



THE COMPASSIONATE FRIENDS



South Bay/L.A. Chapter



A NEWSLETTER FOR BEREAVED PARENTS AND FAMILIES

MAY 2011 ISSUE

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

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

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

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

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

WHO ARE WE...

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

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

COMING IN MAY...

This month our topic will start with Handling "Special Days" After The Death Of A Child

Upcoming Events: June 1st, Balloon Liftoff and pot-luck dinner.

Picture Buttons of your child are available. 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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May 4th Meeting...

This month we will be discussing the ways we handle "Special Days". Mother's Day and Father's Day are just around the corner. Birthdays, anniversaries, weddings, and graduations... they all can trigger unexpectedly strong reactions, or leave you feeling so empty inside, that you wonder if you will ever enjoy anything again. By thinking about your reactions ahead of time, and planning for these special days, you can take some of the sting away.

Join us as we explore ways other parents have managed to get through these painful "firsts". Perhaps you are a few years down the road in your grief, and you have found new ways to celebrate and let some joy back into your life. We welcome your input. By sharing ideas or just by listening, we gain an understanding that we can find ways to handle special days without some of the pain we may be anticipating.

Special Days



Spring comes - and with it comes the uneasy awareness of difficult days ahead. For those who are still going through all of the "Firsts" without your child, we share with you some special ways other parents have coped and managed.

Mother's Day ... Father's Day ... graduation ... vacation ... These are special family times which often catch us unaware and bring unexpected tears and painful reminders of young lives cut short.

IT DOES GET BETTER. And you can make these special days better with some planning and with encouragement from those who have already been there. Whatever the "Special Day" that lies ahead for your family, try to focus on doing something meaningful and tangible in remembrance of your child. Share as a family thoughts and suggestions about planting a tree or starting a rose garden, donating a book to the library or school, putting flowers on the altar, lighting a special candle, or taking that long talked of vacation. Tears and moments of sadness are okay for they are expressions of love.

REMEMBER - Take one day at a time. Keep things simple by playing down the holidays and special days while they are so painful.

Change your routine from past years. Make plans to be "busy" during at least part of the day (go out to lunch or a movie, or visit friends). Give your older children some "space". They not only feel your extreme sadness at these times, but they also have their own feelings to deal with.

THE ANTICIPATION IS OFTEN WORSE THAN THE DAY ITSELF!

--Fox Valley Chapter TCF, Aurora, IL

What Does May Bring?

First, May brings MOTHER'S DAY- another painful holiday. Commercials are everywhere; I can't check my e-mail without being bombarded with ads for gifts and cards for Mother's Day. Some churches honor the oldest mother, the youngest mother, and the mother with the most children present. Then there are the flowers - wear a red flower if your mother is living and a white one if your mother has died (I keep hearing carnations, but it was always roses when I was a child). Some years ago some bereaved mothers started wearing a yellow flower, either alone or with the traditional color honoring their mother.

It helped me to know the origin of Mother's Day. After Anna Jarvis' mother died, May 9, 1905, Anna decided a Sunday in May should be set aside to honor her mother and all mothers. Anna felt her mother deserved recognition because, although her life was filled with sorrow, she lived selflessly and showed kindness and generosity towards others. Anna was one of four surviving siblings; seven others died in early childhood and Anna's mother mourned those seven children throughout her life. Anna never married (and never had a child of her own). Her work to establish a day to honor her mother persuaded President Woodrow Wilson to proclaim the second Sunday in May as a national holiday honoring all mothers.

Finally, newly bereaved mothers commonly have some questions that are acute on this day. For those who have no surviving children, so far as I am concerned, you are still a mother. For the rest of you, each one has to decide how to answer the question of "How many children do you have?" I still the mother of three children, although one is longer on earth with me.

I hope each of you find some peace on this Mother's Day and that knowing it specifically

honored a bereaved mother will make each succeeding one a little easier.

May 28th is MEMORIAL DAY, established to honor those who died in the military defending a nation, but has become a time of general remembrance. I pass one small cemetery in southwest Arkansas fairly frequently and always that fresh white stones have been spread before Memorial Day. Every grave appears to have a new flower arrangement. As a child, my parents would take me with them, but I had never known any of the relatives whose graves we visited. Perhaps as we get older, we think that someday we will do this for our parents or grandparents, but never our children. My son was cremated and I don't have a grave to visit, but this holiday has far more impact on me now.

