parents: Rich & Shelly Simpson

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

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

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

Nancy Sterger
Born: 8/57 Dirf 6/12
Mother: Ann Leer

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 Szucs

Anthony Tanori
Born: 8/82 Died: 8/12
Parents: Chuck & Sylvia Tanori

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

**OUR CHILDREN**

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 Yasmeen C. Viveros
Born: 11/05 Died: 11/05
Mother: Brenda Viveros

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

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

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

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

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

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

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

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

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

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

Remembered

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

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

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

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

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

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

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

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

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

* Please remember we are always working a month in advance and need your tributes by the first of the month preceding the actual birthday.

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



Happy 19 th Birthday Sweetie Pie!
Missing your laugh, your smile,
your hugs and your amazing sense
of humor!

Love Forever, Mom & Jessica

**For Siblings...**

A FREE one-week camp for children, ages 9-15, who have experienced the significant death of someone close August 12-17, 2014. Circle Camps and Manitou Experience have been offering week-long overnight camp programs to bereaved girls and boys nationally for over a decade. We are excited to host our 2014 program at Camp Hess Kramer in Malibu. Transportation will be provided from the greater L.A./Palm Springs areas. Circle West for Girls

At Circle Camps, we know the value of overnight camp ... of engaging in healthy activities such as swimming and canoeing, ropes courses and climbing walls, arts and crafts, and nature walks. We also know the value of helping children talk about the losses in their lives. Circle West brings these two together, so our campers can have summer days of childhood fun, meaning, and bonding.

Our program integrates traditional overnight camp activities with the chance for girls to share their grief in' a supportive environment of understanding peers, caring counselors, and professional bereavement staff.

For referrals or questions, please contact Cathy Spear at cathyspear@circlecamps.org
www.circlecamps.org

ManExCali for Boys - Manitou Experience

provides boys who have experienced a significant death-loss with a program that helps build confidence, encourage laughter, and navigate their grief through friendship, teamwork, athletics, and the common bond of loss.

It is a safe environment where kids can explore their grief, break the isolation they may feel with their non-camp peers, and have a whole lot of fun. Under the guidance of professional bereavement staff, campers have the opportunity to share stories and remember the one who died, while exploring skills that will help them after camp. For referrals or questions, please contact Jenny Kaplan Schreiber at

jenny@manitouexperience.org
www.manitouexperience.org



Brothers and Sisters

My bear Brother Billy was 6'5" and 230 pounds and 19. He shall forever be 19. I was 22 and suppose to meet him that night. I can't really remember the weather in December of 1972, except that it was cold enough to make moisture hard. Thirty years ago and what happened is just yesterday. So my sibling friends what does one think 10,950 days after their brother or sister dies? I will tell you what it was like for me.

I remember a stunning, debilitating, overwhelming guilt that I had been less than always kind to my younger brother. Perfection in the execution of brotherly love was not always present. Billy's dying eliminated any chance for me to say that I was sorry for being less than an ideal sibling. It hurt that I was suppose to go to the baseball all-star game with him but canceled at the last minute and I have regretted that for 30 years. Odd what takes on great significance after death but not before? I remember Billy and I struggling in life like so many other young souls. Just trying to find their way and do the best they can. Simple survival can be such a challenging chore. Why couldn't I be there for him when he needed me? We got close our last couple of years but there is still a void where we went our own ways and ...maybe if I...should I have...could I have...why didn't I, what if...

Why did this have to happen to him and not me? He was the good one, the innocent one, the big one, and the fun one. If only I had cared more, been smarter, put forward more effort to

understand his life then maybe things would have been different, what if...

I remember getting that phone call from my sister and her asking "are you standing or sitting?" "Standing," I replied. A trembling voice that immediately conveyed the "I know something is wrong" feeling. From miles away through a lifeless wire that would transmit a message that changed the future forever I heard, "I suggest you sit down!" and "Billy is dead!" It was good I had sat down as numbness seized my heart and Soul. My brother was gone in an instant. Billy was now a memory.

Not knowing how your sister or brother died, the age, the circumstances, I don't really know precisely how you feel but I have a pretty good idea. I have often wondered if it is better to go quick or to have time to consider death. I still don't know the answer to that one and I'm not sure if it even really matters. Death equals gone and what more is there to say. It seems talking about my brother Billy does rekindle fond memories of laughter and good times. Time has nurtured an ability to put any I stuff like the funeral in a place I never have to go.

Occasionally I will encounter a stranger and in our conversation we learn we both have an unspeakable loss of a brother or sister. It always somehow feels good to identify with a veteran of secret grief. We brothers and sisters have gotten quite good at keeping our sadness well below the surface of casual observation. Misery does not love company but it does crave and cling to compassion from someone that actually understands. An encounter with a fellow traveler that doesn't say a lot but with a simple nod of the head expresses knowledge that has been earned. The "I know what you mean" glance directed from their so sad and sometimes slightly moist eyes to another soul tuned into their heartbreaking loss through experience.

Thirty years ago and my yesterday shows a 22-year-old sweeping off the dusting of night snow from a porch that doesn't need it, to keep busy and not have to be inside with all the crying. Thirty years and I still remember the bizarre. There was the casket showroom that held the Cadillac's and Ford's and Chevy's of coffins but it all seemed too weird to care at all. Then someone got upset that a dear friend of Billy's wanted to put one of those funny cigarettes in with him for all eternity. The rest felt it was endearing so it stayed. We hurt for all of his young friends that seemed so lost, shaken

by being thrust into an insane world of reality and death before their preparation was complete. Friends mean so very much and seem to be the first to be forgotten.

