



# THE COMPASSIONATE FRIENDS



South  
Bay/L.A.  
Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

MARCH 2010 ISSUE

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**OUR REGULAR MEETING**  
will be March 3rd, the first Wednesday  
of the month at 7:00 P.M.

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

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

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

## WHO ARE WE...

The Compassionate Friends is a self-help organization which offers support to families who have experienced the death of a child. Only a person who has experienced the trauma of losing a child can fully understand the pain and suffering involved.

We gather to listen, to share, and to support each other in the resolution of our grief. You need not walk alone, we are The Compassionate Friends.

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

## COMING IN MARCH...

This month our topic will be **Helping Those Who Grieve.**

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

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

Chapter Leaders:  
Needed

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

## March 3rd Topic ...

**Helping Those That Grieve**, will be our main topic this month. When we are newly bereaved, we are in such a fog that we barely know who is there for us. If we have one or two close friends who support us, we may overlook all the other family members, friends, and acquaintances who took time from their lives to help in their own way. In early bereavement, our views are distorted, and quite frankly, we do not have the capabilities to remember much.

As time passes, we need to stop long enough to acknowledge those who helped. We will start this meeting with the focus on remembering the thoughtful things others did for us, before moving on to other subjects. This is a time to remember the small things we may have overlooked, but want our friends and family to know how much we appreciate. (Perhaps now would be a good time to tell them.) By sharing with each other, we may learn some special ways to reach out to other bereaved families in the future.

We will also be discussing *ways to find some of the support we need*. Bereaved parents change in the way they need support of family and friends as they progress in their grief. We will be discussing how we need to let others know of our changing needs and how they can help us as we move through the different stages of grief.

## Helping Friends Who Grieve



Two years ago our daughter Kaitlyn, 18, was the victim of what police term a "random shooting". My husband Don and I were summoned to the emergency room at midnight. Kait was in a coma. She didn't regain consciousness and died the next evening. I have few clear memories of the 24 hours that Kait clung to life, but I do remember we were not alone. One friend arrived with a sack of quarters so we could make calls from the pay phone. Others met our out-of-town children at the airport and drove them to the hospital. A neighbor took care of the dog.

Until the loss of our daughter, I didn't know how to act when confronted with tragedy. Afraid to do more harm than good, I held myself at arm's length when friends were hurting. I sent

cards and flowers, telling myself they knew I was available if they wanted me. Nobody ever called to say I was needed.

I realize now that people in crisis need others around them. It's better to do something klutzy than do nothing, and the kindest words are often the simplest.

Now, I take the initiative. Your friend may be suffering too much to know what he or she needs. The first person to arrive on our doorstep after Kait died was a recent widow still adjusting to her own loss. She took one look at our faces, then loaded us into her car to shop for a cemetery plot. Other friends took over our phone and answered the door. One neighbor mowed our lawn; another put up incoming relatives.

Write a letter of condolence. Store bought cards don't take the place of a personal letter, no matter how short or awkwardly worded. Every member of our family has drawn strength from the sympathy letters we received. The most meaningful letters described happy memories.

Those letters told us not only that people cared, but that Kait's life - though short - had affected the lives of others.

Be there to listen. Your presence and your willingness to listen are the two most precious gifts you can offer. The people we found most comforting made no attempt to distract us from our grief. Instead, they encouraged Don and me to describe each excruciating detail of our nightmare experience over and over. That repetition diffused the intensity of our agony and made it possible for us to start healing. Working through grief is a long, slow process. What helps is the little things - replenishing groceries, cashing checks, returning library books. Most of all, caring enough to help others bear the unbearable.

We've come a long way - thanks to the help of our friends.

--Excerpts from a Woman's Day article by Lois Duncan.



*It is one of the most beautiful compensations of life ... That no man try to help another without helping himself.*

--Ralph Waldo Emerson

## Beatitudes For Those Who Comfort

Blessed are those who do not use tears to measure the true feeling of the bereaved.

Blessed are those who do not always have a quick "comforting" answer.

Blessed are those who do not make judgements on the bereaved's closeness to God by their reaction to the loss of their loved one.

Blessed are those who hear with their hearts and not with their minds.

Blessed are those who allow the bereaved enough time to heal.

Blessed are those who admit their uncomfortableness and put it aside to help the bereaved.

Blessed are those who do not give unwanted advice.

Blessed are those who continue to call, visit, and reach out when the crowd has dwindled and the wounded are left standing alone.

Blessed are those who know the worth of each person as a unique individual and do not pretend that they can be replaced or forgotten.

Blessed are those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart.

--Jackie Deems Albany, NY TCF newsletter



E. Loss of energy - takes all you have to get out of bed;

F. Difficulty concentrating; Physical ailments.

6. *Grief brings tears* - Crying is healthy. Men should cry, too!