May also brings GRADUATIONS. Whether from kindergarten, grade school, high school or college, this is a rite of passage that some of our children never reached. If your child was close to the graduation, the school may recognize him or her some way. Or another child (sibling, cousin, or friend) may be graduating, and receiving their announcement may bring a special ache.

We hope you all plan ahead and discuss what you're feeling with family members and caring friends so that you can get through these events with a minimum of pain.

--Tracy Rhein, Bereaved Parents of the USA, No Little Rock, AR

Making Mother's and Father's Day Special



Here are a few hints to help you through these days after the loss of a child.

- 1) Pamper yourself - this is a special day in your life. You are a parent forever and your child is your child forever.
- 2) Do what you need to do - what helps you. Grieve your way.
- 3) Be with those who surround you with love, not demands or advice.
- 4) Plan ahead - do things that make you feel good or give you a moment's peace.
- 5) Start new rituals to make new memories.
- 6) Share your thoughts with family members; decide together what the day should include. (If you are alone, find a good friend.)

7) Include deceased children in the day - through prayer, lighting a candle, telling stories about them, looking through pictures, planting flowers or a garden, doing a good deed, writing about them, making their favorite recipe.

8) Join with another bereaved family to honor this day and have mutual support.

9) Start a garden or add to a special garden in memory of your child.

10) Use this day to plant spring flowers so you can always see your child in each bloom and each bouquet that you cut.

11) Visit the cemetery if that helps your heart on this day.

12) Plant a flower or shrub that will come to bloom this time of year.

13) Do something special for someone else or something special in your child's name (helping Cancer Care, MADD, Scouting, a nursing home, etc.)

14) Listen to music that makes your heart feel good.

15) Cook some favorite recipes that your child enjoyed or cooked for you.

16) Buy a present for yourself from your child and enjoy the comfort it brings you.

17) Write a poem or article in memory of your child, sharing memories or whatever has helped you.

18) Attend a family gathering of relatives - their love and support can give you a lift on this day

19) Make a booklet of favorite poems that help your heart, and give copies to dear relatives and friends in memory of your child.

20) Take part in a special church ceremony honoring Mother's Day and Father's Day.

22) Set aside some special time to grieve, unloading all the frustration and sadness that can envelop you on such a day giving you time to meditate alone.

23) Write a letter to your child, telling what's in your heart (perhaps some unfinished business or some new blessing that has enriched your life).

24) Allow the tears to flow - crying is healing and allows a release for your feelings.

25) Think of a way to "share your child with the world" - making sure his or her memory lives on through scholarships, writing, good deeds.

26) Give and get plenty of hugs.

--by Elaine Stillwell Rockville Center, NY

A Mother's Day Thought:

"Motherhood is an eternal place within your heart ... a sacred place that belongs to you. Deep within the very essence of your existence, you are a mothers. Whether you have living children or not - you're still mothers - beautiful and loving mothers. And while you may not be able to care for your child/children on earth, that sacred place of motherhood remains within you.

Remember always that the love of a mother is stronger than any other force in the universe. The love of a mother transcends death."

--MISS Foundation, Joanne Cacciatore; TCF Atlanta

Memorial Day

For each grave where a soldier lies at his rest
For each prayer that is said today out of love
For each sigh of remembering someone who died

Let us also give thought
to the mothers and fathers
the brothers and sisters
the friends and the lovers
whom death has left behind.

--Sascha



Graduation Time

It's graduation time again. Your child would have been among those wearing the cap and gown, walking down the aisle to the ever stirring "Pomp and Circumstance". Now there will be a vacant spot in the line. Should you attend? Can you stand the pain? Will people think you're strange?

As always, you must follow your heart. Go if you'd like to, and don't hide your tears. It's quite all right to miss your own child while celebrating the achievements of others.

Just remember that your own instincts are the most important ones; that no one else can make this decision for you, and that it doesn't really matter what other people think of you. It was your child who died. This is your pain, and you have the right to feel it and deal with it in your own way - and may a bit more healing take place in the doing.

--Peggy Gibson TCF, Nashville, TN

The Turning Point

I'd like to share with you my latest triumph in the healing process. It's been five years since my son took his life. I know five years sound like forever in the future for those of you who are newly bereaved. I hope, however, that this small part of my story will be some comfort to you.

I remember vividly how in the beginning every moment was clouded with heavy oppression. Most of all I remember my slavery to certain dates and how they dominated the weeks preceding them. They made everyday sorrow and tears into sobs and depression. John's birthday, then Mother's Day, Father's Day, Thanksgiving, Christmas, and the anniversary of his death were the absolute worse!