We hurt so much because we love so much. I can admit that today because I am old. I wished I had done it back then. One day, a long time ago, I asked forgiveness for all my mistakes. One day long ago I said goodbye to my brother Billy and all my regrets. I said I was sorry for having to let him go but I just couldn't stand the unrelenting, horrendous heartache and the "what ifs..." I had to let go, not of Billy, but of the pain and the negative emotions that kept that tortuous ache alive. So 10,950 days later I have survived and I am the better for having known a little big brother named Billy.

--Pat O'Donnell TCF, Livonia, MI

For Grandparents...



Anniversary Reaction

Every year there is an anniversary of your child's death, and every year you react to it. It doesn't make any difference if it's the first or the twenty-first. You know the date is approaching. Strangely, sometimes you will be deeply disturbed for weeks before the actual date. Other times the fact that an anniversary is nearing won't seem to bother you much at all. The only thing consistent in the anniversary reaction is that you WILL react.

For years after Arthur was killed, I would begin my anniversary reaction around Easter time. Easter Sunday was the last "holiday" that we were together as a complete family. For many years Easter Sunday was the starting date for reliving that terrible Friday and the days following. For a number of years, I experienced painful anniversary reactions, but generally, the farther I get from Arthur's death date, the less painful it is.

But circumstances or events can make it painful, even years later. For example, on the 11th anniversary, I was also grieving the death of my granddaughter. At that time Emily hadn't been dead a year yet. I saw the pain my daughter was experiencing and because I couldn't "kiss it and make it better" for MY child, I hurt even more.

There will be times when the coming of an anniversary will fill you with fear and pain. Other years it will come with just a ripple in your heart. Some years will be very hard, other years won't be.

Accept that as normal. Know that however you feel is right for you. Be kind to yourself you may need a lot of care at that time. For the times that you don't hurt deeply, be thankful that some of the pain is gone. The time will come when you no longer hurt because X number of years ago your child died. Be glad of that.

What won't go away until you die will be the lack of history continuing after his/her death date. You will be very aware that your child isn't graduating from high school, or being married, or having your grandchildren, and that will hurt. There will always be the questions, what would she/he look like? What would she/he be doing now? These thoughts and questions will be forever unanswered.

You will always react to your child's death date, because you will always love your child, and she/he will always be in your heart and mind.

But then, the anniversary will be over and life will take on sunshine again. However old your child was when she/he died is the mental picture you will have of her/him. And, oh what a beautiful picture it is.

--Margaret Gerner, MSW, Certified Grief Counselor
Margaret is a member of the St. Louis chapter of BP/USA and is a former editor of their newsletter. As you can gather from the article, she has survived both the death of her son, Arthur, and her granddaughter, Emily.

From Our Members...



Emma

Such a beautiful child should be remembered, for all the happiness she brought to others, for all the smiles she left in her wake. She should be remembered for the good times, not the tears she brought to us when she left us.

Such a beautiful child WILL be remembered, for her joyous spirit, never to have left us. Remember her with a smile, not a tear, rejoice in her life devoid of pain, filled with love, such a beautiful child.

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

We welcome and encourage you to submit contributions you found meaningful to you in your grief. We prefer your original poems and thoughts, but we can also print other material if proper credit is given to the author. Members, please take the

time to submit a poem or article you found helpful.

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.

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



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: April 1st for May 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
- REGIONAL COORDINATOR..... (818) 516-2420**

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. Call Patty Ellis (310) 546-6407—new number

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

goodgriefresources.com
beyondindogp.com
angelmoms.com
healingafterloss.org
survivorsofsuicide.com
taps.org (military death)
bereavedparentsusa.org
pomc.com (families of murder victims)
grasphelp.org (substance abuse deaths)

childloss.com
griefwatch.dom
babysteps.com
webhealing.com
opentohope.com
alivealone.org
save.org

LOCAL TCF CHAPTERS

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

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

Orange Co./Anaheim: (562) 943-2269

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

South Los Angeles: (323) 546-9755 last Tue

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.

CHAPTER 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

STEERING COMMITTEE MEMBERS:

Kristy Mueller

Linda Zelik

Lori & Dudley Gray

Cheryl Stephens

Cheryl & Bill Matasso

Lynn Vines

Nancy & Elliott Fisher

Ken Konopasek

Kitty Edler

Crystal Henning

Susan Kass

(All TCF members are invited and needed on the steering committee to help with ideas for topics and chapter special events. We meet for two hours three or four times a year. Please let us know if you could help. Call Lynn at (310) 530-3214)



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.

Love, Dad

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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TORRANCE CA 90503



June

*That time of year again,
when children move
from classroom to reality,
and deeper even than before*

*your heart recalls the child who left this life
to move from here to ultimate reality—
Give blessing to that journey, when you can*
—Sasha Wagner

June 2014

— Change of Service Requested —



Time Sensitive Material, Please Deliver Promptly



THE COMPASSIONATE FRIENDS CREDO

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

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

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

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

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

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

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

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

WE NEED NOT WALK ALONE. WE ARE THE COMPASSIONATE FRIENDS.
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If you no longer wish to receive this mailing or have a new address, please contact us.