7. *Holidays, Anniversaries, Special Days Are Stressful*. - Holidays are "family time" and are difficult when a child is absent.

8. *Grief Causes One to Examine His/Her Philosophy of life*. - We now question many religious principles we have always accepted in the past. Questioning God and His role in the loss is normal and okay. Being angry at God is okay. You can't be angry at someone you don't believe in! God hurts when we hurt.

9. *Grief Changes You!* - When your child dies, you will never be the person you were before! Don't be frightened by the changes taking place inside of you. You will eventually find your "resting place" as healing takes place.

10. *Recovery and Healing is Possible!* - You will never "get over" the death of a child, but you won't always hurt like you do initially.

All attempts to avoid grief will only postpone it. IT DOES GET BETTER!

--Chuck Prestwood, TCF, Jackson, MS

## Too Soon

I wonder a bit, if I shouldn't quit  
To just throw in the towel....  
I feel half dead within my head,  
My heart in silence howls.  
To kill or cry, to live or die,  
I can't seem to decide .....

The grief is deep, it steals my sleep,  
There's nowhere I can hide.  
But on I'll go, through this inner snow,  
Till I let go of your hem ...  
To look for the hour, to renew our flower,  
From our briefly broken stem.  
Through this puzzle of God, so seemingly odd,  
I'll search for the peace that will fit ..  
For I know what you'd say,  
were you with me today,  
"Dad, remember it's too soon to quit."  
--Rick Pacukonas TCF, Rockville, CT

## Ten Things We Need to Know about Grief

1. *Grief hurts* – There is real pain.

2. *Grief is Normal* – The pain, anger, depression, numbness, guilt, mental confusion, etc. is all NORMAL. You are not going crazy if you experience these.

3. *Grief Endures* – It takes years for healing to occur.

4. *People Grieve Differently* – Everyone is an individual and does his/her grief work differently. There is no right or wrong way to grieve.

5. *Physical Reactions* –

A. Loss of appetite or overeating;

B. Insomnia - sleeplessness;

C. Sleeping all the time - depression?;

D. Sexual difficulties - not

wanting/deserving pleasure;

## Tools

SPEAK YOUR GRIEF Talking is like a sponge .... and slowly squeeze it out. Talking is painful. Not talking is more painful.

JOURNAL YOUR THOUGHTS Talk on paper. Hold nothing back.

CRY When we cry because of a broken heart the chemistry of these tears is different from other tears. Tears unshed cause other organs to weep.

MEDITATE Give yourself space for total quiet time. Quiet meditation brings your blood pressure down, slows your breathing, and relieves feelings of panic. The quiet also brings down levels of cholesterol, blood glucose, and adrenaline.

PRAY... and ask someone to pray for you. This is a medically proven benefit.

PHYSICAL EXERCISE relieves built up energy. High intensity exercise, such as jogging and weight lifting, relieves severe feelings of depression and fatigue. Low intensity exercise, such as going for a walk, relieves "antsy" or "I just can't sit still" feelings.

ACCEPT LOVE and SUPPORT from people you trust. Easier said than done. We tend to build a wall and hang out a sign that says, "Just leave me alone. I'm all right."

NATURE is nurturing. Sit on a rock. Study the design of a weed, tree, or flower. Feel the breeze on your cheek, the sun that warms you, and the cool of the shade.

A GRIEF PARTNER is a good thing. This is someone you seek out and trust. Someone who can understand and accept you in your pit ... right where you are.

CHURCH/SYNAGOGUE can be a valuable resource. It may be a place where you can find answers to some of your questions.

JOIN A SUPPORT GROUP where you can take off your mask and truly be yourself. Those who have walked the path of grief are willing to share their wisdom and give you a special kind of courage.

REST even if you cannot sleep. Watch your caffeine, nicotine, and alcohol intake. These chemicals can cause anxiety and make it impossible to sleep .

EXPRESS ANGER in ways that are not harmful to yourself or another person. Chop wood, run hard, pound nails, throw old dishes against the back of the garage wall, go into a canyon and scream .

GUILT is a normal feeling. Deep down we believe we should have been able to protect our child ... if I had only ... done this ... or not done that. Speak your feelings of guilt to another person, someone who is willing to hear your feelings. Remember ... feelings are not always facts.

HUMAN TOUCH is a very basic form of comfort. We live in a "high tech-low-touch" culture. Now you need a hug. It would even feel good to be rocked! When someone asks you if there is anything they can do for you, say, "Yes, I could use a gift certificate for a professional massage."

NURTURE YOURSELF Sit in the warm sun when you feel cold. Wrap up in a soft warm blanket. Take a warm bath.