Last year, the 4th anniversary of John's death was surprisingly normal and easy to get through. I wasn't running around with too much to do so my mind would be busy and could hide behind activity and diversion. Each year had been easier than the year before. 1985 was a real turning point. Mid-February I invited a friend to my house for lunch for the following Tuesday. She exclaimed, "Oh, you don't want to bother on such a day of mourning." I was stunned. Unbelievably, I hadn't even been aware that the next Tuesday was the 26th of February, a day that in past years had jumped out of the calendar at me even before I'd turned the page from January.

My reaction was, "It's not a day of mourning for me anymore." It no longer matters exactly what day of the year he died. I had been unaware of how gradually I had accepted the fact that my son is now dead. When it happened - what day, what month, what year - is no longer my prison. It's a fact of my life, and I'm okay with it. I hate it. I still cry over it. But, I can live, live happily and fully, alongside with it.

I'm proud of this turning point. I've worked hard (and will continue to do so) to become a happily, relatively, un-dented person who can feel joy easily. I consider my triumphs in that area a tribute to John. I do a lot of things for him, especially with teens in the areas that troubled him. Because he can no longer make a difference in this world, I'll do it for him. I want his existence to matter in a positive way. One of those ways showed itself this February 26th. DON'T DESPAIR, it'll happen some day for you, too.

--Margie Maloney Morris, NJ

Filling In Holes

Today, my husband and I went to the plant nursery and bought some flowers and bedding plants to go in our gardens. Spring is here, and the weather is beautiful. Not cold at all, but also not so hot that the thought of puttering in the garden brings a groan of dismay.

I remember my first spring in this house. We were so excited. Our family was nearly complete. Our third son was on his way, and we had just had a house built. We were at the plant nursery at least once a week. Our life was busy, bright, and untainted by grief.

I remember our second spring in this house. How winter hung on, tenacious, unyielding, both outside, and in our hearts. I remember the first warm spring day. I came home from work early, determined to make SOMETHING grow in my life.

Maybe I couldn't get my son to live, but I was going to make something live. Grief was a raw, open wound then, and my anger was deep. I was angry at the world, at God, and at everything. And so I approached my yard, shovel in hand. I decided I had to have a garden in the middle of my yard. I began furiously digging out the grass, making an oval in the center. It took me hours digging out that oval. But I wasn't through. I then decided I wanted a garden right by my doorway, so I dug out that area, too. And then I made big holes, and tore out all the roots and stones and other junk.

I made big holes in my yard that day, and in the weeks to come I DID fill them with things.

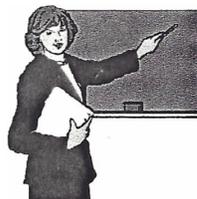
Funny thing, as I dug those holes and pulled on the grass, my anger drained away. My salty tears mixed with the sweat of exertion and the dirt, and ran off my arms undetected to the outside world. Digging those holes provided an outlet for my anger and my hurt.

Today I dug some more holes. But this time, my holes were smaller. And I filled them with small, delicate flowers, purple and white. I put bulbs in the ground, too, filling other small holes. And I reflected back on another hole, the hole in my heart. No, I can't ever fill it with what "should" be there ... my son "should" be almost seven now, full of energy, and wanting to plant flowers with Mom. But I have filled that hole with other things; with love, healing, memories, and with the

lessons and the gifts my son gave me. I never saw those gifts that spring, as I was digging out holes in my yard. And though I would rather have that hole filled with my son's presence, I am grateful for the gifts he gave. And so I will go on, filling holes.

--Lisa Sculley, reprinted from TCF Troy, MI newsletter

All Good Things



He was in the first third grade class I taught at Saint May's School in Morris, Minnesota. All 34 of my students were dear to me, but Mark Eklund was one in a million. Very neat in appearance, he had that happy-to-be-alive attitude that made even his occasional mischievousness delightful.

Mark talked incessantly. I had to remind him again and again that talking without permission was not acceptable. What impressed me so much, though, was his sincere response every time I had to correct him for misbehaving. "Thank-you for correcting me, Sister." I didn't know what to make of it at first, but I became accustomed to hearing it many times a day.

One morning my patience was growing thin when Mark talked once too often, and then I made a novice teacher's mistake. I looked at Mark and said, "If you say one more word, I am going to tape your mouth shut." It wasn't ten seconds before Chuck blurted out, "Mark is talking again." I hadn't asked any of the students to help me watch Mark, but since I had stated the punishment in front of the class, I had to act on it.