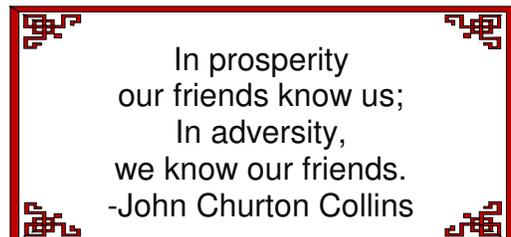
LISTEN to SOOTHING MUSIC which soothes your soul.

NUTRITION is essential for healing a broken heart. Avoid sugar, drink plenty of water, avoid spicy and greasy foods, make meals small and frequent. Take supplemental vitamins and minerals.

DEVELOP A HOBBY If you already have a hobby, establish another one. Think of something you have always wanted to do, and begin to do.

LEARN RELAXATION TECHNIQUES and take a few minutes every day to practice them. You will find some muscles are painfully tight and tense. We carry a lot of pressure in our necks and shoulders.

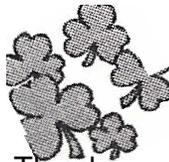
--by Alice Monroe, R.N., from 2003 TCF workshop, Atlanta, GA



## Some Ways to Help a Grieving Spouse

- \* Assign top priority to your marriage relationship.
- \* Cultivate transparency, openness, and honesty.
- \* Accept the pain that you feel. Be willing to share it and to listen to your spouse's expression of the pain he or she is feeling.
- \* Be patient with your spouse and with yourself. Recognize that your spouse is probably not at the same place in the grief process as you, and that is okay.
- \* Don't expect your spouse to be your only source of healing.
- \* Keep working at communicating. Give special attention to your affection for each other. Learn and practice the gestures of love. Remember to stay in touch physically; the importance of human touching and hugging is hard to over estimate.
- \* Allow or create space in your relationship. Everyone is entitled to a degree of privacy with their feelings, including their grief.
- \* Allow yourselves to enjoy life and each other. Be willing to laugh together, as well as to cry together. Work at finding some fun things to do together.
- \* Help each other to remember that life is more than this child who has died. As important as this child is to you and as much as you feel pain over his or her death, your marriage relationship involves far more than this child.

--Howard Cupp TCF State Conference,  
Norman, OK



## The Month of March

March is a month of renewal. The dormant trees begin to stir; the birds optimistically sing of spring; the winds, sometimes violent, wake us up; perhaps we need to "shake" out our winter lethargy; an awakening.

There is that urge to plant, to nourish, to grow, a tree or a flower. There is the primordial urge to feel your hands digging in the warming earth. Perhaps we plant because we know that someone will see the result, as we have enjoyed the results of others' work. It could be

called a debt of renewal, a repayment for that which we have enjoyed. As we nourish small seedlings, we visualize the end result. That tree may die, as our children did. That tree may flourish beautifully, or it may meet ultimate disaster, but if that tree does well, it could be a source of great pleasure and of beauty for many coming years.

We can believe that spring will be a glorious tree enjoyed by many. It's a nice dream. "To all things there is a season" and as life goes by, we simply will be, whether we participate or not. Someone will benefit from constructive growth, if we can find the energy to make the effort.

Severe grief, for a time, reduces our interest and our ability to participate fully in life. With a low energy level and little initiative and with our hopes for the future severely damaged, it requires great effort for the bereaved to learn to again enjoy the small things that make up most of our lives. Our hopes for the future are so damaged that there is little incentive to work today for the future. The things that exist today comprise the basics of our future. We run a risk and a danger of missing the good things that are to be, because we do not have the wish to participate in the things that are today.

Although we need a time of withdrawal, some time to ponder the unanswered questions, some time to heal, we also need to be aware of the lives that we risk losing, if we stay too long in a state of suspense of the present and a sad review of the past. A part of learning to "accept the unacceptable" is to learn to make the effort to sort out the good memories and take them with us into a future that will be happy again.

There comes a time when the harsh winter of our damaging grief will give way to some awakening; a time when we, like nature, can shake off some of the lethargy and see and feel the renewals life offers. Our choice is to remember that we could not control the advent of disaster. We can only control our response. Our choice is now only in the way we respond to the necessity to pick up the threads of our life and go on.

We owe it to ourselves, Compassionate Friends, to make a positive effort. We can hope

that those buffeting winds of March can help us awaken to the renewals of Spring and put the "winter of our discontent" in its place... now a part of our ongoing lives.

-- TCF, Houston NW Chapter

If you meet me, friend, and wonder why  
A tear is always in my eye,  
It's because I suffered the greatest loss.  
Yes, mine has been a heavy cross

My first thought every morning  
My last thought every night,  
And every moment in between  
Somehow it doesn't seem right

Why one so loved and cherished  
Should make the choice to die,  
I curse that medication.  
And ask my Savior why

Part of my heart went with him,  
I struggle day by day  
To solve this life as best I can,  
Yet wonder why I stay

Many here still love me  
And I them in return,  
But for this link-my special son  
I will forever yearn.

The day will come- we'll meet again.  
This will be in the past  
For even death cannot conquer love.  
It will forever last.

--Mary MacDonald TCF, Manitoba

## Love: An Everlasting Bond

by The Rev. Al Miles

Among the numerous blessings I've received from bereaved parents down through the years is having the privilege to witness their unending love for daughters and sons who have died.

While many well-meaning family members, friends, and professionals encourage grief-stricken fathers and mothers to "get over" sorrow and "move on" (which unwittingly devalues the life of a deceased child and the love of mournful fathers and mothers by

suggesting the child be forgotten), the parents themselves understand completely that love never dies.

This eternal affection is clearly expressed in a passage found in the Christian scriptures, one that I'm frequently asked by parents to recite following the death of their daughters and sons: *"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creations, will be able to separate us from the love of God ..."* [Romans 8:38-39]

Intrinsically, parents realize that no adversity - not even death itself - can take away or diminish the love they have for their children. This truth is vividly illustrated by the thousands of fathers, mothers, and family members who participate in candlelight vigils, memorial walks, and other ceremonies held annually across the United States in honor of children who have died.

The reality of love being an everlasting bond is also revealed in the countless stories grieving parents share. Over the past 22 years I've had the opportunity to hear hundreds of these tales. Let's take a closer look at one such story. It focuses on a child who only lived a few hours outside of his mother's womb.

Brenda and her husband Gerald wore huge smiles as they entered my office on that blustery and frigid Minnesota morning a dozen or so years ago. "Rev. Al," Brenda said excitedly, using the endearing term she always called me, "Gerald and I are going to have a baby!"

I was thrilled by the news. Brenda worked as a nurse in the same children's hospital where I was at the time serving as the director of pastoral care. She visited my office regularly, requesting prayers that God would allow her to become pregnant.

It took more than a year for the couple to conceive. The time was a frustrating and often sad one for both Brenda and Gerald. "We spent many nights holding one another and crying ourselves to sleep", Brenda once told me. "The greatest fear we harbor is that our dream of having a child of our own might never come true." Thus, the wintry morning Brenda and Gerald told me of their good news was



especially sweet.

"Gerry and I want you, Rev. Al, to be the first person to know about our impending parenthood," Brenda expressed with jubilation. "Your counsel and prayers gave us hope, even in our darkest hours. When our daughter or son is born we want you to baptize them." I was humbled by Brenda's words of praise and was honored that she and Gerald were requesting me to baptize their child. I accepted the offer.

The holy sacrament however, was to occur far sooner than Brenda, Gerald, and I had hoped.

Twenty four weeks into her pregnancy, Brenda was given medication and placed on total bed rest. Her obstetrician worried that she would go into premature labor. Despite these precautionary measures, Brenda gave birth to a son six days later. She and Gerald named their child Benjamin.

The infant was taken immediately to the hospital's newborn intensive care unit. He was placed on a respirator. Physicians told Brenda that if Benjamin survived at all, he'd face an uphill battle. The parents contacted me, and I baptized Benjamin that very evening. Within an hour, the little baby died.

In the midst of overwhelming sadness, Brenda and Gerald expressed deep love for their deceased son. They responded positively to suggestions made by members of the hospital's health care team to spend time holding Benjamin, and having photographs taken with him. The grief stricken parents also appreciated the tiny footprints of their son, which were made by Benjamin's nurse.

The following week, I officiated at Benjamin's funeral service, which was held in the hospital's chapel. More than 75 people-family members, friends, and professionals - crowded into a space that had a maximum seating capacity of fifty.

In front of the chapel were balloons, red roses, stuffed animals, and a poster board with several photographs of Brenda, Gerald, and Benjamin taken during the child's short life. In the center of the board were Benjamin's baptismal certificate and a copy of his footprints.

Support for the couple in the midst of their intense grief was strong. Unfortunately,

following the service, many people attempted to quickly move Brenda and Gerald past their sorrow. The couple told me two phrases that hurt the most: "God never gives you more than you can handle," and "You two are young; you can have other children."

The parents understood people were trying to be helpful. "They all love us," Brenda told me a month after her son's death. "But, instructing Gerald and me to 'move on' makes it seem that, to them, Benjamin's life and death didn't mean a thing. We are trying to move on, but we refuse to leave our son behind."