I remember the scene as if it had occurred this morning. I walked to my desk. I very deliberately opened my drawer and took out a roll of masking tape. Without saying a word, I proceeded to Mark's desk. I tore off two pieces of tape and made a big X with them over his mouth. I then returned to the front of the room. As I glanced at Mark to see how he was doing, he winked at me. That did it, and I started laughing. The class cheered as I walked back to Mark's desk, removed the tape, and shrugged my shoulders. His first words were, "Thank-you for correcting me, Sister."

At the end of the year, I was asked to teach junior high math. The years flew by, and before I knew it Mark was in my classroom again. He was more handsome than ever and just as polite.

Since he had to listen carefully to my instruction in the "new math", he did not talk as much in ninth grade as he had in third.

One Friday things just didn't feel right. We had worked hard on a new concept all week, and I sensed that the students were frowning, frustrated with themselves, and edgy with one another. I had to stop this crankiness before it got out of hand. So I asked them to list the names of the other students. Then I told them to think of the nicest thing they could say about each of their classmates and write it down. It took the remainder of the class period to finish their assignment, and as the students left the room, each one handed me the papers. Charlie smiled. Mark said, "Thank-you for teaching me, Sister."

That Saturday I wrote down the name of each student on a separate sheet of paper, and I listed what everyone else had said about that individual. On Monday I gave each student his or her list. Before long, the entire class was smiling. "Really?" I heard whispered. "I never knew that meant anything to anyone!" "I didn't know others liked me so much." No one mentioned those papers in class again. I never knew if they discussed them after class or with their parents, but it didn't matter. The exercise had accomplished its purpose. The students were happy with themselves and one another again. That group of students moved on.

Several years later, after I returned from vacation, my parents met me at the airport. As we were driving home, Dad cleared his throat as he usually did before something important. "The Eklunds called last night," he began. "Really?" I said. "I haven't heard from them in years. I wonder how Mark is?" Dad responded quietly. "He was killed in Vietnam. The funeral is tomorrow, and his parents would like it if you could attend." To this day I can still point to the exact spot on I-494 where Dad told me about Mark.

I had never seen a serviceman in a military coffin before. Mark looked so handsome and so mature. All I could think of at that moment was, "Mark, I would give all the masking tape in the world if only you would talk to me." The church was packed with Mark's friends. Why did it have to rain on the day of the funeral? It was difficult enough at the grave side. The pastor said the

usual prayers, and the bugler played taps. One by one those who loved Mark took a last walk by the coffin and sprinkled it with holy water. I was the last one to bless the coffin. As I stood there, one of the soldiers who acted as pallbearer came up to me. "Were you Mark's math teacher?" he asked. I nodded as I continued to stare at the coffin. "Mark talked about you a lot," he said.

After the funeral most of Mark's former classmates headed to Chuck's farmhouse for lunch. Mark's mother and father were there, obviously waiting for me. "We want to show you something," his father said, taking a wallet out of his pocket. "They found this on Mark when he was killed. We thought you might recognize it." Opening the billfold, he carefully removed two worn pieces of notebook paper that had obviously been taped, folded, and refolded many times. I knew without looking that the papers were the ones on which I had listed all the good things each of Mark's classmates had said about him. "Thank-you so much for doing that," Mark's mother said. "As you can see, Mark treasured it."

Mark's classmates started to gather around us. Charlie smiled rather sheepishly and said, "I still have my list. It's in the top drawer of my desk at home." Charlie's wife said, "Chuck asked me to put his in our wedding album." "I have mine, too. It's in my diary," Marilyn said. Then Vicki, another classmate, reached into her pocketbook, took out her wallet, and showed her worn and frazzled list to the group. "I carry this with me at all times," Vicki said without batting an eyelash. "I think we all saved our lists." That's when I finally sat down and cried. I cried for Mark and for all his friends who would never see him again.

--Written by Sister Helen P. Mroska

The purpose of this letter is to encourage everyone to show your love to the people you care about. Sometimes the smallest of things could mean the most to another. So please, tell the people you love that they are special and important. Tell them while you can.



Tears on the outside fall to the ground
and are slowly swept away,
Tears on the inside fall on the soul,
and stay and stay and stay.

--Author Unknown

Newly Bereaved...

Still Standing

People say

“Oh you are doing so well,
you are so strong,
you are an inspiration!”