Brenda and Gerald have never left Benjamin behind. In the 12 years since their son's death, the couple have conceived two more children. I still hear from them every Christmas. Each card is signed Love, Brenda, Gerald, Maggie, Terry, and Benjamin.

Love is an everlasting bond. It is therefore vital for friends, family members, and professionals to allow parents who experience the death of a daughter or son to continue to express their love in all the ways they desire.

*The Rev. Al Miles coordinates the hospital ministry department at The Queen's Medical ~ Center for Pacific Health Ministry.*

## Newly Bereaved...



## The Heavy Heart

I awake in the middle of the night and in the stillness I become aware of a dull ache deep inside. As I am driving, dining in a restaurant, shopping in a crowded mall, I see a young man, familiar in one way or another - the thick, dark hair, the ambling stride, the tilt of his head - "Oh God, can it be? Oh please God, please let it be. But it is not so, and I am struck with a pain so sharp that tears spring into my eyes. A pause in a conversation, a commercial on TV, a break in my train of thought, and suddenly I feel a vice-like pain across my chest and the terrible truth, momentarily forgotten, comes crashing down on me with a force that takes my breath away.

I am alone in my car, driving home, and my thoughts turn to Robert. An ache grows stronger and stronger inside until I can hardly bear it. As the garage door closes behind me, I

put my head back against the seat and weep, hot tears pouring down my face.

What is this terrible ache that has been an ever-present part of my life since that dreadful day a year and a half ago when my son died, this pain that I somehow instinctively know will remain with me for the rest of my life? I have given it a name. I call it the heavy heart.

Why is the pain of this loss so different from other losses I have known – my parents, my grandmother? It is because the relationship we have with our children is uniquely different from any other. From the moment a child enters into our life, a place in our heart is reserved for him, a place that he is expected to fill for the rest of our life.

Through infancy, childhood, youth, middle age... this child has his special place that no one else can fill. And when the unthinkable happens and the child dies, the place which has been reserved in our life, in our heart, is suddenly vacant. It will remain vacant for the rest of our life. And we will always have a heavy heart.

Oh, there will be other loved ones, other joys. Our lives go on. But no matter how hard we try, the empty place will always be there and with it the heavy heart. But I know and I believe to the very depths of my soul that when my days on this earth come to an end, and Robert and I have our joyous reunion, at that moment I will no longer have my heavy heart.

--Carole Ragland TCF, Houston West, TX

## Welcome...



## Safe Harbor

One thing we don't want to do in Compassionate Friends is tell you how you should feel. What we want to do is give you a "safe harbor"— a place where whatever you are feeling is O.K. because we who have been where you are know that with time, the strange, weird, ugly feelings will pass.

We know that you are O.K. where you are now, whatever you are feeling. It's natural and normal and a necessary part of our grief work to express our feelings - air them - get them out - and you can do it with us because we care.

We love you because we know your pain.

--Fay Harden, Tuscaloosa, AL

Editor's Note: We invite you to join us at a meeting and see for yourself how beneficial it is to share your grief with other parents who understand the depths of pain involved. We meet the first Wednesday of each month to resolve the many issues that arise following the death of a child. (There is also a small group that meets for lunch every Friday at 1:00 at Mimi's Café in Torrance.) Come join us and see what a difference TCF can make.

## For Friends and Family ...

### The Storms of Grief

When I grieve in your presence,  
I open a window to my soul.  
The Turbulence, The Thrashing, The Tears,  
The bitterness will not destroy me.  
Unless they are forced inside.  
Help me get the pain out  
By being patient,  
By showing me with your eyes  
That you'll weather the storm.  
Please do not say too much,  
Just let me be.  
I'll show you the way.  
Then, please feel important  
When I can laugh and play again  
For you are a catalyst  
In my learning to live again.  
- Elizabeth Farnsworth, TCF, Lynchburg, VA

## Book Review ...



For some bereaved families, reading books on grief is beneficial. For others, their concentration level is such that they find it hard to read lengthy books. If you can't summon up the energy for reading, TCF has several audio tapes from different workshops at bereavement conferences that you may find beneficial. You may check these out to listen to them at your convenience. Many insightful ideas are condensed into a tape, and all you have to do is listen.

For those of us who have been reading, if you have books you would like to pass on to our

chapter, please bring them to the next meeting. Our library of grief materials is always fluctuating and we would welcome any additions you think would be helpful to other bereaved families.

## Helpful Hint ...



## The Gift of Grief

Death takes away. That's all there is to it. But Grief gives back. By experiencing it, we are not simply eroded by pain. Rather, we become larger human beings, more aware, more compassionate, and more able to help ourselves. Grief is a powerful alchemy. It plunges us into sorrow and forces us to face the finiteness of life, the mightiness of death, and the meaning of our existence on this earth. It does more than enable us to change; it demands it.

The way we change is up to you, and it is possible to be forever bowed by grief. But it is also possible to be enlarged, to find new direction, and to allow the memory of the beloved person we have lost to live on within us, not as a monument to misery but as a source of strength, love, and inspiration. By acting on our grief, we can eventually find ourselves a place of peace and purposefulness. It is my belief that all griever, no matter how intense their pain, no matter how rough the terrain across which they must travel ... can eventually find that place within their hearts.  
-- TCF Inland Empire, San Bernardino, CA

Many people are convinced  
that being strong and brave  
means trying to think and talk  
about "something else."

But we know that being strong and brave  
means thinking and talking  
about your dead loved one,  
until your grief begins to be bearable.

That is strength.

That is courage.

And only thus can "being strong and brave"  
help you to heal.

--Sascha

## We're So Alike, You and I

We're so alike, you and I.  
I lost a daughter.  
You lost a son.  
She was eight months old.  
He was thirty-seven.  
She never spoke.  
He called you every Sunday.  
She died nine years ago.  
He's been buried two months now.  
I always look at babies.  
You see all the young fathers.  
I miss my daughter.  
You miss your son.  
You see,  
We're so alike,  
you and I.

--Cathy Heider Algonzo, IA

## Our Family Portrait

Having our family portrait taken now  
is a bittersweet experience.  
We are proud of our family,  
especially of our new baby son.  
But you see only three of us in the picture,  
and we are a family of four.

Our first baby son, you never see,  
but he is there with us in our hearts.  
The camera is limited and cruel,  
it only takes a picture of what it sees.  
I cannot see our absent son,  
or all the love we have for him, or our  
memories, our pain, our longing.

I wish the camera could take a portrait of the  
heart,  
then other people would see Jonathan Andrew  
there.

You only see one precious son,  
we always see two.

--Lou Ann Tenant, SHARE Newsletter



# Our Children Remembered



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

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

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

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

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

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

Brandon Armstrong  
Miscarried: June 1995  
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Our Children Remembered**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Gerald Slater  
Born: 2/71 Died: 894  
Parents: Bob & Gwen Slater

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

Kathleen Shortridge  
Born: 12/68 Died: 1/09  
Mother: Kathleen Shortridge

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

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

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

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

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

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

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

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

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

**Our Children Remembered**

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

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

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

**BIRTHDAY TRIBUTES ...**

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.

**A Birthday Tribute to:  
Jabari Uko  
Dec. 1981 - May 2009**



Happy Birthday Jabari

Just wanted to say it is unbelievable that you are no longer here with us, seems like yesterday that our love affair began as mother and son. When you were born those eyes and that infectious smile of yours would light up the room and my heart. God gave you to me as a birthday gift, born one day after my birthday, amazing that was 28 years ago, seems like yesterday and now 7 months since you went home to be with the Lord. People say that you will live in my heart forever and I know that is true but sometimes I am blue because you are not here with me physically. But one thing I know for sure is that one day I will see you in Heaven with our heavenly father. I know that you are with me daily my angel, watching over us all and constantly saying Life goes on without me. I try to hold on to those words you left me with and strive everyday to hold my head up in honor of you my Beloved son.

Love Mommy (as you affectionately called me)

**A Birthday Tribute to:  
Douglas Drennen Kay  
March 1972 – Sept. 2006**



A beloved son and older brother, Doug also left a loving wife and little son. Would his heart disease have been discovered if he had not been denied health insurance? We'll never know.

*Our sorrow overflows still.*

*We did not think we could breathe again,*

*And yet we do.*

*We love you,*

*We remember you*

*Everyday\_*

*Missing you always,*

*Your family*

## For Siblings ...



So much guilt within my soul  
 Why didn't I see  
 Why didn't I say  
 Why didn't I do  
 I'm not even sure if it would have helped  
 And changed your thinking or your fate  
 But there'll always be that nagging doubt  
 If only I had  
 --Karen C. Kimball TCF Hingham, MA

## I Miss You

I never put this in writing but I remember the day of your funeral. I was in my own little world, I couldn't believe what was happening. For the funeral home we collected pictures of you and made a collage of your life, but I wanted to take more pictures of you later. I didn't want this to be the end.

We had the funeral and everyone showed how much they loved you. I hope you heard my song to you. You were and are the "wind beneath my wings". When we drove to the cemetery, I got out and knew we would lay you next to dad. Nothing seemed real. When I was sitting there before they were going to bury you, I didn't hear a word anyone said. I was looking at the trees blowing in the wind. I actually felt peace at that moment in time. I felt the wind and knew you were there. A peace I knew you gave. I love you. And I knew you were safe. Thanks for that moment of peace.