We do not feel strong.

We feel shaken to the core,
Saddened beyond belief,
pain beyond comprehension,
forever changed.

What do they see that we cannot
see?

“That a horrible storm,
unexpectedly ripped through
our lives and we are
still standing”

They are amazed,
we are paralyzed -

--Julie Short TCF Southeastern Illinois Chapter



For Friends and Family...

Friends and Family, Grief Is Like...

One of the difficulties bereaved person face is how to explain to us how they FEEL, when they are grieving. What does it FEEL like to be in the skin of a bereaved person? Is it similar to other experiences in our lives? Is there a way we can relate on some level to the pain of grieving persons when we are not grieving ourselves?

Most people can't allow themselves to go to the place where they could actually see themselves in the dark hole of grief. We don't want to believe it would be that bad for us, that we have the inner resources to minimize grief's hold on us, unlike our grieving friends. But if we can just connect their feelings with some feelings that we have experienced ourselves, then maybe, just maybe, we can begin to comprehend the impact of grief on a person's life. Then, after you connect with any of these feelings you need to remember to multiply your own feelings, times 100, to get closer to the bereaved person's experience.

Here are some feelings that I've experienced while grieving or that I've heard other bereaved

persons describe:

GRIEF is like being in a bubble. You are no longer a part of the world around you. Everything sounds muffled. You hear conversations, but it's like the words have no meaning. Nobody can reach you. There is an uncomfortable distance that has been created between you and those who don't understand grief.

GRIEF is like looking through a one-way window. You can see others, but they can't see you. You feel invisible to others. It's hard to understand how the world can go on when life has stopped.

GRIEF is like wearing a heavy weight on your chest. You have trouble breathing. Sometimes your body takes deep sighing breaths in an attempt to get more oxygen. Sometimes you have anxiety attacks. And your hear actually aches. The location of your grief spot is right under your sternum close to your heart. It's no wonder that your chest hurts.

GRIEF is like wearing a heavy coat with all the pockets full of rocks. The grief literally weighs you down and slows you down. Grief is not only emotionally exhausting, but physically exhausting also. Because the warm glow of life is not pulsing through your body, you may find it hard to keep warm. After a while that heavy coat of grief will begin to feel comfortable, and you may decide you don't want to take it off.

GRIEF is like being a traveler on a high-jacked plane. It is as if your have been taken to a foreign land where you do not know the language or the culture. Soon you learn you can never return to the world as you knew it. Grief can be pretty scary. You do not want to be there. You probably don't know how to grieve and you may not know what is expected of you. When you try to speak to your friends, they may not understand you. Your friends know you have "gone away" for a while, but they assume you will return and be the same old you they once knew. But then you begin to realize you will never return to that place again and that others may never know or understand this.

GRIEF is like the stages of love; first falling in love and being totally preoccupied by your new love, then becoming comfortable as you begin to trust that your love will always be with you. In grief, as when you first fall in love, your heart longs to be with the person who has died. Your desire to touch him/her is overwhelming. Most other parts

of your life seem unimportant in comparison. Then slowly, normal life begins to creep back in and you find that your grief no longer demands the high maintenance that it first required. You will have created a special space in your heart where you can carry this departed loved one with you at all times, even as you go about other things.

In grief you realize, DEATH ENDS A LIFETIME, BUT NOT A RELATIONSHIP.

--Pat Schwicbert, R.N., TCF Online.

Welcome...



Welcome To Compassionate Friends

If you have never attended a TCF meeting, you probably wonder what it is all about. You know that your personal world seemed to come to an end with the death of your child, and you wonder what a bunch of people you don't even know could do for you.

At TCF meetings, even if we've just met, we seem to know each other. There is an almost instant palpable bond -- difficult to envision unless you have experienced it. We have all had our worlds torn apart. Each of us has felt guilty about smiling or laughing or having good feelings again. Together, we have helped ourselves, and each other, through those agonies and doubts. We don't have to say, "I can imagine what you are going through," or, "I can imagine how you feel." We can and do say, "We know what you are going through, and we know how you feel."

We have made progress, in spite of having times where we didn't feel like pulling ourselves together -- whatever that means -- and in spite of having very little hope. We have made progress in spite of discouraging setbacks. We could turn to The Compassionate Friends.

The world is a lonely place to begin with. For the grief-stricken bereaved, it can get ever-so-much lonelier. The Compassionate Friends can help. "We need not walk alone."