--Erica Herbert TCF, Troy, MI

## Sometimes

Sometimes something clicks,  
 And with a tear  
 Remembrance of the pain  
 And the loneliness flood the heart.  
 Sometimes something clicks,  
 And with a smile  
 Remembrance of the love and the laughter  
 Flood the senses.  
 And there are times when nothing clicks at all  
 And a voice echoes through the emptiness  
 And numbness  
 Never finding the person  
 Who used to fill that space.

And sometimes  
 The most special times of all,  
 A feeling ripples through your  
 Body, heart and soul  
 That tells you  
 That the person never left you  
 And he's right there with you  
 Through it all.  
 --Kirsten Hansen bereaved sibling  
 Bereaved Parents USA newsletter

## For Grandparents ...



Once I saw a grown man cry.  
 "Now there goes a man with feeling," said I.  
 He was strong, able, quite well built,  
 With muscles, gray hair, and charm to the hilt.  
 I moved toward him slowly and said,  
 "What's wrong?"  
 The look he gave me was tear-filled and long.  
 "I cry for a child.  
 My grandchild has died."  
 So I sat beside him and two grown men cried.  
 --From Bereaved Parents of the USA Fall 1996,  
 author unknown

A Grandparent's Sorrow by Pat Schwiebert was recommended by one of our members: When your child is grieving and so are you, this booklet validates your losses as a grandparent. This booklet is especially written for grandparents who grieve. It offers a source of comfort, and also serves as a guideline to help you help your children through this difficult time. Paperback, 40 pages.

<http://www.compassionbooks.com>

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E-mail: [orders@compassionbooks.com](mailto:orders@compassionbooks.com)

## From Our Members ...



This article about Twins was given to us at TCF one night when we had a clergy speaker. He was talking about eternal life and how we would someday see our children again. He had us all crying!

Once upon a time, twin boys were conceived in the womb. Seconds, minutes, hours passed as the two dormant lives developed. The spark of life flowed until it tanned fire with the formations of their embryonic brains. With their

simple brains, came feeling, and with feeling, perception; a perception of surroundings, of each other, of self.

When they perceived the life of each other and their own life, they knew that life was good, and they laughed and rejoiced; the one saying, "Lucky are we to have been conceived, and to have this world," and the other chiming in, "Blessed be our Mother who gave us this life and each other."

Each budded and grew arms and fingers, lean legs and stubby toes. They stretched their lungs and churned and turned in their new-found world. They explored their world, and in it found the life cord which gave them life from their precious Mother's blood. So they said, "How great is the love of our Mother that she shares all she has with us!" And they were pleased and satisfied with their lot.

Weeks passed into months, and with the advent of each new month, they noticed a change in each other and each began to see change in himself. "We are changing." said the one, "What can it mean?"

"It means, replied the other, "that we are drawing near to birth." An unsettling chill crept over the two, and they both feared for they knew that birth meant leaving their world behind.

Said the one, "Were it up to me, I would live here forever."

"We must be born," said the other, "it has happened to all others who were here." For indeed there was evidence of life here before, as the Mother had borne other children.

"But mightn't there be a life after birth?"

"How can there be life after birth?" cried the one. "Do we not shed our life cord and the blood tissue? And have you ever talked to one that has been born?" Has anyone ever re-entered the womb after birth? NO!" He fell into despair, he moaned, "If the purpose of conception and all our growth is that it be ended in birth, then truly our life is absurd."

Resigned to despair, the one stabbed the darkness with his unseeing eyes, and as he clutched his precious life cord to his chest said, "If this is so, and life is absurd, then there really can be no Mother."

"But, there IS a Mother," protested the other. "Who else gave us nourishment and our world?"

"We get our own nourishment, and our world has always been here. And, if there is a Mother,

where is she? Have you ever seen her? Does she ever talk to You? NO! We invented the Mother because it satisfied a need in us. It made us feel secure and happy." Thus while one raved and despaired, the other resigned himself to birth, and placed his trust in the hands of his Mother.

Hours ached into days, and days fell into weeks. And it came time. Both knew their birth was at hand, and both feared what they did not know. As the one was first to be conceived, so he was the first to be born, the other following. They cried as they were born into the light. And coughed out fluid and gasped the dry air. And when they were sure they had been born, they opened their eyes, seeing for the first time, and found themselves cradled in the warm love of their Mother! They lay open-mouthed, awe-struck before a beauty and truth they could not have hoped to have known.

In the words of Rossiter Raymond- Death is only a horizon; And a horizon is nothing save the limit of our sight.

--- From Janice Chandis

I try not to ask questions without answers.

Like why and what if.