--John Curnutt TCF, Central Oregon

Book in Review...



Such Good People by Martha Whitmore Hickman... Some of you will immediately recognize the author's name, for she is the writer of *Healing After Loss*, a book of daily meditations that many of us have bought and read every day! In this, her first work of fiction, she draws on her personal experience in the accidental death of a teenage daughter. It is the story of a family trying to come to terms with the tragedy and how their lives are deeply altered. Ultimately, it too is a book of hope.

--Rockland County, NY TCF newsletter

Helpful Hint...



Find a little time for Spring,
Even if your days are troubled.
Let a little sunshine in -
Let your memories be doubled.

Take a little time to see
All the things your child was seeing,
And your tears will help your heart
Find a better time for being.
--Sascha Wagner, TCF - Des Moines, IA

Welcome and Thank-you to our new chapter leader.

We are happy to announce that Cheryl Stephens has taken over the role as chapter leader for our chapter. Cheryl began attending our chapter meetings following the death of her 21 year-old daughter, Dominique Oliver, in March of 2002. Cheryl attended meetings here until she started a chapter in Central Los Angeles. This Chapter was a satellite chapter of our South Bay Chapter.

Cheryl recently finished her Masters degree and now that she has some free time again, she has volunteered to become our chapter leader. We look forward to working with her and on behalf of our entire chapter, we thank her for stepping up to fulfill the available position, and we all extend a warm welcome to her.



Dedicated To All Our TCF Mothers

A mother's love is unique and special,
 Nothing else can quite compare.
 When you think she's given all she's got
 You find she still has love to spare.
 When the object of her love is taken
 For whatever the reason be,
 An important part of her goes with him,
 A part no one else can see.
 You may understand her grief and sorrow,
 You may feel a great loss, too.
 But what that child meant to her is different,
 From what that person meant to you.
 She spent nine months with this life within her,
 Growing and maturing day by day.
 Truly depending on her for existence,
 In a very real and vital way.
 A bond is shared between mother and son.
 The first moment of his birth,
 Unspoken, unrehearsed, though it be,
 No words can measure its worth.
 So though your cherished child has departed,
 From what we know life to be,
 That bond will keep the love you shared alive,
 For now through all eternity.
 --Robin Hunt, Portland, OR

The Visit

In the early hours of this new day
 Just as light creeps around the edges of morning
 I await your visit.
 Sometimes you come softly
 Other times, it is if you come with cymbals
 crashing!
 But, faithfully, relentlessly, you come.
 I eagerly await your arrival, all the while
 dreading it.
 For, the reality is that here, in the quiet of my
 memory,
 Here is the only place you and I can be
 "together".
 I flip through memories, searching for the one
 we will share.
 Some make me laugh
 Most make me cry.

It doesn't really matter which memory is chosen.
 You first walking on shaky legs...

You dashing out the door on your way to the
 beach ...
 You in the midst of your messy room...
 You in the midst of my life, our lives ...
 Each memory brings smiles, but mostly tears
 And pain ... intense pain
 binding up my heart to the point of strangling.

But, I will not forego this pain
 It is there underscoring the love--
 The passionate feeling I will carry for you,
 forever in my heart.

Such intense pain, such immense love.

I'll see you tomorrow ...

--Susan Howard- TCF San Diego, CA



Valley of the Butterflies

There is a green, sun-drenched valley-
 Light with the scent of clover and lilacs-
 Where the butterflies dance.
 Leaping and swooping, they reflect colors
 Of every hue and dimension.
 There are monarchs and skippers,
 Swallowtails and delicate spring azures.
 Each dances its unique pattern
 Of flits, circles, and dives,
 Stretching its fragile wings toward the clouds
 Or brushing its feet on the succulent grass.
 There are no roads, paths, or gates
 To broach the valley's entrance,
 Yet it is visited often in thoughts and dreams.
 Every parent who has sent forth a child
 And vainly waited for its return
 Comes seeking in the valley of the butterflies,
 And there finds a beautiful spirit,
 Stretching its wings to the clouds and brushing
 its feet on the grass,
 Dancing in swoops, flits, and dives,
 Drying its dewy wings in the warm sunshine of
 forever.

-Marcia F. Alig, Mercer Area Chapter, TCF



Our Children Remembered



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

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

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

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

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

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

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

Brandon Armstrong
Miscarried: June 1995
Mother: Cheryl Stephens

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Our Children Remembered



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shannon Quigly
Born: 11/26/68 Died: 1/09
Mother: Kathleen Shortridge

Janet Sue Mann
Born: 10/61 Died: 9/10
Mother: Nancy Mann

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

John Teresinski
Born: 12/67 Died: 11/00
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

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

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

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

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

Serena 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

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

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



Our Children Remembered



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

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

Bob Woodyard
Born: 7/55 Died: 10/08
Bill & Barb Woodyard
Amy Woolington
Born: 10/85 Died: 1/07
Parents: Pam Weiss & John Woolington

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

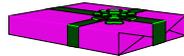
Cristofur Daye Wroten-Kennedy
Born: 2/75 Died: 9/01
Mother: Dusty Wroten
Father: Joe Kennedy

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

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

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

Birthday Tributes...



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

Sorry, no birthday tributes were submitted this month.

For Siblings ...



Common Sibling Grief Issue: Taking Care of Parents

When asked to edit the sibling page, I was told that each newsletter has unifying themes

and this issue would focus on spring and Mother's Day. Mother's Day? I am a bereaved sibling! I thought about siblings being the forgotten grievers. After further thought, however, I realized that Mother's Day creates anxiety for bereaved siblings just as it does for bereaved parents.

Some surviving siblings resent that only their parent's loss is recognized. This sense of being forgotten can be heightened on Mother's or Father's Day when parents expect enhanced sympathy and attention to their grief. Other surviving siblings are consumed with taking care of their devastated parents, perhaps to the extent of neglecting their own grief process. These siblings may experience greater worries about their parents on the impending Mother's Day. Holidays always highlight a family's loss.

For me, I worry about showering my mother with enough love to ease her pain. But, I feel ultimately incapable of being as enthusiastic as I was when Andrea was here to help me cook or decorate the apartment, or to brainstorm, weeks in advance, on whether we should chip in for jewelry or kitchen utensils. I feel strange and empty gift shopping alone. I hate the cards that say "To Mom, from Both of Us". So please parents, remember that all holidays, even Mother's Day, are hard for surviving children too.
--Allison Hanis, TCF Manhattan online May 2001

A Sister's Grief

Why, Father, has this happened to me?
My brother has left so suddenly.
I just talked to him the other day.
Now I am told he has "passed away."
My heart is filled with so much sorrow,
I don't want to think about tomorrow.
I love my brother with all my heart
Because of death we have to part.
Now I must live without my brother,
Knowing there will be no other.
But I do have so many beautiful memories
That will give me peace and company.

--Laura Pogue, Sibling Newsletter, Winter 1989

For Grandparents...



When Dandelions are Roses

Just for you," he said as he gave me a handful of dandelions. I took them from his smudgy little hand, reached for my prettiest vase, and set them in a special place, where I could watch them wilt and fade.

Remembering that he had said, "I picked them just for you," the dandelions turned to roses. A beautiful, priceless bouquet he brought to me on his birthday - yellow roses, my favorite.
-Family and Friends of Murder Victims West End Chapter, Alta Loma, CA

From Our Members...



Remembering the Moms who didn't have anyone to turn to and traveled this road alone ...

An old woman rocks quietly with her eyes closed.
Her mind reached back to a place she saves, a place sacred to her.
A place she can only visit when alone.
Her thoughts drift around her head.
At times almost drowning her as she remembers.
She can again feel for a moment.
She can again dream for a moment.
She sees him in her mind,
She feels him in her heart.
He is her child.
The child not recognized by others.
The child that left as quickly as he came.
As she rocks, she hums.
She hums 60 years of lullabies, never heard by her baby's ears.
She rocks, she hums and tears fall to her breast.
She is still a Mother...
--Lori Ayrault Submitted by Linda Kurtis

I Now Know

Where were you when she became so ill?
Where were you when she suffered still?
Where were you when after eight months she

died?
Where were you all those years I cried?

What I once believed became a myth
And I just kept repeating, "What if? What if?"
I was so void of faith and prayer
And became so angry because you didn't hear.

I mourned my daughter and mourned you too,
"Good-bye my God -
Where were you?
Where were you?"

I turned away from all belief
And only Nature brought some relief.
The walks among her streams and trees
Stilled my pain and left some peace.

But it wasn't enough - I still couldn't pray
And knew how this affected me each day.
There was an emptiness inside my soul,
A longing for a God to hold.

A friend had listened and heard my cry
And shared with me about a place I might try,
Where, perhaps I'd gain a little peace of mind
And a new perspective I might find.
A God I can call upon for inner peace and strength,
To help me see beyond your death.
To know the Light and Love within
To feel some hope to pray again.