I try not to get sad when I see things that remind me of you.

I try not to get mad when I think of what a great time we could have had together.

But I can't.

I only had you for 6 1/2 years.

But want to have you now.

I try to stay happy and look at the great memories.

But sometimes memories are not enough.

I want to have you.

Still you gave so much.

And I can't wait 'till the day I see you again.

Your loving brother.

Joey

(Poem by Joey Fisher in memory of his sister)

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



**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 such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

**Our Website...** We are now posting a tribute page for each of our children. Please visit the new site and add your child's information. You can also download the monthly newsletter which will help defray chapter expenses of the printing and mailing of your newsletter. (Please let us know if you can be removed from the regular mailing list.) Contact Crystal at: [crystal@tcsbla.org](mailto:crystal@tcsbla.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) every Thursday at noon EST and are also archived on the TCF national website. Shows are also broadcast at 11 a.m. EST Sundays on a number of radio stations across the country and streamed online simultaneously at [www.HealthRadioNetwork.com](http://www.HealthRadioNetwork.com)

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

different, and the next one might be the one that really helps.

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

### Thank You...

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



### Birthday Tributes...

During your child's birthday month, you may place a picture and either a short personal message, poem, or story about your child in the newsletter. (Less than 200 words, please.) Do not cut your picture. We will block off unused areas. If it is a group photo, identify the person to be cropped.

This tribute is an opportunity to tell a short story about your child, so we will be able to know them better. Photos must have identification on the back. Enclose a SASE in order for photos to be returned by mail. (Please do not send your only picture.)

Tributes must be in by the 1st of the month preceding your child's birthday month or at the prior meeting. (Example: March 1st for April birthdays), otherwise they will appear if space permits or in the following month's issue.

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



Kitty Edler (National Board member)	(310) 541-8221
Karen Hlavaty (infant loss)	(310) 326-9701
Karen Merickel	(310) 375-2498
Richard Leach (grandchild)	(310) 833-5213
<b>SIBLING PHONE FRIENDS</b>	
Kristy Mueller	(310) 373-9977
Joey Vines	(310) 534-4339
Sue Gardner (sibling leader)	(310) 316-3777
<b>Regional Coordinator</b>	
Susan Hawkes	(818) 249-7786

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

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

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

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

**The Compassionate Friends So. Bay/L.A.,CA:** (310) 953-5230 Parent support group & newsletter for bereaved parents and siblings.

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

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

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

**ALIVE ALONE:** For parents who have lost their only child, or all their children. 1112 Champaign Dr., Van Wert, OH 45891 Newsletter available. [www.Livealone.org](http://www.Livealone.org)

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

**BEREAVEMENT MAGAZINE:** published 9 times

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

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

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

**NEW HOPE GRIEF SUPPORT COMMUNITY:** Grief support and education groups for adults and children. Susan K. Beeney, P.O. Box 8057, Long Beach, CA 90808, (562) 429-0075

**THE GATHERING PLACE:** Various support groups including support for loss of a child, support group for children 5-8, 9-12, and teens, (also Spanish). Call Claire Towle (310) 374-6323, Beach Cities Health Dist.



**LOCAL TCF CHAPTERS**

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

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

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

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

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

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

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

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

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

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

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

**A SPECIAL THANKS TO:**

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

**STEERING COMMITTEE OFFICERS**

CHAPTER LEADERS: NEEDED

SIBLING LEADER: Sue Gardner

NEWSLETTER EDITOR: Lynn Vines

PROOF READER: Crystal Henning

TREASURER: Ken Konopasek

CARDS: Crystal Henning

WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Laurie Gray

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

In loving memory of Lynn Vines' father, Mike Curtis. Lynn is our newsletter editor and one of our chapter's co-founders.

With Sympathy, Barbara Cox

In loving memory of our precious son, Stephen Barrington Baxter, July 1961 - April 1999. You will always live in our hearts.

Love, Mommy & Daddy

In loving memory of Jeff Eric Snowden, February 1961 to June 2001. It seems like only yesterday that you left us, dear Jeff, and my heart aches every bit as much as it did on that day. It has been so hard to move on with life, even though you would want that for us. God bless you and keep you in His Care, always.

Love, Mom & Dad

In loving memory of Douglas Drennen Kay, March 1972 - September 2006.

Love, The Kay Family

In loving memory of Mike Curtis.

Kitty Edler

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

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

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

In loving memory of \_\_\_\_\_

Birth date \_\_\_\_\_ Death date \_\_\_\_\_ Sent From \_\_\_\_\_

Tribute \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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*When a moment  
of unbearable grief  
strangles your heart,  
Close your eyes  
And ask your dead child  
What to do.*

*-Sascha*

## March 2010

### 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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