Where were you God? - You were always here.
I just never realized how very near.
Your Spirit and Presence resides in me,
You've healed my soul through Unity.
--Debbie Landsman, in memory of Sherri Alise Landsman, TCF South Bay/L.A., CA

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

Upcoming National Conference...

TCF's 34th National Conference will be held in Minneapolis/St. Paul, July 15-17, 2011 at the Sheraton Bloomington Hotel. You will find it to be another great conference with around 100 workshops, sharing sessions, special keynote

speakers at the Opening, Closing and Friday Afternoon and Saturday Evening banquets, Hospitality Room, Butterfly Boutique, Reflection Room, a completely stocked bookstore, special Friday evening entertainment and a Remembrance Candle Lighting. TCF's Walk to Remember will be held Sunday morning. More information or registration is available at www.compassionatefriends.org or call (877) 969-0010.

TCF Now on Facebook... Please visit and help promote The Compassionate Friends National Organization's new Facebook page by becoming a fan. You can get there by clicking on the link from TCF's national website home page at www.compassionatefriends.org. Or, you can log into Facebook and search for The Compassionate Friends/USA. In addition to the social support aspect, The Compassionate Friends/USA Facebook page will have information about upcoming events such as conferences, the Walk to Remember, and the Worldwide Candle Lighting. Please visit often and contribute to the conversation.

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

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

Healing the Grieving Heart: Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family. "Healing the Grieving Heart" can be heard on the Web live at www.health.voiceamerica.com every Thursday at noon EST and are also archived on the TCF national website. Shows are also broadcast at 11 a.m. EST Sundays on a number of radio stations across the country and streamed online simultaneously at www.HealthRadioNetwork.com

Welcome New Members... We welcome our new members to our chapter of TCF. We're sorry you have a need to be with us, but we hope you feel you

have found a safe place to share your grief and will return. It often takes a few meetings to feel at ease in a group setting. Please try attending three meetings before deciding if TCF is for you. Each meeting is different, and the next one might be the one that really helps.

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

Thank You...

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



Birthday Tributes...

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

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

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

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



- Cheryl Stephens (chapter leader) (323) 855-2630
- Kitty Edler (310) 541-8221
- Karen Merickel (310) 375-2498
- Richard Leach (grandchild) (310) 833-5213

SIBLING PHONE FRIENDS

- Kristy Mueller (310) 373-9977
- Joey Vines (310) 658-4339
- Sue Gardner (310) 316-3777

Regional Coordinator

- Susan Hawkes (818) 249-7786

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

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

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

Additional Grief Support....Bereavement Organizations and Resources: 
The Compassionate Friends So. Bay/L.A.,CA: (310) 368-6845 Parent support group & newsletter for bereaved parents and siblings.
TCF National Newsletter: For all bereaved parents and siblings. Published quarterly; subscription fee. Contact TCF Inc., P.O. Box 3696, Oak Brook, IL 60522-3696 (630) 990-0010

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

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

ALIVE ALONE: For parents who have lost their only child, or all their children. 1112 Champaign Dr., Van Wert, OH 45891 Newsletter available. www.Alivealone.org

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

BEREAVEMENT MAGAZINE: published 9

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

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

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

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

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

LOCAL TCF CHAPTERS

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

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

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

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

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

Pomona/San Gabriel: (626) 919-7206

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

Riverside-Inland Empire: (909) 683-4160

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

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

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

A SPECIAL THANKS TO:

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

STEERING COMMITTEE OFFICERS:

CHAPTER LEADER: Cheryl Stephens

NEWSLETTER EDITOR: Lynn Vines

TREASURER: Ken Konopasek

CARDS & WEBSITE: Crystal Henning

NEW MEMBER FOLLOW-UP: Laurie Gray



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

In loving memory of Steven Paul Giuilano, 4/55 - 4/95. As we celebrate your birthday know we will never forget your strong faith, hope, and courage.

Love, Mom and Family

In loving memory of Brandon Armstrong and Dominique Oliver...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

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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A Mother's Love

is something that no one can explain, it is made of deep devotion and of sacrifice and pain.
—Helen Steiner Rice

-- Change of Service Requested --

MAY 2011



Time Sensitive Material, Please Deliver Promptly

THE COMPASSIONATE FRIENDS CREDO

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

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

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

We are young, and we are old.

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

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

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

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

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

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